

# BE THERE!

20<sup>th</sup>  
Anniversary

JOIN A  
CAVALCADE OF  
**SPORTS AND FITNESS**  
STARS

AT THE CHIROPRACTIC  
PROFESSION'S MOST  
EXCITING EVENT!

**PLUS!**

THE SYMPOSIUM  
INCLUDES A SPECIAL  
THURSDAY PM  
CELEBRITY TRIBUTE AND  
EDUCATIONAL PROGRAM!

"A powerful tradition of  
excellence in fitness and  
sports health science!"

BE THERE...  
FOR A WEEKEND OF FUN  
AND EDUCATION IN THE WORLD  
OF FITNESS AND HEALTH!

**REGISTER TODAY! SEATING IS LIMITED!**



ICA's Council on  
Fitness & Sports Health Science  
presents the

20<sup>th</sup> Annual Symposium  
on Natural Fitness  
and Sports

March 1-3, 2012

The Columbus—A Renaissance Hotel  
Columbus, Ohio  
in conjunction with

**The 2012 Arnold Classic  
& Fitness Weekend**  
March 1-4, 2012

Symposium Weekend  
includes:

✓ Symposium Education Program  
(20 Hours Continuing Education Applied For)

✓ Sports Celebrity Autographs and  
Photo Opportunities!

✓ Entry to Ask Arnold Training  
Seminar Sunday AM!

✓ PERSONAL STUDIO-STYLE  
PHOTO WITH VIP GUESTS!

**SPECIAL 20<sup>th</sup> ANNUAL  
PROGRAM FEATURES!**

Continental breakfast provided both  
Friday and Saturday, Lunch Friday,  
Attendance Prizes, Photo and  
Autograph Opportunities!

For more information and online  
registration, visit ICA's website at  
[www.chiropractic.org](http://www.chiropractic.org)

## 20 Hours for our 20th Anniversary!

*Starts Thursday PM featuring a Special Celebrity Tribute!*

FEATURING A BLOCKBUSTER ARRAY OF DISTINGUISHED FACULTY AND GUESTS:  
Includes special Champion Athlete Guests — Including 8-time Mr. Olympia, the legendary Lee Haney!

**Program Highlights & Registration Details at [www.chiropractic.org/symposium](http://www.chiropractic.org/symposium)**

Jeff Spencer, DC	Key Components of Sports Chiropractic, Sports Psychology & Athletic Performance
Ted Carrick, DC	Neurophysiology in Sports Performance, Balance, Coordination, and Injury Rehabilitation
Warren Hammer, DC	Clinical Priorities/Strategies for Connective Tissue Concerns in Functional Movement & Exercise Applications
Nick Athens, DC	Chiropractic Perspectives on Care of the Elite Athlete and Intense Competition Sports
Mitch Mally, DC	Strengthening and Injury Prevention Strategies for the Power Athlete
John Downes, DC	Risk Management for Case Management and Documentation in the Gym and on the Field
Peter Gratale, DC	Top Ten Strategies in Strength, Conditioning, Injury Prevention, and Nutrition
Jack Barnathan, DC	ROUND TABLE with the CHAMPIONS—Advances in Perspectives & Practical Applications for Winning Strategies in Strength, Conditioning & Endurance
Ken Kinakin, DC	Extraordinary Assessments and Approaches for Multiple Athletic Populations & Sports AND: New Perspectives in Training and Resources for Athletic Performance



# 20TH ANNUAL Symposium on Natural Fitness and Sports

## March 1-3, 2012

International Chiropractic Associations

**Yes, I'll be There!**

TO REGISTER  
FOLLOW STEPS  
1 THRU 4

The Renaissance Columbus Downtown Hotel  
50 North 3rd St. – Columbus, Ohio  
**In Conjunction with the 2012 Arnold  
Schwarzenegger Classic & Sports Festival!**  
(Held in Columbus, OH over March 1-4, 2012!)

CONF.#: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
 ICA cannot guarantee your VIP seating location, but will honor your requests for seating with friends and family to the best of its ability.

