



## **TRAINING SEMINAR**

**2010 USAPL New Jersey State Bench Press and Powerlifting Championships**  
**Hyatt Hotel Grand Ballroom – Princeton, New Jersey**  
**Saturday, July 31, 2010 / 6:00 – 8:00 pm**  
**[High School and College Students: \$5.00 / Adults: \$10.00]**

### **Seminar Topic:**

**Raw/Unequipped Powerlifting: training philosophies and principles for the ultimate advantage.**

### **Guest Speakers:**

#### **Dr. Robert Wagner**

*Dr. Rob Wagner* is an instructor at the Atlantic County Institute of Technology, where he teaches Kinesiology and Physical Education. He also runs Wagner's Advanced Sport Performance Training and Consulting. Rob previously owned and operated Oceanside Wellness & Sport Training center and the Parisi Speed School in southern NJ where he trained a variety of athletes ranging from High School to the professional levels including NFL, AFL, and NHL athletes. Prior to this he was the Strength and Conditioning Coach at the University of Pennsylvania for 14 years. At Penn he was instrumental in developing athletes for multiple Ivy league championship teams including, Football, Wrestling, Men's and Women's Basketball, and Women's Soccer. He also worked with athletes who went on to play/participate in the NFL, NBA, MLB, and the Olympics. Rob is also a national speaker and author on the topic of strength & conditioning having authored over 40 articles. He obtained his Ph.D. in Kinesiology from Temple University in 2004 where he also worked as an adjunct professor teaching courses in Strength and Conditioning. He obtained his masters in Education and a B.S. in biology from Salisbury State University. He is certified by the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist and is also certified by USA Weightlifting as a Senior Level Coach, by USA Track & Field as a Level I coach and by USA Powerlifting as a National Level Coach. He has been a contributing writer to Muscle & Fitness and Powerlifting USA magazine and served as chair of the USA Powerlifting's coaches committee until 2004. Dr. Wagner's accolades extend well beyond the teaching and coaching arena. He is a six-time National Powerlifting Champion in 3 different weight classes, earning titles in 1986, 1991, 1993, 1997, 2001 and 2002. He is a 7-time member of the USA National Powerlifting team (1993, 1996-98, 2000-2002) and has held and holds both IPF World and USAPL American Records.

#### **Joe McAuliffe**

*Joe McAuliffe* is one of America's most respected trainers and strength coaches. Joe has been a strength and fitness professional for 23 years. He has a Masters Degree in Exercise Science from Montclair State University and a Bachelors Degree in Kinesiology from California State University. He is a nationally Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association (NSCA) being a member since 1987. He has published many articles on Fitness and Athletic Performance in numerous magazines and professional journals currently writing for All Shore Media. He is a seasoned Public speaker presenting on a variety of subjects and in 2010 has been invited back to once again present at the NSCA Convention. His diverse clientele range in ages 8 to 85 with different and unique ability levels -- athletes or not. Coach McAuliffe has helped clients excel in the NFL, MLB, Olympic and major college competition. He has coached over 300 Division 1 Scholarship recipients. His passion and enthusiasm are unmatched in the industry. As a 4 time World Champion in Drug free Powerlifting he continues to set National and World Records, by practicing what he preaches and the age of 44. Mr. McAuliffe believes that good habits and an active lifestyle are the keys to success and longevity in any sport.

#### **Rick Scarpulla**

*Rick Scarpulla* is a highly sought after and hugely successful strength and conditioning coach working with and training top athletes on a daily basis for over 15 years. He is currently the Head Strength and Conditioning Coach at West Point in charge of the Army Powerlifting Team since 2003. Coach Scarpulla is credited as designer of the program currently in use at West Point for the powerlifting strength program. He is a top NIKE Football and Sport Camp Coach traveling the nation working with top athletes and Coaches at numerous Div.1-A schools. He is a one of SPARQ's Top certified Speed Trainers and a certified SPARQ Ratings Coach. Rick has worked directly with many top high school, college and pro athletes and programs throughout the nation. He has also worked with many NFL Players and the NFL Player Development program. In addition he is currently a consultant to numerous top high school and college and professional programs. He coaches and speaks at many sport camps, giving clinics and seminars across the nation. Coach Scarpulla is considered an expert in the field having designed and repaired some of the nations top colleges strength and fitness programs. Rick also works with many USTA and collegiate tennis players as well as several top MMA fighters and NASS Strongmen. He is a published author for NIKE and SPARQ and many other nationally recognized sport publications. He understands what it takes to help athletes become their very best in all aspects.