

19th Annual Juniata College Sports Performance Conference

Friday / June 21

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| 6:00am - 7:45am | Registration & Check-In - Kennedy Sports + Recreation Center |
| 7:45am - 8:00am | Doug Smith, MS, RSCC'E, CSCS, NSCA-CPT, NASM-PES, USAW Senior, Clinic Director; Juniata College, Strength Coordinator |
| 8:00am – 8:55am | <p>*Leslie J. Bonci, MPH, RD, CSSD, LDN, is the owner of “Active Eating Advice-be Fit, Fed, Fearless” <i>“Sports Nutrition for Injury Prevention and Rehabilitation”</i></p> <p>Joe Schoeleber, MS, CSCS, Mercyhurst University, Head Strength and Conditioning <i>“Combining Triphasic and 5-3-1 X's and O's Plus Results”</i></p> |
| 9:00am - 9:55am | <p>*Robert A. Panariello, MS, PT, ATC, CSCS, Founding Partner, Chief Clinical Officer, Professional Physical Therapy <i>“Rehabilitation and Athletic Performance Enhancement Training of Hamstring Injuries”</i></p> <p>Darin Thomas, MS, CSCS - Muhlenberg University, Strength and Conditioning Director <i>“A Strength & Conditioning Program for Developing Young Athletes”</i></p> |
| 10:00am - 10:55am | <p>Paul “Babe” Mayer MS, Mayer Sports Training Center <i>“The Principles of Functional Movement Training”</i></p> <p>*Tanya Williams MS, CSSD, RD, LDN, RYT-200, Owner Clinical Dietitian, & Sports Nutrition Specialist <i>“RED-S; Relative Energy Deficiency Syndrome”</i></p> |
| 11:00am - 11:55am | <p>Greg Werner, MS, MSCC, RSCC'E, CSCS, SCCC, Virginia Tech Women's Basketball Head Strength & Conditioning Coach <i>“Using Super-Sets and Complexes in Your Programing”</i></p> <p>*Sasha Digges – MS Physical Therapy (BOC Approved EBP Program) <i>“Blood Flow Restriction Training: The Science and Methodology” (Session 1)</i></p> <p>Hands-On Session Jeremy Golden, MS, CSCS, USAW, Assistant Director of Athletic Performance at the University of New Mexico <i>“Speed and Conditioning for Basketball Players”</i></p> |
| 12:00pm - 12:55pm | <u>Lunch / Ellis Dining Hall</u> |
| 1:00pm - 1:55pm | <p>Scott Bennett, MS, RSCC, CSCS, SCCC, Radford University Head Strength & Conditioning Coach <i>“Teaching progressions for fundamental Lifts”</i></p> <p>*Sasha Digges – MS Physical Therapy (BOC Approved EBP Program) <i>“Blood Flow Restriction Training: The Science and Methodology” (Session 2)</i></p> <p>Hands-On Session William Maher, NSCA-CPT, Certified Kettlebell Instructor <i>“Hands-on Kettlebell Training Workout”</i></p> |
| 2:00pm - 2:55pm | <p>Leo Totten, Totten MS, USAW 5 (Senior International Coach, Owner, Totten Training Systems, LLC <i>“Olympic Lifts: Faults and Corrections”</i></p> |

***Dr. Savannah Bailey, DAT, LAT, ATC, CSCS, CES, CCT**
"Negative Pressure Therapies"

Hands-On Session

Todd Barnes, MS, CSCS, NASM-PES, Head Strength & Conditioning Coach/Fitness Director
Arcadia University

"Performance Monitoring Techniques for Volleyball."

3:00pm - 3:55pm

Bryan Miller, MS, CSCS, Annapolis Naval Academy, Associate Strength and Conditioning Coach / Sports Science Coordinator

"Stiffness and Elasticity for Sprinting and Injury Prevention"

Rob Oviatt, MS, MSCC

"Building Team Culture"

Hands-On Session

***J.R. Leonardi, MS, CSCS, USAW, Strength and Conditioning Specialist**
Allegheny Health Network – Sports Performance

"Scapular Strength Options for Improved Posture and Shoulder Care"

4:00pm - 4:55pm

***Andy Bosak, Ph.D., CSCS, HFS, Liberty University, Exercise Science Professor and Director of Exercise Science Master's Degree Program Liberty University**

"Assessment and Strength training and Conditioning for Professional Firefighters"

Michael R. Rankin, MS, CSCS, Drexel University, Director of Strength & Conditioning

