

# 17<sup>TH</sup> ANNUAL ALL-SPORTS STRENGTH CLINIC

**Cypress Woods High School**

**Jan. 14<sup>th</sup> 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



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

Cypress Woods Director of Strength and Conditioning  
2019 NHSSCA State Strength Coach of the Year  
Former College Strength Staff

### **Monty Sparkman,**

MS, CSCS, USAW, USATF-Level II  
Head Athletic Performance Coach – Azle ISD

### **James Johnson**

Strength Coach – McKinney North High School, MISD

### **Joey Heron**

Head of Athletic Performance – Alice ISD  
2022 NHSSCA Texas State Coach of the Year

\$35 per Coach, or \$75 per Staff. Checks made payable to Cy Woods Athletics  
Please go to: <https://forms.gle/cpBrEMCFESuYFgax8> or scan the QR Code on the bottom right to preregister.  
Contact [jeffrey.kachermeyery@cfisd.net](mailto:jeffrey.kachermeyery@cfisd.net), or [john.mitchell@cfisd.net](mailto:john.mitchell@cfisd.net) for further information.



**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**