



#FAMILY DAY

FREE VIRTUAL STRENGTH & CONDITIONING CLINIC

NOV. 17, 2020 - 7:00-8:30PM CST



A.J. GIOVANETTI

NOTRE DAME
ACADEMY



DEAN MATSCHE

KIMBERLY
HIGH SCHOOL



JIMMY LITSCHER

ST THOMAS
MORE



JOEL MROCZENSKI

MARATHON
HIGH SCHOOL



MIKE DUEHRING

MARQUETTE
UNIV. HS



SCOTT RASMUSSEN

DC EVEREST HIGH
SCHOOL



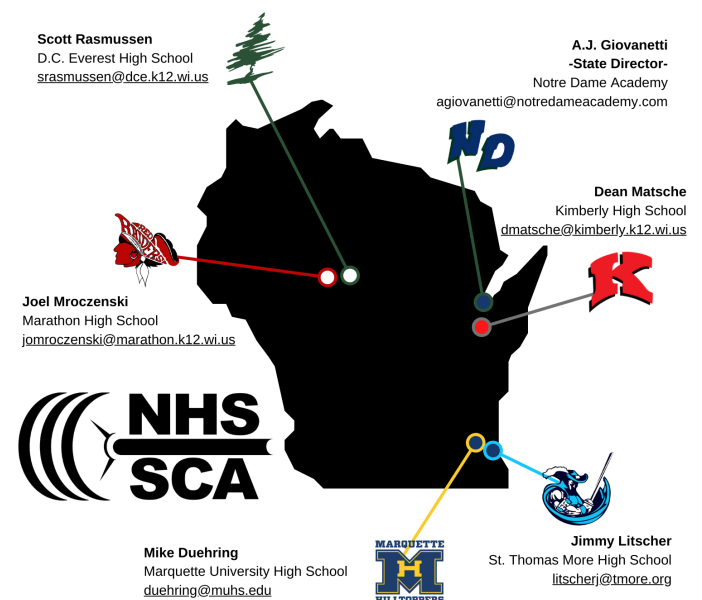
GARY SCHOFIELD

NHSSCA
CO-FOUNDER

2020 NHSSCA WISCONSIN FREE #FAMILY DAY CLINIC AGENDA & NOTES:

Topics to be covered:

- Gary Schofield, NHSSCA Founding Member will discuss the history, purpose and future of the NHSSCA and high school strength & conditioning.
- Breakout rooms: led by WI State Advisory Board and State Director - Training the multisport athlete, S&C progressions middle school to high school, establishing culture in S&C program and In season training.



ONLINE EVENT - REGISTER AT: nhssca.us/upcoming-family-days/

The state directors and advisory board are tremendous resources. Please do not hesitate to reach out with any questions or requests you may have.

