



Three Masters of Sports Performance Unite to Share Their Expertise with a Limited Audience

Strength & Conditioning experts Joe Carbone, Bob Takano & Brendan Murray are uniting for the first time for a seminar at Loyola Marymount University in Los Angeles on June 16, 2007. The seminar is an exclusive engagement titled “How to Train the Elite Athlete: Program Design to Implementation.”

Los Angeles, CA, May 25, 2007 --(PR.com)-- The elusive Joe Carbone is stepping out to speak. Carbone is the current Strength & Conditioning Coach of the Los Angeles Lakers and was Kobe Bryant's personal Strength & Conditioning Coach since high school (1996-2003). He has joined forces with World Class Olympic Weightlifting Coach, Bob Takano and Institute for Spine & Sports Care Expert, Brendan Murray.

Carbone has been with Kobe since he stepped out of high school into the NBA. An inside glance into the training of Kobe Bryant is the pull to grab everyone into this seminar. Though, the world class expertise of these three speakers will keep attendees yearning for more.

Takano Athletics will present the seminar on June 16, 2007; 8:00am - 5:00pm at Loyola Marymount University, 1 LMU Drive, Los Angeles, CA 90045. Pre-registration is recommended, space is limited. Online registration and information may be found at <http://www.carbonestrengthcave.com>.

Highlights of the program include world class athlete program design & implementation. Advanced Olympic weightlifting demonstration & technique will be featured. Techniques learned will not only apply to basketball and volleyball (their specialties) but will transcend all explosive sporting movements like running, jumping, throwing, kicking, hitting, agility, balance, & coordination. The National Strength & Conditioning Association will provide CEU's for Certified Strength & Conditioning Specialist (C.S.C.S.) credential.

Kobe Bryant has been quoted in the Orange County Register (April 14, 2006) with these words about Carbone:

“He took me under his wing and taught me that game when I was 17 years old. He taught me how to lift, train, and get physically ready. From that point till now, I've been with him. So, all the physical things I do on the court, progressing and getting stronger through the seasons, those come directly from his knowledge of how to make it happen.” - Kobe Bryant

For additional information on the news that is the subject of this release, contact Christine at (310) 597-2094 or poweredbycarbone@gmail.com.

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Contact Information:

Carbone Strength Cave

Christine Carbone

310-597-2094

poweredbycarbone@gmail.com

www.carbonestrengthcave.com

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