

# Dynamic Stretching



*an interactive seminar aimed at optimizing your athletic warm up routine*

If you are like most people, your pre-activity warm up routine might include some light activity and stretching. Did you know that the most common form of stretching, static stretching, can actually decrease your athletic performance? This seminar will provide a hands on approach to developing a warm-up routine that will...

- reduce muscle tightness and soreness
- improve dynamic flexibility
- warm up your muscles for an activity
- & aid in preventing and avoiding injuries

Tuesday, June 12 at 7:00 p.m.  
D'Agostino Strength Training Center

There is no cost to attend this seminar, but to reserve your spot, please register online at [www.theoptimalathlete.com](http://www.theoptimalathlete.com) under the "Seminars" tab. For more information call Shane Domer at 719.352.1434 or send an email to [sdomer@theoptimalathlete.com](mailto:sdomer@theoptimalathlete.com).

About the Presenters...

## **Justin Braun, B.S., S.C.C.C., USAW Level 1**

Justin has been the Head Strength and Conditioning Coach at Montana State University since July of 2004 and has worked there for over eight years starting as an undergraduate assistant in 1999. He has a bachelor's degree in Exercise Physiology from Montana State University and is certified through the Collegiate Strength and Conditioning Coaches Association, and USA Weightlifting. He works directly with MSU's Football, and Men's and Women's Basketball programs. Justin has competed in powerlifting and Olympic Weightlifting where he won the 1999 Collegiate National Championship in the super heavyweight class.

## **Shane Domer, MEd, CSCS\*D, NSCA-CPT\*D**

Shane currently serves as the Director of Educational Content for The Optimal Athlete, an online resource for athletic performance enhancement. He received his BS at Kennesaw State University and his MEd at the University of Georgia. Shane has previously served as a Strength and Conditioning Coach for the NSCA Human Performance Center, the University of Georgia and the American Bushido Karate Association. Most recently, Shane served as the Education Programs Coordinator at the National Strength and Conditioning Association.