

Joe Juraszek,
Strength and Conditioning Coach
Dallas Cowboys



COACH JURASZEK, has been the strength and conditioning coach for the NFL's Dallas Cowboys for the last 13 seasons. During his tenure, Juraszek has had a tremendous impact on not only

seasoned veterans but also in the development of the teams' younger players. Besides overseeing the strength and conditioning program, Juraszek works with the team's medical staff in rehabilitation of injured players. A graduate of the University of New Mexico, Juraszek started his career at the University of Oklahoma as a graduate assistant. He then served as the strength coach at Texas Tech University from 1987-92 before rejoining the Sooners as strength coach. He served as the strength coach for Oklahoma from 1993-96 before joining the Cowboys.

William Hicks,
Assistant Athletics Director for
Athletic Performance
Syracuse University



Currently serving as the Assistant Athletics Director for Athletic Performance at Syracuse University, COACH HICKS has spent the past 19 seasons working to improve the athleticism of college athletes. Prior to his current position, Coach Hicks

served as the head strength and conditioning coach at Syracuse from 2000-2007. Before coming to Syracuse, Hicks spent 13 seasons at North Carolina State University. In 1999, Coach Hicks was named ACC Strength and Conditioning Professional of the Year.

**JEFFERSON-SCRANTON
FOOTBALL CLINIC**

Friday and Saturday

March 5 & 6, 2010

**Jefferson-Scranton High School
Jefferson, Iowa**

Ken O'Keefe
Offensive Coordinator
University of Iowa



Ken O'Keefe has just finished his 11th season as the Offensive Coordinator at the University of Iowa. Coaching wide receivers in 1999, Ken has now been the quarterbacks' coach for the past nine seasons. Under O'Keefe, quarterbacks have won numerous national recog-

nitions including Drew Tate and Heisman Trophy Runner-up Brad Banks. A former wide receiver and graduate of John Carroll University, Coach O'Keefe started as an assistant coach at New Haven from 1976-77 before becoming head coach for the Fort Worth (TX) Country Day School from 1978-84. Returning to the college ranks, O'Keefe spent 1986-89 as the offensive coordinator and line coach at Allegheny College before becoming the head coach from 1990-97. Ken spent 1998 as the head coach at Fordham before coming to Iowa in 1999.

**Thank you to
Jeff Conner
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Friday, March 5, 2010
Power Lift Factory
Highway 30 East, Jefferson, IA

6:30 p.m. Fred Wieck, Clear Lake
"Clear Lake's 4-3 Defense"

6:30 p.m. Shawn Meth, Eagle Grove
"Defensive Game Planning & Team Pursuit"

7:15 p.m. Curt and Todd Bladt, Harlan Community
"Coaching the Offensive Line"

7:15 p.m. Wesley Beschoner, USD
"Quarterback Play"

8:00 pm WILLIAM HICKS, SYRACUSE UNIVERSITY
 Ass't Athletics Director for Athletic Performance,
 C.S.C.S.

8:50 p.m. JOE JURASZEK, DALLAS COWBOYS
 Strength and Conditioning Coach

9:40 p.m. Pizza, Refreshments, Social

Saturday, March 6, 2010
Jefferson-Scranton High School
Jefferson, IA

8:00 - 8:40 **Small Group Session I**

Gym Travis Kooima, West Christian, Hull
"Coaching the H.S. Quarterback and Building a Program"

Theatre Joe Wilcox, Iowa City, City High
"Little Hawk Football Program Philosophy"

Band Cory Faust, AHST
"AHST Favorite Drills for Skill Players"

Multi-Purp. Jason Ohrt, South Winneshiek
"Shotgun: Inside/Outside Zone Running Game"

Science: Steve Milder, West Central Maynard
"Commonalities in Coaching Football—8 Man to the College Level"

8:50-9:30 **Small Group Session II**

Gym Sam Anderson, Urbandale
"Special Teams: Schemes & Practice Planning"

Band Justin Penner, Kuemper Catholic
"Physics of Special Teams"

Multi-Purp. Lon Lawler, Osage
"Creating Turnovers for a Winning Season"

Science Don Hicks/Jake Nimrod
"8 Man Football—A Balanced Attack"

Theatre Chris Creighton, Drake University
"Quarterback Fundamentals"

9:40-10:20 **Small Group Session III**

Gym Bob Lape, North Fayette
"Wing T: Belly and XB Sweep"

Band Mark Scott, Turkey Valley
"Turkey Valley's 5-2 Invert Defense"

Multi-Purp. Larry Atwater, Coe College
"KOHAWK Defense"

Science Chad Edeker, WACO
"Wing T: Trap, Sweep, Waggle"

Theatre Jim Glogowski/Joe Beschoner, Simpson College
"Running Power with the RB and QB in Multiple Sets"

10:30-11:30 **General Session**

Theatre KEN O'KEEFE, UNIVERSITY OF IOWA
 Offensive Coordinator/QB Coach

11:30-12:10 **Lunch (1st shift) - Cafeteria**

11:40-12:20 **Small Group Session IV**

Gym Tom Wilson, Dowling Catholic
"Relationship of Youth Program to the High School Program"

Science Mike Dirksen, Newman Catholic
"Newman Offensive Philosophy & Line Call Adjustments"

Theatre Jeff McMartin, Central College
"Quarterback and the Pistol Offense"

12:10-12:50 **Small Group Session V**

Multi-Purp. Butch Pedersen/Jarod Tylee, West Branch
"Defensive Coverage in Multiple Sets and Defensive Back Drills"

Band Cory Brandt, Boyden Hull/Rock Valley
"Spread Passing Game & Nighthawk Character"

Gym Tom Wilson (continued), Dowling Catholic

12:20-1:00 **Lunch (2nd shift) - Cafeteria**

1:10-1:50 **Small Group Session VI**

Gym Dave Holdiman, Marshalltown
"The Bobcat Passing Game: Key Concepts"

Band Dan Heffron, D.C., Central Decatur
"Flexibility and Injury Prevention"

Multi-Purp. Jim Knott, Centerville
"3-5 Defense: Coverage & Coverage Adjustments"

Science Russell Dukes, Lenox
"How to Develop a Program and the 3-3 Defense"

Theatre Stan Sweifel, University of Dubuque
"Protecting & Developing the 3 Step Passing Game"

2:00-2:40 **Small Group Session VII**

Theatre William Bleil, Iowa State University
"Offensive Line Play"

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Enclosed is my check, made payable to
JEFFERSON-SCRANTON HIGH SCHOOL
 for:

\$ _____ for _____ coaches at



\$45.00 each (\$55.00 at the door)



\$225.00 for entire staff

PRE-REGISTRATION DEADLINE:
FEBRUARY 26, 2010

NO REFUNDS ON PRE-REGISTRATION

MAIL TO: Dean Lansman, Clinic Director
 Jefferson-Scranton High School
 101 Ram Drive
 Jefferson, IA 50129