

**SMART
FITNESS**
INTELLIGENT TRAINING EFFECTIVE RESULTS


E.X.F.
FITNESS
EQUIPMENT

IF YOU COACH, TRAIN OR REHAB ATHLETES, CLIENTS OR PATIENTS, YOU WILL WANT TO ATTEND:

SMART FITNESS
FUNCTIONAL
TRAINING

SUMMIT

The Smart Fitness Functional Training Summit has been developed to provide trainers, coaches, athletes and therapists with a combination of lectures and hands-on learning experiences with top professionals working in the strength and conditioning, and fitness industries.



NEWCASTLE UPON TYNE

KINGSTON PARK STADIUM

HOME OF NEWCASTLE FALCONS

APRIL 25TH – 26TH 2009



The Staff-The presenters include leaders in the areas of training, conditioning and rehabilitation: Robert Dos Remedios, Nick Grantham, Neil Parsley and Nick Ward.

FOR INFORMATION OR TO REGISTER CALL 07828 162 022 OR VISIT WWW.SMARTFITNESS.ORG.UK

Saturday 25th April

Time	Session
09:00-09:30	Registration: a chance to grab some refreshments and meet the other delegates
09:30 -12:00	Feature Presentation I: Robert Dos Remedios Power Training Through Performance-Based Conditioning
12:00-13:00	Lunch: networking opportunities with presenters and attendees and a 15 minute functional training demonstration sponsored by EXF
13:00-14:30	Nick Grantham and Neil Parsley Total Training for Combat Sports - Conditioning for the modern combat athlete
14:30-15:30	Nick Ward Performance Planning Matrix – Optimising the Planning Process
15:30-15:45	Break: a chance to top up your energy levels before the final session
15:45-17:00	Robert Dos Remedios Utilising Combination Lifts – Complex's, hybrids and combinations

Feature Presentation I: Robert Dos Remedios Power Training Through Performance-Based Conditioning.



Robert Dos Remedios is not an expert because of the famous people he has coached. Coach Dos is an expert because he trains hundreds of athletes every single day. In this feature presentation Coach Dos will share with you how he has helped competitive and recreational athletes achieve their goals. He will introduce you to his world of performance-based training, where function comes first and physical benefits are unmatched.

Sunday 26th April

Time	Session
09:00-10:30	Feature Presentation II: Robert Dos Remedios CHAOS Speed Development – Taking Your Sport Speed to the Next Level
10:30-10:45	Break: a chance to top up your energy levels before the final sessions
10:45-11:45	Nick Ward Decision Training: Confusion–Distraction–Disruption
11:45-12:45	Robert Dos Remedios and Nick Grantham Ultimate Core Conditioning – Strong and Stable
12:45-13:00	PANEL Q&A Ask the coaching staff any questions you have about strength and conditioning and fitness training

Feature Presentation II: Robert Dos Remedios CHAOS Speed Development Training.



In his second feature presentation coach Dos will discuss how to take your speed to the next level. CHAOS training is a concept that Coach Dos developed with Jim Liston, (Strength and Conditioning coach for the MLS Los Angeles Galaxy) as a means to develop TRUE sport-speed. CHAOS training puts the athlete/client as close to sport demands as possible and in this session you will not only find out the theory behind the training concept, you will have a chance to experience it first hand during the hands on training session.

5 REASONS TO ATTEND THE SMART FITNESS FUNCTIONAL TRAINING SUMMIT

- 4 great presenters
- 7 lectures and 4 hands on sessions
- 2 feature presentations
- Q&A with the coaching staff
- Networking opportunities with presenters and attendees

ALL FOR ONE LOW PRICE

£150

EARLY REGISTRATION

(£187.50 within 3 weeks of event or £225 on the day)

The fee is inclusive of VAT and includes handouts, refreshments and a CPD certificate

For Information visit www.smartfitness.org.uk or e-mail nick@smartfitness.org.uk

I WILL ATTEND: NEWCASTLE APRIL 25-26

INFORMATION (PLEASE PRINT)

NAME: _____

ADDRESS: _____

CITY: _____ POST CODE: _____

PHONE: _____

E-MAIL (required for confirmation): _____

Occupation: Physiotherapist Personal Trainer Sports Coach
 Massage Therapist S&C Coach Other (specify) _____

How did you hear about the event?