"Training for Sports – More Similarities than Differences"

Hands-On Session

Franco Alexander, M.S. CSCS RSCC, Alexander Strength Development, LLC
Owner/ Head Strength & Conditioning Coach

"Baseball Strength & Conditioning"

5:00pm - 5:55pm

William Hicks, RSCC"E, CSCS. Syracuse University, Asst. Athletic Director / Olympic Performance

"From Football to Olympic Sports Training"

***Tom Swaldi DPT, ATC, CSCS, Star Physical Therapy & Fitness**

"Temporomandibular Joint Dysfunction in the Athletic Population"

Hands-On Session

Dave Brixius, CSCS, Owner Explosive Sports Performance

"A.D.R. Speed System for Training the Female Athlete"

6:00pm - 6:55pm

Brandon Hourigan, MS, CSCS. Wake Forest University Head Strength Coach

"Developing a Football Specific Strength and Conditioning Program- A practical approach for the High School Football Coach"

***Robert Taylor, Jr., CSCS, CCS, PES, CES, CSES, NSCA-CPT, NSPA-CP**

"Dissipating Sub-Concussive Forces"

Hands-On Session

Todd Hamer MS, CSCS – George Washington University Strength Coordinator

"Starting at Square one with a New School"

7:00pm

Grip Competition

Jedd Johnson, CSCS, DieselCrew.com, Wyalusing PA

Slack Line Training

Bob Groshek – Personal Trainer / Fitness Director

Conference Social

Saturday / June 22

6:00am - 6:45am

Breakfast / Ellis Dining Hall

7:00am - 7:55am

***Will Peveler, Ph.D., Liberty University Assistant Professor of Exercise Physiology**
"Strength and Conditioning for Combat Sports"

8:00am - 8:55am

***Alan DeGennaro, MS, ATC, CSCS, Carnegie Mellon University Strength and Conditioning Coordinator**
"Expanding the Strength-Aerobic Method: Implications for Health, Performance, and Injury Prevention"

Curt Lamb, MS, CSCS, USAW, Limestone College, Assistant Athletic Director for Sports Performance, Strength Coach New Zealand Men's Lacrosse -
"Conditioning for Lacrosse"

9:00am - 9:55am

***Kate Decker, CSCS, USAW & USATF Coach,**
"Demonstrations of Active Release Technique and Fascial Stretch Therapy combined with Postural and Movement Observations for both the Injured and Non-Injured Athletes"

Cam Davidson MS, SCCC, CSCS, AOLC, Penn State University, Assistant Director of Performance Enhancement
"Performance Training for Penn State Men's Hockey"

10:00am - 10:55am

Jay DeMayo, MS, CSCS, University of Richmond, Strength & Conditioning
"Performance Program for Swimming and Diving"

***Mike Craven - True Fitness Solutions - ISSA Personal Trainer Cert,**
"What we are not doing to Prevent Heat Stroke"

11:00pm-11:55pm

Anthony Glass, MS., MSCC, C.S.C.S., H.F.I., USAW, Dir., Strength & Conditioning – Olympic Sports, Appalachian State University
"Year round training for Power Sports (Basketball and Volleyball)"

***Jerry Shreck, MS, ATC/L, NCSF-CPT, Bucknell University Strength**
"Identifying Weak Links, Movement Pattern Awareness, & Corrective Exercise For Maximal Results and Reduction of Injuries"

12:00pm - 12:55pm

Lunch / Ellis Dining Hall

1:00pm - 1:55pm

***Tony Decker, MS, CSCS, Coastal Carolina University Director of speed, Strength & Conditioning**
"Partial Movement Teaching Progressions for the Injured or Restricted Athlete"

Caryn Bailey, CSCS, University of Louisville, Assistant Sports Performance Coach
"In-Season Training for the Softball Athlete"

2:00pm - 2:55pm

Tyler Carpenter University Pittsburgh, Head Strength and Conditioning Coach
"Performance Training for Soccer"

***Timothy N. Harvey MS, ATC, Mercyhurst University, Assistant Professor in the Sports Medicine Department, Erie PA**
"Pharmacology: How Common Medications act and interact with the body during Exercise"

3:00pm - 3:55pm

Bobby Fisk, MS, CSCS, New Jersey Institute of Tech
"Year Round Training for Collegiate Men's Soccer - Progressions and Variations for Speed and Strength"

***Stuart Singer [ssinger@wellperformancecoach.com]**
"The Core Psychological Principles of the Performance Environment"