

Andy Bosak, Ph.D., EP-C, CSCS, *D
Professor and Director, Exercise Science Graduate Program
Dept. of Health Professions

“ASSESSMENT AND STRENGTH TRAINING AND CONDITIONING FOR PROFESSIONAL FIREFIGHTERS”

Short biography & qualification(s) to present topic:

Andy Bosak, Ph.D., EP-C, CSCS, *D is a professor and director of the Exercise Science Graduate Program in the Department of Health Professions at Liberty University. Dr. Bosak earned a Bachelor of Science degree in Physical Education (Emphasis: Exercise Science) and a Master of Science degree in Physical Education (Emphasis: Exercise Physiology) from Western Kentucky University, and completed a Doctorate of Philosophy degree in Human Performance/Kinesiology (Emphasis: Exercise Physiology) at the University of Alabama. Dr. Bosak is certified by both the National Strength and Conditioning Association (as a Certified Strength and Conditioning Specialist) and by the American College of Sports Medicine (as a Certified Exercise Physiologist).

Dr. Bosak’s research interests include: 1) evaluating the recovery aspects from sport and occupational performance, 2) improving athletes’ and emergency service workers’ performance, 3) assessing athletes’ and sports officials’ physiological changes pre, post, and during the sporting seasons, 4) analyzing the prevalence of low back pain in physically demanding occupations, and 5) evaluating the physiological responses to and the metabolic costs of exergaming. Dr. Bosak has presented his research and related works at various state, regional, national, and international conferences with over 110 primary presentations and over 70 co-author presentations. Dr. Bosak previously served as a sports scientist for the Professional Referee Organization (PRO) for three years and currently resides in Lynchburg, VA with his wife and five children where he serves as an occupational performance specialist with the fire cadets of the Lynchburg City Fire Department.



Alan DeGennaro MS, ATC, CSCS, PA-PT
Director of Strength & Conditioning
Carnegie Mellon University

“Expanding the Strength-Aerobic Method: Implications for Health, Performance, and Injury Prevention”

Alan DeGennaro was named the full-time strength and conditioning coach for Carnegie Mellon Athletics in 2011. The University of Pittsburgh graduate has worked in many venues including the National Football League (NFL) and University of Pittsburgh Medical Center.

DeGennaro returns to Pittsburgh after spending three seasons as the assistant strength and conditioning coach with the Cleveland Browns. Prior to his stint in the NFL, DeGennaro worked in the Pittsburgh and Western Pennsylvania area, coaching speed development programs to high school and amateur athletes.

DeGennaro earned his bachelor's degree in athletic training from the University of Pittsburgh in 1997 and earned his master's degree in kinesiology in 1999 from the University of Tennessee. At Tennessee, he worked with the strength and conditioning staff for the Vols' football program from 1998-99 while attending graduate school.

The Altoona, Pa. native then joined the University of Pittsburgh staff as an assistant strength and conditioning coach for two seasons before directing the sports performance program at the University of Pittsburgh Medical Center from 2001-03. From 2004-05, DeGennaro worked at Velocity Sports Performance, also located in Pittsburgh.



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

“SCAPULAR STRENGTH OPTIONS FOR IMPROVED POSTURE AND SHOULDER CARE”

J.R. Leonardi is currently a Strength and Conditioning Specialist with Allegheny Health Network’s Sports Performance department located in Pittsburgh, PA. He has served this role since the department’s inception in late 2015. He currently spends time serving at both of AHN’s locations at the Allegheny Sports Complex at Cool Springs in Bethel Park and the Wexford Plaza in Wexford, working with professional, collegiate, high school and youth athletes, active adults, endurance athletes and assists the on-site physical therapy staff. He is directly responsible for the design, implementation and execution of individualized training programs to promote injury risk-reduction and performance enhancement while also assisting the Director of Sports Performance with administrative duties and overseeing staff and day-to-day operations.

