

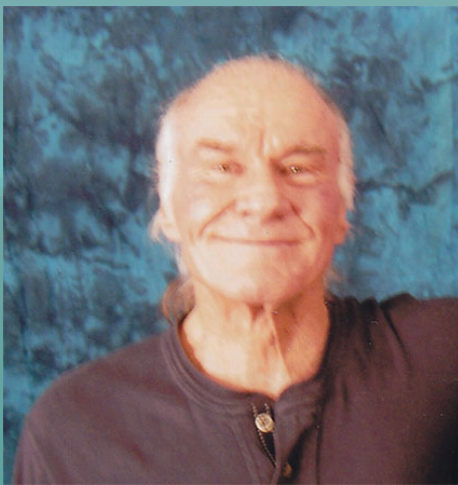
**Starting Strength Presents:**

# **A Coaches' Roundtable Weekend**

**August 7-8th  
Wichita Falls Texas**

Join us in Wichita Falls for a weekend of information and training, as we pick the brains of a special group of coaches that span an incredibly wide range of experience and expertise.

**TOMMY SUGGS**



**JIM WENDLER**



**MARK RIPPETOE**



**JOHN SHEAFFER**



Former National Champion Olympic weightlifter, national and world team coach, and editor of the legendary strength publication *Strength and Health*, Tommy's experience at the top of the iron game spans six decades. His unique perspective on strength, power, training, and athletics is simply unavailable anywhere else. We are honored by his attendance, and anyone who misses this rare opportunity to interact with a coach of this caliber is not thinking clearly.

A National-level powerlifter, Jim is currently an important part of Elite Fitness Systems, one of the foremost suppliers of equipment and information in the industry worldwide. As a former college football player, collegiate strength coach, competitive lifter, and the author of *531: The Simplest and Most Effective Training System for Raw Strength*, Jim is more than qualified to offer useful advice for your training, as you already know.

Rippetoe is the author of *Starting Strength*, *Strong Enough?*, *Mean Ol' Mr. Gravity*, co-author of *Practical Programming for Strength Training*, as well as numerous articles and journal pieces. His work on this website is available free, and is worth what you pay for it, although his 30+ years in the fitness industry and barbell training might prove useful enough for the money you'll spend.

John is a former Airborne Infantry combat veteran, and a training and nutritional consultant for physique and fitness competitors. Owner of Greyskull Barbell Club in Philadelphia and permanent staff for Starting Strength Seminars, John holds Starting Strength Training Camps at GBC. If you can find him, maybe you can hire him. Find him here this weekend.

**Make the most of six hours of structured Q&A time with the panel, a Saturday Evening barbeque supper and BYOB at WFAC, and a whole day Sunday in the gym with the Starting Strength Seminar staff. Attendance is limited to the first 50 signups. [Get your seat today.](#)**