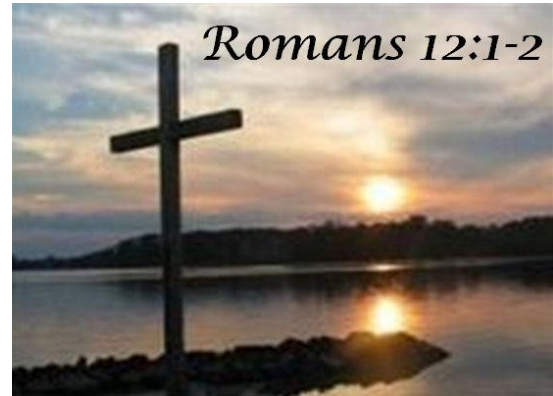


YOUTH RALLY 2011

Ironton Church of Christ
10th & Vine St. Ironton, OH
(740)-532-3365
www.tenthandvinecofc.org



Theme: "A Living Sacrifice"

Place: Ironton Church of Christ
10th & Vine St. Ironton, OH

Date: Friday, March 4th thru Sunday March 6th
Starts at 7:00 PM on Friday and ends Sunday at 11:30 AM

Speaker: Chip Pugh

Chip is from Cookeville, TN where he is in his 5th year as Tennessee Tech University's Director of Athletic Performance. He oversees the physical development of student-athletes in all 16 sports.



Chip has also served as a collegiate strength and conditioning coach at Winthrop University, Marietta College, and his alma mater, Ohio University. He earned his Bachelor's and Master's degrees at Ohio University, where he played football, and he is a certified strength & conditioning specialist through four major organizations.

In addition to his coaching duties, He is a frequent speaker at clinics, workshops, youth classes, marriage enrichment courses, and gospel meetings. He also teaches as an adjunct instructor at TTU and runs regular CrossFit classes for the community.

Whether he was a near-300lb offensive lineman in college, or now 200lb sprint triathlete, Chip has always appreciated the deeper benefits of his physical conditioning regimen. He publishes a daily blog called "CrossFit Faith" to encourage his athletes, clients, and others to allow physical training to contribute positively to their own life pursuits.

He and his wife, Nicole, have a baby daughter named Rory.

Classes: We will have separate classes for boys and girls. There will be a separate class for the 11 y/o and under. All are welcome, but housing will be provided for 12 y/o and older.

Housing: Housing is available with members of the Ironton congregation. This housing is free. All those staying all night will need a chaperone. If you want to stay in a local hotel, then please call Gary McIlvain for information. You will be responsible for the hotel costs. We will be having a snack Friday night and breakfast and lunch on Saturday. All meals will be provided free of charge. T-Shirts will be available. The cost is not yet known. The Youth Rally is free to everyone. The only cost will be if you want a T-Shirt. PLEASE RSVP BY FEBRUARY 19th SO WE CAN HAVE THE RIGHT AMOUNT OF HOUSING ARRANGED AND FOOD PROVIDED.

Contacts: Gary McIlvain 606-615-2842 cell 304-696-2930 work
mcilvain2@marshall.edu

Todd Parsley 606-836-0529 home 740-532-3365 church

Another Flyer will follow in March with the complete schedule and will be on our website at www.tenthandvinecofc.org follow the youth link to the rally information.