Leonardi received his Bachelor’s Degree in Health and Physical Activity in 2013 from the University of Pittsburgh, during which his strength and conditioning career began as an intern at Robert Morris University. In 2014, he received his Master’s Degree in Health and Wellness, also from the University of Pittsburgh, after serving as a full-time Graduate Assistant managing the University Club Fitness Center and teaching undergraduate physical education courses. This degree culminated in an internship and eventual employment at a private sports performance facility in Pittsburgh before beginning with AHN.

He is a Certified Strength and Conditioning Specialist through the NSCA and a USA Weightlifting Level 1 Coach. He also holds CPR/AED and First Aid certifications through the American Red Cross and is currently pursuing a nutrition coaching certification through Precision Nutrition.

While at Pitt, Leonardi also served as a relief pitcher on the university’s NCAA Division 1 baseball team, finishing his career with the 2nd-most appearances and 3rd-most saves in program history, while his graduating class was also the winningest class in program history. He also received honors as part of the Big East and ACC All-Academic teams.

man roster. In 2008 Velasquez and the Pirates Sports Medicine staff were awarded “MLB Sports Medicine Staff of the Year” by Baseball Prospectus magazine for helping the Pirates be among the teams with the fewest days on the disabled list in a three year period.

Velasquez is currently a Senior Advisor for the Professional Baseball Strength & Conditioning Coaches Society where he plays an active role in planning the continuing education seminar for the strength coaches in professional baseball at the Baseball Winter Meetings.

Since 2012, Velasquez served as co-owner of Vesla 360 Sports Performance & Physical Therapy, providing strength training, physical therapy and massage services for active adults and developing athletes.



**Jeremy Shreck, BS, ATC/LAT, CSCS, WSSC, NCSF-CPT
Head Strength & Conditioning Coordinator at Bucknell University**

“Identifying Weak Links, Movement Pattern Awareness, & Corrective Exercise For Maximal Results and Reduction of Injuries”

Coach Shreck is the Head Strength & Conditioning Coach and Fitness Facilities Coordinator at Bucknell University in Lewisburg, Pennsylvania. Jerry is also the Head Strength Coach for Bucknell’s club power lifting team. He has coached the Men’s Basketball team to several Patriot League Championships and a first-ever advance to the 2nd round of the NCAA tournament in 2005 and then repeated this significant feat again in 2006. He has also been featured in Men’s Health Magazine as the second best men’s basketball Cardio Challenges in the country. Coach Shreck is regularly featured in Real Solution’s Magazine with *Expert Training Tips* and *Injury Prevention Articles*. Jerry contributes to many strength and fitness websites and is a questions & answer expert of several professional fitness forums. He is a speaker at numerous National Strength & Conditioning Conferences each year and is featured monthly on CCN 8 News Fitness segments. Coach Shreck has coached all levels of athletes from Jr. High School up to professional athletes. His main interest is in Division I collegiate athletics. He is an innovator of several training styles and is sought out by many professionals for his injury prevention techniques.

The following is a list of certifications and professional memberships that Coach Shreck is currently involved in.

- National Athletic Trainers Association (NATA), Certified/Licensed Athletic Trainer (ATC/LAT)

- National Strength and Conditioning Association (NSCA-CSCS)
- National Council of Strength & Fitness (NCSF-CPT)
- Westside Special Strengths Certified (WSSC)
- Member of the National Athletic Trainers Association (NATA)
- Member of the National Strength and Conditioning Association (NSCA)
- Member of Collegiate Strength & Conditioning Coaches Association (CSSCA)
- Member of the National Council of Strength and Fitness (NCSF)
- Member of Anti-Drug Athletes United Power Lifting Association (ADAU)
- Member of Eastern Athletic Trainers Association (EATA)
- Member of Pennsylvania Athletic Trainers Society (PATS)



**Kate Decker, Founder of Institute of Athletic Movement
CSCS, USATF & USAW Coach, FSS Level 3-Medical, ART Provider**

“Demonstrations of Active Release Technique and Fascial Stretch Therapy combined with postural and movement observations for both the injured and non-injured athletes”

Kate is contracted with Coastal Carolina University as Performance Enhancement Specialist and University of North Carolina's Women's Basketball as Corrective Movement Specialist and is the Founder of Institute of Athletic Movement.