EXF Mailout UKSCA Other (Specify)
 EXF Website Nick Grantham's Blog _____
 Smart Fitness Coach Dos Blog _____

REGISTRATION FEES

Before 3 rd March 2009	£150.00
Between 4 th March and 14 th April 2009	£187.50
On the day	£225.00

Total Fee Payable: _____

PAYMENT

Please make cheques payable to: "Smart Fitness"

Registration form and your cheque can be mailed to:

Nick Grantham

Smart Fitness, c/o Complete Football Centre, Gosforth Park Racecourse, Newcastle Upon Tyne.

NE3 2HP

CANCELLATION POLICY: All cancellations must be received 21 days prior to the event. Failure to cancel with sufficient notice will result in forfeiture of the registration fee. Substitute attendees may, however, be made following this date, if you have someone you'd like to take your spot. All cancellations received prior to 21 days before the event will receive a refund less a £15 administrative fee.

ROBERT DOS REMEDIOS

Coach Dos is a sought after speaker. Coach Dos serves as Director of Speed, Strength & Conditioning at College of the Canyons in Santa Clarita, CA, a position he has held since 1999. Coach Dos is also the 2006 recipient of the National Strength and Conditioning's prestigious Collegiate Strength and Conditioning Professional of the year for 2006.



TOPIC 1: Power Training Through Performance-Based Conditioning

In this feature presentation Coach Dos will share with you how he has helped competitive and recreational athletes achieve their goals. He will introduce you to his world of performance-based training, where function comes first and physical benefits are unmatched.

TOPIC 2: Utilising Combination Lifts –Complex's, hybrids and combinations

During this session Coach Dos will demonstrate and explain the concepts and techniques involved in combination lifting. Featured exercises range from beginner to advanced and are suitable for use in general fitness programs all the way up to advanced athletic conditioning programs.

TOPIC 3: CHAOS Speed Development: Taking Your Sport Speed to the Next Level

In his second feature presentation coach Dos will discuss how to take your speed to the next level. CHAOS training puts the athlete/client as close to sport demands as possible and in this session you will not only find out the theory behind the training concept, you will have a chance to experience it first hand during the hands on training session.

TOPIC 4: Ultimate Core Conditioning –Strong and Stable

Find out why current 'core training' recommendations fall short of the mark when it comes to training athletes! Coach Dos and Nick recognise that their athletes and clients need to be strong and powerful, able to withstand the demands of their sport. In this practical session they will focus on how to develop a strong and stable core through a combination of bridging and stabilisation exercises, rotational and anti-rotational core exercises and 'uninhibited' strength and power exercise. You will leave this session with 'Monday morning' exercises that will immediately improve the way you train the 'core'.

NICK GRANTHAM

Nick has become recognised as a specialist in athletic preparation and has helped athletes at all levels achieve their personal goals and ambitions. Nick has presented seminars and practical demonstrations on strength and conditioning for the Football Association, the National Sports Medicine Institute, the British Olympic Association and the UK Strength and Conditioning Association. [a monthly column in Sports Injury Bulletin](#)



TOPIC 1: Total Training for Combat Sports - Conditioning for the modern combat athlete

Nick and Neil have worked with some of the best combat athletes and coaches in the country and in this session they will show real world examples of how to get combat athletes ready to step onto the mat and into the ring. Nick and Neil will share the strategies they have used to train boxers, wrestlers, judokas and taekwon-do competitors. Experience first hand their hardcore mixed metabolic training, learn how to develop strength using ascending and descending training and discover for the first time Eastern block training secrets that Neil and Nick use to help their personal training clients stay 'bullet proof' and their fighters win World Championships.

TOPIC 2: Ultimate Core Conditioning –Strong and Stable

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NEIL PARSLEY

Neil Parsley is a strength & conditioning coach for the English Institute of Sport. Over the 6 years that Neil has worked for the EIS he has coached several European medallists from track and field and swimming and had 7 individual athletes that competed at the Beijing Olympics. He currently leads the S&C program for GB wrestling as well as continuing to work with the North West's podium and development track and field athletes.



