

FOR IMMEDIATE RELEASE

October 21, 2016

University of Southern Indiana

Editor's Note: This release and downloadable photo can also be found on our [website](#).

USI campus to host Indiana State Clinic on strength and conditioning

The National Strength and Conditioning Association will hold the annual Indiana State Clinic on Saturday, November 5 in the Health Professions Building on the University of Southern Indiana Campus. This is the first time the clinic has been hosted on the USI campus.

The clinic will feature 11 speakers presenting on topics related to the strength and conditioning field, and includes interactive demonstration sessions and discussion groups related to relevant field issues, as well as networking opportunities. Athletes, coaches and strength and conditioning professionals of all levels are encouraged to attend.

Dr. Jason Langley, USI assistant professor of kinesiology and sport, and Josh Wildeman, instructor in kinesiology and sport, served as coordinators for the clinic, and members of the USI faculty will be presenting as part of the conference. Lunch will be prepared and presented by students in USI's Food and Nutrition Department using recipes from a cookbook developed by Beth Young, instructor in food and nutrition.

Participants are eligible for continuing education units (CEUs). A schedule of activities, rates and online registration for the conference is available at the [NSCA website](#) and will be available at the event. Early registration ends on October 25.

For more information, contact Jason Langley at 812-464-1824 or at jglangley@usi.edu.

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Founded in 1965, the University of Southern Indiana enrolls more than 10,500 dual credit, undergraduate, graduate and doctoral students in more than 80 majors. A public higher education institution, located on a beautiful 1,400-acre campus in Evansville, Indiana, USI offers programs through the College of Liberal Arts, Romain College of Business, College of Nursing and Health Professions and the Pott College of Science, Engineering, and Education. USI is a Carnegie Foundation Community Engaged University and offers continuing education and special programs to more than 19,000 participants annually through Outreach and Engagement. USI is online at www.usi.edu.

Ben Luttrull

Media Relations Specialist
University Communications

University of Southern Indiana

8600 University Boulevard
Evansville, IN 47712
812-461-5259 (office)
812-319-7673 (cell)
bluttrull@usi.edu | www.usi.edu

University Communications

812-465-7005

usimedia@usi.edu

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