Decker was previously contracted with the Philadelphia Eagles for 9 1/2 years, in which time they made 7 Playoff Appearances and were 3x Division Champions. She also worked with numerous Eagles during their 2004 Super Bowl appearance.

She was Assistant Strength Coach at Temple University and was part of the team, with Coach Tony Decker, to help TU Football reach their first bowl game in 30 years. During this time she was also contracted with TU to assist with athletes recovering from injury by utilizing ART and FST techniques.

Kate was Founder/Owner of Athletic Development and Performance Training for 10 years, and is experienced with athletes of all levels & many sports including MLB, MLS, USATF, NBA, USL, High School, Collegiate & Adult Athletes, & Olympic Medalists of 7 Different Sports. She was also previous Assistant, then Director of NFL Combine Training at Velocity Sports Performance.

Decker holds 17 certifications including: Certified Strength & Conditioning Specialist, USA Track & Field Coach, USA Weightlifting Club Coach, Active Release Technique Provider, Fascial Stretch Specialist-- Level 3 Medical, and ACE Total Golf Performance & Injury Prevention. With her combined background in speed, strength & conditioning, sports and movement patterning and therapy she offers a unique way for athletes and teams to improve performance, reduce injuries, and get back on the field faster. Coach Kate continues to speak locally and regionally on these combined topics as well as on faith, goal setting and motivation.



Leslie J. Bonci , MPH,RD,CSSD, LDN

“SPORTS NUTRITION FOR INJURY PREVENTION AND REHABILITATION”

Leslie is the owner of Active Eating Advice- be fit, fed, fearless- a nutrition consulting company.. Her clients include: The National Dairy Council, California Dried Plum Board, Ready Nutrition, Douglas Lab, General Mills, Potatoes USA, The National Peanut Board and TruMoo. She is a nutrition consultant for Carnegie Mellon University athletics, Kansas City Chiefs, the Pittsburgh Ballet Theatre and the WNBA . She was the sports dietitian for the Pittsburgh Pirates, Pittsburgh Steelers, and Toronto Blue Jays and has also worked with the Pittsburgh Penguins, University of Pittsburgh Department of Athletics, and the Washington Nationals.

She has authored numerous chapters for sports medicine and sports nutrition manuals. Leslie is also a blogger for Us News and World Report Eat + Run, and has a weekly television segment- The Winning Plate on KDKA-TV, Pittsburgh Today Live show. She has a weekly radio spot on KDKA-radio. Leslie has also recorded over 100 videos on sports nutrition for STACK.com

Leslie is also an adjunct instructor in the school of dental medicine at the University of Pittsburgh and lectures extensively at universities and corporations.



Michael Craven
ISSA Personal Trainer Certified

“What we are not doing to Prevent Heat Stroke”

Michael Craven is considered a local legend in the field of exercise, weightlifting and improving athletic performance. His broad knowledge of the fitness industry comes in part from having been the owner and trainer of Mike’s Olympic Gym for over 30 years. Mike has trained 8 World Powerlifting Champions, 17 National Powerlifting Champions, 30 State Powerlifting Champions, 1 individual who is a Professional Basketball player in the NBDL, 1 Professional MMA fighter, and was personally ranked 5th in the American Drug Free Powerlifting Nationals in 1987. He has co-developed and appeared on several local television fitness shows including Fitness Facts which was created through his partnership with the Chippenham Sports Medicine Department in Richmond, Virginia. Although he has a long list of champions to be proud of, Mike’s biggest success stories have come from his everyday gym members who have achieved better health and fitness from his knowledge and training.

While he continues to operate his gym, Mike is presently the President and Founder of True Fitness Solutions – a company that he started 15 years ago when he became more involved in training athletes for many different sports. The business is dedicated to helping people achieve better health and weight loss through the practical application of exercise science. True Fitness Solutions is a prescriptive fitness program which can be easily implemented into the workplace. It offers employees an assessment of their current fitness status, through RMR and VO2 testing; with a customized physical activity component directed at individualized realistic goals. Mike has also been instrumental in collaborating with companies to develop and implement injury prevention programs for their employees aimed at reducing claims and disability costs while promoting a healthier workforce with an improved quality of life.