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NICK WARD

Nick is the National Lead Strength and Conditioning Coach for the Talented Athlete Scholarship Scheme (TASS). Educated with a master's degree in athlete preparation from the University of Calgary, Nick has worked with a diverse range of sports including Olympic bobsleigh and skeleton; professional football, rugby league and cricket teams.



TOPIC 1: Performance Planning Matrix – Optimising the Planning Process

In this session Nick will share with the audience his Performance Planning Matrix, a tool he has developed to help analyse goals and objectives to ensure results are delivered for his clients. This session will show you how to get the most out of your athletes and personal training clients.

TOPIC 2: Decision Training – Confusion – Distraction - Disruption

This session explores a novel approach of teaching and coaching that incorporates into the regular training session high levels of decision making. This style of training is designed to improve the athlete's attention, anticipation, concentration, memory and problem solving skills to produce an athlete who is able to make effective decisions under pressure.

Hotel Reservations

The nearest hotel is the **Premier Inn** (0870) 197 7190 situated 1.55 miles away, rooms start from £57.00 per room (breakfast is extra). Contact: Suzette Cutting

Other local hotels include:

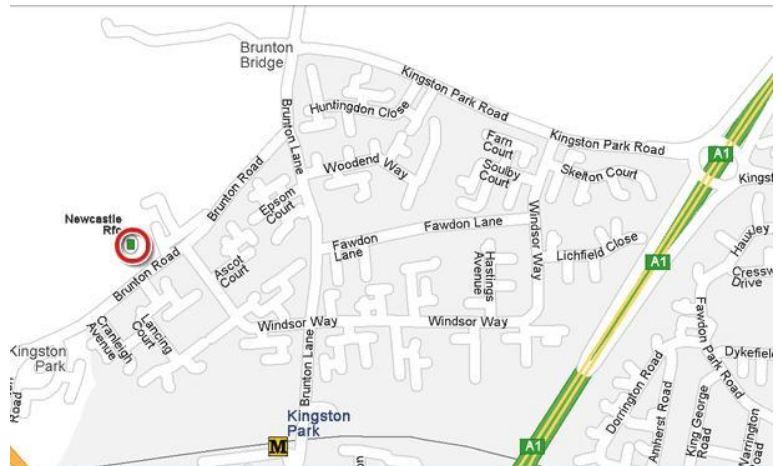
The Britannia (0191) 401 9988, single rooms start from £60 (breakfast inc), or £70.00 Twin/double room (breakfast inc). Contact: Kelly Rumney

The Novotel (0191) 214 0303, the rooms start from £70 per room (breakfast inc). Contact: Lesley Taylor

For great deals and a full range of hotels in the surrounding area visit www.laterooms.com

VENUE: KINGSTON PARK STADIUM

Newcastle Falcons,
Kingston Park Stadium,
Brunton Road,
Newcastle upon Tyne,
NE13 8AF



DIRECTIONS TO KINGSTON PARK STADIUM

From The South:

- Exit the A1 at the slip road signposted Gosforth, City (North), Fawdon and take the first exit onto Kingston Park Road (signposted Airport Ind Est, Dinnington, Brunswick Ind Est)
- At the next round-a-bout take the first exit onto Brunton Lane (signposted Kenton Bankfoot, Kingston Park)
- After 200m take the first right onto Brunton Road (signposted Kenton Bankfoot)
- Continue for 500m, Kingston Park Stadium is on your right hand side – park in West Stand Car Park.
- Car Parking is free of charge

From The North

Via M1/A1

- Exit the A1 at the slip road signposted Gosforth, City (North), Fawdon and take the third exit onto Kingston Park Road ((signposted Airport Ind Est, Dinnington, Brunswick Ind Est)
- At the next round-a-bout take the first exit onto Brunton Lane ((signposted Kenton Bankfoot, Kingston Park)
- After 200m take the first right onto Brunton Road (signposted Kenton Bankfoot)
- Continue for 500m, Kingston Park Stadium is on your right hand side – park in West Stand Car Park.
- Car Parking is free of charge

By Rail

- Mainline services to Newcastle Central Station (5.5 miles)
- Nearest Metro Station – Kingston Park (0.5 miles)

By Air

- Newcastle International Airport (2.5 miles)