16th annual all-Sports Strength clinic

Corpus Christi Veterans Memorial High School

Feb. 20th 8am-2pm

The longest running strength clinic in the state of Texas for High School and Junior High Coaches

Presentations and Hands on Demonstrations

SPONSORED BY









**Missy Mitchell-McBeth**

**MSEd, CSCS, SCC, USAW, RPR, FRC**

Head S&C Coach Byron Nelson High School

Former TCU Strength Coach

**John Mitchell MSEd,CSCS, RSCC\*D**

Veterans Memorial Strength Coach

2019 NHSSCA State Strength Coach of the Year

Former Baylor Strength Staff

**Joey Herron**

**CSCS, USAW**

Head S&C Coach Alice HS

**Reb Brock CSCS, USAW Sr. Coach**

Director of S&C Del Valle HS

Former Director of S&C Copperas Cove HS 1999-2018

**$35 per Coach, or $75 per Staff. Checks made payable to VMHS Athletics**

**Please Contact** [**john.mitchell@ccisd.us**](mailto:john.mitchell@ccisd.us) **for any questions**

Presentations will be geared towards high school and junior high athletes. Knowledge will be presented that will benefit all sports for both males and females. Part of the clinic will include VMHS off-season workout, where many techniques will be displayed.

There will also be a hands-on presentation after the workout.

Speakers will be bringing a wealth of knowledge in every aspect of training. They have been involved in clinics across the nation. I am excited to be able to present this line-up to continue to improve strength and conditioning across the state! Please do not hesitate to email me or call at 512-203-6973 with any questions or needs you may have.

Thank you,

John Mitchell

Veterans Memorial High School

3750 Cimarron Blvd.

Corpus Christi, Tx 78414