

Building Better Athletes presents...

Developing Athletic Power:

a lecture series designed to enhance your athletic performance

Thursday, March 29 @ 7:00pm

This lecture will provide you with a good, solid understanding of the definition of power, as well as, an informative overview of the application of power training and the effects it has on sports performance. You will also get an in-depth look at the biomechanical factors, neuromuscular factors, and the benefits of power training.



For additional information or to reserve your spot, please contact Shane Domer at 719.352.1434 or sdomer@theoptimalathlete.com. Registration forms can also be found & dropped off at The Main Street Gym.

The first 20 people to register will receive free admission. Cost is \$10. Please reserve your spot ASAP due to the limited number of available openings. Registration will remain open until filled.

The seminar will be held at:

The Main Street Gym
27 East Main Street
Bozeman, MT 59715

About the Presenter: Shane Domer, MEd, CSCS*D, NSCA-CPT*D 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.

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