

driving for **SUCCESS**

June 5-7, 2013 • Save the Date

Join us in Southern Pines for the 17th annual **Southeastern Chapter of the Medical Fitness Association (SEMFA) Spring Conference**



17th Annual SEMFA Spring Conference Pinehurst, NC

Wednesday, June 5, 2013

- 6 – 10 a.m.** Vendor Set Up
- 9 a.m.** Biking & Golfing
Golf, Pine Needles Lodge – Registration Required
Sponsored by Perkins Eastman
Road Bike Ride – Leaving from Pine Needles Lodge
- 12:30 – 3:30 p.m.** Pre-Conference Session: NCSF: Youth Athletic Training Workshop

Cost: \$125 (1.5 NCSF credits)

Presented by: Brian Biagioli, EdD., M.S., and B.S.

Location: FirstHealth Center for Health & Fitness-Pinehurst

Description: Give kids an edge on their performance and fitness. Learn to teach drills for speed, agility, core strength, coordination and flexibility specific to our youth population.

- 5:30 – 8:30 p.m.** **Ice Breaker Social**
6:00 p.m. - Mark Vomund, Motivational Speaker
Sponsored by OLC
Pine Needles Lodge

Thursday, June 6, 2013

- 7 – 8 a.m.** **Early Workout** – Pine Needles Conference Center
- 8:15 – 9 a.m.** **Meet the Vendors** – Pine Needles Conference Center
- 9:10 – 10:20 a.m.** **Continental Breakfast** – Business Meeting
Pine Needles Conference Center
- 10:30 a.m. – Noon** **Breakout Session 1:**
Benchmarking with Neil Byrd

Social Media and the Medical Fitness Facility
Ellen Geanes and Georgeanne McDaniel, FirstHealth
- 12:15 – 1:30 p.m.** **Keynote speaker, Tra Thomas**
Lunch
Sponsored by Technogym
Pine Needles Conference Center
- 1:45 – 3:30 p.m.** **Breakout Session 2:**
Lead 2 B Healthy – Kevin Conlon, Healthpoint
Anatomy of a Sitter – Robert Forman,
High Point Regional
Right Weigh – George Reid, RMH Wellness Center
- 3:45 – 4:30 p.m.** **Visit the Vendors**
- 4:30 – 6 p.m.** **Site Visit** – FirstHealth Center for Health & Fitness-Pinehurst

FHC CrossFit Presentation – Randy Ballard (4:30 - 4:45 p.m.)
FHC CrossFit Class – Randy Ballard (4:45 - 5:15 p.m.)
Body Flow (5 - 5:30 p.m.)
Independent Workouts
- 7:00 p.m.** **Conference Social** – Pine Needles Lodge

Friday, June 7, 2013

- 7 – 8 a.m.** **Early Workout** – Outdoor Pavilion, Pine Needles Lodge
- 8 – 9 a.m.** **Meet the Vendors**
- 9:15 – 10:30 a.m.** **Breakfast** – Pine Needles Conference Center
Clebe McCleary, Motivational Speaker
Sponsored by Cybex
- 10:45 a.m. – 12:15 p.m.** **True Colors** – Sam Combs, East Carolina University

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WHEN June 5-7, 2013

WHERE Pine Needles Lodge
1005 Midland Road
Southern Pines, NC 28387

WHAT Educational workshops, best-in-class partner showcases, and networking in a setting that will leave you refreshed and excited about the medical fitness industry.

www.medicalfitness.org

REGISTRATION FORM

Pre-registration deadline: May 31, 2013

Golf at Pine Needles Golf Club Yes No
Deadline to Register – April 19, 2013

Road Bike Tour of the Area Yes No

Registration Fees
Register before May 1, 2013 – Buy One Registration/
Get One Half Price

Conference Registration:

Name _____

Organization _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

| | | | |
|----------------|--------------|-------------|---------|
| Prices: | Before May 1 | After May 1 | On-Site |
| Member | \$99 | \$135 | \$150 |

Pre-Conference Registration:

NCSF Youth Athletic Training Workshop (Cost - \$125)
 Yes No

Payment Information:

\$ _____ Total Enclosed Volunteer

Check Enclosed

Visa/MC# _____

ExpirationDate _____

Name as it appears on card _____

Hotel Accommodations:

Pine Needles Lodge & Golf Club
1005 Midland Road
Southern Pines, NC 28387

Reservations: (800) 747-7272

Room Rates: \$140 Single Occupancy
\$70 Double Occupancy

Questions: Contact Sandy Ritter, (910) 715-1834
or sritter@firsthealth.org