

2024 EAST TEXAS POWERLIFTING CLINIC

Saturday May 11th

"Pride goeth before destruction, and an haughty spirit before a fall."

Proverbs 16:18

- 7 am:** SIGN-IN (Pick up badges and shirts)
- 8 am:** CODY ELLIS - PINE TREE
"Train Smart, Spend Less: Training on a Budget"
- 9 am:** MARK SARTAIN - REGIONAL-STATE JUDGE/ FORMER COACH & THSPA PRES.
"How to coach/judge a legitimate/legal squat"
- 10 am:** RODERICK PORTLEY/EVAN BEATON - PINE TREE/CHAPEL HILL
"Words from our Regional Directors"
- 10:30 am** KYLE ALVARADO W/ARIEL CAUSEY - ROYSE CITY
"Program Development and Mobility with Corrective Exercises"
- 11:30 am** JODIE & DONNIE DUNCAN - RAW IRON
"Lifting the Stigma"
- 12:00 pm** LUNCH (PROVIDED)
- 1:00 pm** KAREN MCNEW - REGIONAL-STATE JUDGE
"Knowing and Teaching the Rulebook" + QUIZ
- 2 pm:** GARY PARRISH - HARLETON
"Cultural Make-Up & Training Squat for Big Results"
- 3 pm:** ROUND ROBIN DISCUSSION
- 1. Question hand-out - Don Woods - MP*
 - 2. Building a Financially Supported Program through Community Sponsors (DW-MP)*