

"Train Smarter."

Sports Performance Clinic for High School through Masters Level Athletes,
Coaches, Trainers and Health Care Professionals

Learn how to reach your peak performance!

Saturday, February 2, 2008, 8:30am-1pm

Objective: To provide participants with practical tips to improve performance from the most current sports science research. The tips provided can easily be implemented into an athlete's training regimen.

Registration Form:

[Click here for registration form.](#)

Cost: \$99 (Registration before January 10), \$120 after January 10th
For additional information you can contact Quest Sports Science Center at info@questssc.com or 410-626-1566

Speakers:

Lilah Al-Masri, MS, RD, LD

Simon Bartlett, PhD, CSCS, ATC

Garry Ho, MD

Brenda Shaeffer, DPT, PT

Sports Dietitian

Exercise Physiologist

Sports Medicine

Biomechanics

The highly regarded speakers have a wealth of experience working with youth, collegiate, elite and masters level athletes. Their strategies for athletic success have been proven to be effective for thousands of individual and team sports athletes. For more information on the speakers, visit <http://www.questssc.com/bios.php>.



Directions:

Shady Grove University Auditorium (Bldg 1), Rockville, MD

Universities at Shady Grove, 9630 Gudelsky Drive, Rockville, MD 20850

From Washington, D.C. and points south:

Take I-95/495 N. toward Baltimore/Silver Spring.
Merge onto I-495 toward Silver Spring and follow to I-270 N.
Take the MD-28 W. exit # 6B towards DARNESTOWN
Merge onto W. Montgomery Ave./MD-28 W.
Turn LEFT onto Darnestown Rd.
Turn LEFT onto ShadyGrove Rd.
Turn RIGHT onto Gudelsky Way
Turn LEFT onto Gudelsky Dr.
Parking available in lots 1 and 2 on your left.
Call 301.738.6023 for more detailed information.

From College Park heading toward Frederick:

Take I-95/495 N. toward Baltimore/Silver Spring.
Merge onto I-495 toward Silver Spring and follow to I-270 N.
Take the MD-28 W. exit # 6B towards DARNESTOWN
Merge onto W. Montgomery Ave./MD-28 W.
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Turn LEFT onto ShadyGrove Rd.
Turn RIGHT onto Gudelsky Way
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From Hagerstown/Frederick and points west:

Follow I-70 E. to I-270 S.
Take I-270 to Exit 8 Shady Grove Road West.
Go 1.5 miles, cross Route 28/Darnestown Road.
Turn RIGHT onto Gudelsky Way.
Turn LEFT onto Gudelsky Drive.
Parking available in lots 1 and 2 on your left.
Call 301.738.6023 for more detailed information.

From Baltimore and points north:

Take I-95 S. toward Washington, D.C.
Take the I-495 W. exit toward US 1/College Park/Silver Spring.
Merge onto the Capital Beltway (I-495) and proceed to I-270 N.
Take the MD-28 W. exit # 6B towards DARNESTOWN
Merge onto W. Montgomery Ave./MD-28 W.
Turn LEFT onto Darnestown Rd.
Turn LEFT onto ShadyGrove Rd.
Turn RIGHT onto Gudelsky Way
Turn LEFT onto Gudelsky Dr.
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From Annapolis and other points east:

Follow US 50 W. to I-95 N/I-495 N. toward Baltimore/Silver Spring.
Merge onto Capital Beltway (I-495) and proceed to I-270 N.

Take the MD-28 W. exit # 6B towards DARNESTOWN
Merge onto W. Montgomery Ave./MD-28 W.
Turn LEFT onto Darnestown Rd.
Turn LEFT onto ShadyGrove Rd.
Turn RIGHT onto Gudelsky Way
Turn LEFT onto Gudelsky Dr.
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