Will Peveler, Ph.D., Liberty University Assistant Professor of Exercise Physiology

“Strength and Conditioning for Combat Sports”

The purpose of this presentation is to examine the current literature on strength and conditioning in combat sports. While this presentation will focus mainly on mixed martial arts, the concepts are applicable to all combat sports. Competing in combat sports requires muscular strength, muscular endurance, anaerobic power, aerobic power, and flexibility. A strength and conditioning program must address these key areas in order to improve performance and decrease the risk of injury. With the exception of collegiate wrestling, combat sports are not broken up into traditional in-season and off-season. Making periodization more complicated in relation to traditional sports. This presentation will cover how to implement a strength and conditioning program into a physically demanding sport with no true offseason.



“Rehabilitation and Athletic Performance Enhancement Training of Hamstring Injuries”

Robert Panariello MS, PT, ATC, CSCS is a Founding Partner and Chief Clinical Officer with Professional Physical Therapy and the Professional Athletic Performance Center with 150 locations in 5 states. He has 38 years of experience as a licensed Physical Therapist, Certified Athletic Trainer, and the Athletic Performance Enhancement Training of Athletes. He is a former Division I Collegiate and Professional Teams Head Strength and Conditioning Coach. Rob has more than 60 peer reviewed scientific journal, strength and conditioning journal, and book publications and lectures nationally on the related topics of Sports Medicine, Sports Physical Therapy, and the Performance Enhancement Training of Athletes. Rob received the 2016 NSCA Sports Medicine/Rehabilitation Specialist of the Year Award, the 2015 APTA Sports Physical Therapy Section Lynn Wallace Clinical Educator Award, and was elected to the USA Strength and Conditioning Coaches Hall of Fame in 2003.



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

“Dissipating Sub-Concussive Forces”

Coach Taylor is the founder and owner of SMARTER Team Training. STT has been developed to focus on athlete and team development, performance, and education since March 2009.

SMARTER Team Training has been recognized as an Approved Continuing Education (CEU) Provider for the NSCA, BOC, NSPA, ACE, NFPT and CSCCa. Taylor was the Head Strength and Conditioning Coach at Loyola University Maryland for over seven years. Rob was a strength and conditioning consultant for athletes on the Women’s Lacrosse World Cup Champions Team Australia in 2005, and was the Head Strength Coach for Team Australia’s 2009 World Cup team, which played in the world championship game also. He has worked with professional organizations such as the Anaheim Angels, Tampa Bay Buccaneers, Tampa Bay Mutiny, and San Antonio Silver Stars.

Coach Taylor has also been the Head Strength and Conditioning Coach at UNC Greensboro. He left to pursue a graduate degree in Exercise Physiology from the University of Delaware, while working as an Assistant Strength and Conditioning Coach. Rob has also worked with the athletic department at Cincinnati, Princeton, and Villanova. At each of these institutions he has helped numerous athletes reach their dream of becoming professional athletes. Rob’s athletes have gone on to be drafted by the NFL, MLB, NBA, MLS, MLL, NLL, compete on the Mr. Olympia stage and at the Olympics and Paralympics, plus ESPY winners. Coach Taylor was awarded the Order of Ikkos medallion following the Rio 2016 Games as a symbol of excellence in coaching as represented by his athletes’ achievements as medalists.

Taylor is certified through numerous national and international organizations. Rob maintains his Certified Strength and Conditioning Specialist and Certified Personal Trainer certifications through the National Strength and Conditioning Association. He has been re-certified with distinction several times throughout his membership with the NSCA. In both 2009 and 2010, Taylor was a finalist for the NSCA College Strength and Conditioning Professional of the Year award. He is recognized by the National Strength Professionals Association as a Certified Conditioning Specialist and Certified Personal Trainer. Rob has also earned the Performance Enhancement Specialist and Corrective Exercise Specialist credentials through the National Academy of Sports Medicine.



