

7th Annual All-Sports Strength Clinic
March 31st at San Marcos Baptist High School

John Mitchell Techniques	PSJA Memorial High School	Flexibility and Recovery
Ed Cosner	Former Spurs Strength	Building the Total Athlete
Shawn Dassie	Professional Trainer	Speed Development
Gregg Gibbs	Keller High School	Odd Object Lifting
Les Davis &	San Marcos Baptist	Mat Drills and Old School Training
Brandon Davis	San Antonio O'Conner	

\$35 per coach or \$85 per staff. Speakers will begin at 9am

For more information contact John Mitchell at 512-203-6973 or strengthclinic@yahoo.com

[San Marcos Baptist Academy](#)

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