Fitness Council Member\*: \_\_\_\_\_  
ICA Member\*: \_\_\_\_\_

STEP #  
**1**  
PROVIDE CONTACT INFORMATION

NAME (Please Print) \_\_\_\_\_  
NAME (2nd Registrant) \_\_\_\_\_ (3rd Reg.) \_\_\_\_\_  
ADDRESS  Office  Home \_\_\_\_\_  
CITY \_\_\_\_\_ STATE/PROVINCE \_\_\_\_\_ POSTAL CODE \_\_\_\_\_  
WORK PHONE \_\_\_\_\_ FAX \_\_\_\_\_  
EVE/CELL PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

STEP #  
**2**  
CHOOSE REGISTRATION CATEGORY & PAYMENT

## Registration Rates: Sign up TODAY! Limited Seating! VIP Ticket Package—OR—Deluxe Package Option!

- VIP Package Includes:**
- Symposium Educational Program (20 hours of educational sessions)
  - Personal Studio-Style Portrait Photo *with Arnold Schwarzenegger!*
  - VIP Section Reserved Seating at Arnold Classic Competition Events Friday & Saturday PM
  - VIP Admission to the Arnold Training Seminar Sunday AM
  - Arnold Fitness Expo Entry Privileges Saturday and Sunday
  - Continental Breakfasts Friday and Saturday, Lunch Friday
  - Customized VIP Press Release Kit for your Community outreach success
- Deluxe Package Includes:**
- Symposium Educational Program (20 hours of educational sessions)
  - Personal Studio-Style Portrait Photo *with Arnold Schwarzenegger!*
  - Sports Celebrity Autographs and Photo Opportunities
  - Entry Ticket to the Arnold Training Seminar Sunday AM
  - Continental Breakfasts Friday and Saturday, Lunch Friday

VIP Package:	ICA* OR Fitness Council*	Deluxe Package:
\$530 x _____	← ICA* OR Fitness Council* →	\$365 x _____
\$575 x _____	← Non-Member* →	\$395 x _____
\$550 x _____	← Fitness Trainer/Guest/Spouse →	\$395 x _____
\$475 x _____	← Student ICA Member* →	\$165 x _____
\$525 x _____	← Student Non-Member* →	\$265 x _____
TOTAL PAYMENT _____	<i>Please note: your registration cannot be Automatically refunded if cancelled!*</i>	

I am paying by: Check \_\_\_\_\_ (in US Funds) Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_  
 Visa/MC \_\_\_\_\_ AmEx \_\_\_\_\_ Discover \_\_\_\_\_ Signature \_\_\_\_\_  
 [3410-107021] Security Code from Credit Card Back/Front is required for payment processing: \_\_\_\_\_

STEP #  
**3**  
SEND IN YOUR REGISTRATION

**Mail completed form with payment to:**  
ICA Fitness Symposium  
6400 Arlington Blvd., Suite 800  
Falls Church, VA 22042, USA  
**OR... Call 800-423-4690 (US & Canada)**  
**(703) 528-5000** (outside N. America add country code 001)  
**OR... Register Online at**  
**www.chiropractic.org**  
**OR... Fax completed form with**  
Credit Card # to ICA at 703-528-5023

**IMPORTANT!**  
STEP #  
**4**  
RESERVE YOUR HOTEL ROOM

- **Payment is REQUIRED to secure reservations.** \*Cancellation may not be automatically refunded due to the specialized ticket arrangements made with The Arnold Classic.
- **Registration Confirmation Packets will be sent prior to the Symposium. Program schedules and maps are also available at [www.chiropractic.org](http://www.chiropractic.org)**
- **Hotel reservations at Symposium rates apply ONLY for pre-registered attendees. Register early!** Columbus is BUSY that weekend and rooms fill up quickly. Save money! The ICA room block prices for The Columbus Renaissance Downtown Hotel close Friday, Feb 10 **TO RESERVE YOUR HOTEL ROOM**-First, register with ICA and get your confirmation number. Then, with your confirmation number ready, contact Melissa Atkins at Helms Briscoe Co. at 614-921-9878 (8am-8pm EST); OR fax written reservation requests to 614-527-7036; OR email Ms. Atkins to ensure faster processing when delaying with time zone differences and practice schedules at [HBRReservations@aol.com](mailto:HBRReservations@aol.com)

★ ★ ★  
PLEASE NOTE!

→ **Special Rates for ICA Members and Fitness Council Members!**  
**\*Discounts apply when you join/renew with registration! Member Applications can be downloaded [www.chiropractic.org](http://www.chiropractic.org)**

ICA reserves the right to cancel or adjust program dates, speakers, or location. In no event will the sponsors be liable for any travel expense, lost profits, or other special, incidental, consequential or indirect damages.



Continuing Education Program cosponsored by Life Chiropractic College West. Visit [www.lifewest.org](http://www.lifewest.org) for listings of state board approvals: It is the individual responsibility of the doctor to confirm approval of hours towards CE credit with the program in specific states.