Sasha Digges, PT, ATC, CSCS, Senior Physical Therapist

“Blood Flow Restriction”

Sasha Digges is the Founder & President of PEAK Physical Therapy & Sports Rehabilitation and CORE FITNESS Performance Training Center in Williamsburg, VA. He is a Licensed Physical Therapist, Certified Athletic Trainer, and Certified Strength & Conditioning Specialist. He currently practices as both a physical therapist and sports performance specialist. Sasha is a practitioner of Trigger Point Dry Needling and an instructor for Kinetacore. He is also certified and instructor for Functional Movement Screen (FMS) and a practitioner of the Selective Functional Movement Assessment.

Sasha has been involved in sports medicine/rehabilitation and sports enhancement since 1995. He has trained and rehabilitated non-athletes to athletes ranging from professionals, Olympians, collegiate, and high school to the everyday athletic warriors. His physical therapy specialty includes spine, sports medicine, trigger point dry needling and manual therapy, while his training focus tends to address pre-habilitation, swimmers, and field sports.

When not at work, Sasha enjoys triathlon, soccer, pickleball, cycling, the culinary arts, and trying to stay ahead of his kids (a battle about to be lost soon). Sasha, along with his wife Kelli, and their two boys live in Williamsburg



“The Psychology Of the Performance Environment: Understanding the Mind-Body influence”

Stu Singer, PsyD (ABD), M.Ed, currently works as the sports psychology and performance consultant for the WNBA’s Washington Mystics, University of Maryland Women’s Basketball team, Fordham University Women’s Basketball team, Rice Basketball among others, and the University of Missouri – Kansas City Men’s Basketball team. Stu served an integral role in helping the University of **Maryland Women’s basketball team** reach back to back Final Fours in 2014 and 2015, and Fordham University women’s basketball in winning their first A-10 championship, receiving an NCAA tournament bid, and their best record in 20 years. Additionally, Stu has worked with athletes that have represented USA Basketball, Olympic Gold and Bronze Medalists, and Men’s and Women’s Soccer US National Teams.

His approach focuses on teaching and providing mental performance skills for athletes that have the pressures of competing at elite levels in high school, collegiate, and professional sports. Stu also provides team trainings, clinics, and consultation with coaches on how to develop healthy and effective mental performance fundamentals for their athletes.

Stu completed his Doctor of Psychology coursework at the University of the Rockies specializing in sport and performance psychology, and is a professional member of the Association for Applied Sport Psychology. Additionally, he received his M.Ed. in Counseling from Shippensburg University.



“RED-S; Relative Energy Deficiency Syndrome”

Tanya Williams, M.S., CSSD, R.D., L.D.N., RYT-200 is a clinical, licensed dietitian and sports nutrition specialist, and owner of The Nutrition Specialist, LLC with over twelve years of experience in the field. She obtained her bachelor's of science degree in chemistry from The State University of New York at Geneseo and her master's degree in nutrition sciences from The Pennsylvania State University at State College.

After completing her clinical dietetic residency with Geisinger Health System; she began her career with the Susquehanna Health System at the Williamsport Hospital, specializing in cardiac, rehabilitation, and pediatric nutrition. Three years out of residency, she started her own practice focusing her skills in the treatment of eating disorders and sport-specific nutrition therapy.

In addition to treating patients privately; her practice contracts Medical Nutrition Therapy (MNT) and/or Nutritional Programming (presentations, health fairs, etc.) to Bucknell University, Lycoming College, Bloomsburg University, The Outreach Athletic Training Team of Sports Medicine Department of Susquehanna Health System, the Bison Legend Wrestling Club, and local area high schools, clubs, and organizations. She has also served as nutrition counsel for Susquehanna University, the Eastern Lycoming YMCA and Bethesda Path Healing and Treatment Center.



Timothy N. Harvey MS, ATC, Mercyhurst University, Assistant Professor in the Sports Medicine Department Timothy N. Harvey MS, ATC

Professor Harvey is a member of the Exercise Science graduate faculty and is also Certified Athletic Trainer and the director of the undergraduate Exercise Science major. In addition to his work in the classroom, he has worked decades clinically as an Athletic Trainer. His research interests include: strength and conditioning, body composition, and emergency medical management.

