

The Optimal Athlete presents...



# Training the Collegiate Athlete

April 11th @ 7:00 pm

Behind every successful collegiate athletic program is an experienced and knowledgeable strength and conditioning staff. Unlike most other sport specific coaches, a strength and conditioning coach is responsible for knowing the most appropriate and beneficial training methods for any and all athletes.

For the first time ever, MSU Athletics is opening their strength and conditioning gym doors to the public. Get an inside look at the inner workings of a successfully run collegiate strength and conditioning program. Attendees will receive a tour of the gym, demonstrations, as well as an educational lecture explaining MSU's system for training a collegiate athlete, and how it differs from a general fitness routine. Coach Braun will also address his training philosophies and tactics behind program design and implementation.

Admission is free, but spots are limited. The event will be held in the D'Agostino Strength Training Center, located next to the MSU Field House. Register online at [www.theoptimalathlete.com](http://www.theoptimalathlete.com) under the "Seminars" tab to reserve your spot. For more information please contact Justin Braun at [jb Braun@msubobcats.com](mailto:jb Braun@msubobcats.com).

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## 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.



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