“Pharmacology: How Common Medications act and interact with the Body during Exercise”

This presentation will explore how selected medications act upon the body and how the body acts upon the medications during exercise. The actions of common meds such as: Beta Blockers, Diuretics, Analgesics, Anti-Inflammatory agents and Sympathomimetic meds (cold meds) must be considered and understood when employed in exercise. These medications can negatively affect an individual who is exercising, potentially causing: increased dehydration leading to heat illness, increased/exacerbated injury potential, or cardiac complications. Understanding how these meds work on the body and how the body works on these meds can prevent or mitigate undesired outcomes to exercise.

Learning Objectives:

1. Audience will learn about how medications affect the body during exercise.
2. How medications are absorbed in the body, how long does it take for a pill to digest on an empty stomach.
3. Which drugs are absorbed in the stomach, and how long does it take for medicine to get out of your system.
4. Audience will learn potential negative risk of commonly taken Medications when exercising.



Todd Burkey, MS, ATC - Youngstown State University, Athletic Trainer & Strength Coach

“RPR (Reflexive Performance Reset)”

Todd Burkey enters his 17th year with the Youngstown State Athletic Department and his 10th as an assistant athletic trainer in 2018-19. He also spent seven years as the Guins' Strength and Conditioning Coordinator.

Burkey is the athletic trainer for the men's basketball and women's golf programs.

While serving as strength and conditioning coach, he developed strength and conditioning programs for all YSU sports and remodeled the Stambaugh Stadium strength complex to make it one the most functional in the Horizon League and the Missouri Valley Football Conference. He also helped create a weight room in the Beeghly Center for use by the basketball programs as well as the swimming and diving and the volleyball teams.

Burkey is a National Strength and Conditioning Association certified strength coach and NATA certified athletic trainer.

As strength and conditioning coach, he produced 23 National Strength and Conditioning All-Americans -- including 11 football players (Montrial Thomas, 2001; Bruce Hightower, 2002; Pat Crummey, 2002; Anthony Barone, 2003; Jon Tekac, 2003; Mike Burns, 2004; Darius Peterson, 2004; Mike Roberts, 2005; Joe Juby, 2006; Jeff Koval, 2007 and Jason Perry, 2007).

Under Burkey, four of the six overall football Strength and Conditioning records were established, and numerous new position records were eclipsed.

He headed the strength and conditioning program at North Ridgeville High School before becoming an athletic trainer at the Cleveland Clinic, where he worked before joining the YSU staff. He is a NATA Certified and Ohio Licensed Athletic Trainer and a NSCA Certified Strength and Conditioning Specialist. He also worked as an athletic trainer for Kolczun & Kolczun Sports Medicine.

A native of Greenford, Ohio, Burkey earned his degree from Youngstown State in Exercise Science in 1994 and earned a Masters in Sports Science from Ashland University in 2000. He was a student trainer on the National Championship teams in 1991 and 1993.

Tom Swaldi MPT/DPT/ATC/CSCS

Tom Swaldi MPT/DPT/ATC/CSCS is an experienced Physical Therapist who has served the local community for several years, building a strong rapport with area physicians. In addition to earning his *Doctorate of Physical Therapy from Temple University*, he is also a Certified Athletic Trainer, a Certified Strength and Conditioning Specialist and former Staff Certified Athletic Trainer for Drexel University. Tom has provided his services and has been an Athletic Trainer in this area for the past 6 year. His areas of expertise are:

- ☑ Orthopedics
- ☑ Sports Medicine
- ☑ Performance Training
- ☑ Strength & conditioning
- ☑ Industrial Work Recovery

“Temporomandibular Joint Dysfunction in the Athletic Population”

In the age of Concussion Awareness, we are much more sensitive to all head injuries and their complicating factors. Temporomandibular Joint (TMJ) dysfunction is one such complication. The TMJ is one area that may be overlooked or not considered during the treatment of head and neck pathology. The anatomy may have not been thought about since we were all vigorously studying to get through our curriculum. This may be quite a few years for some. When TMJ anatomy and biomechanics are reviewed, the close correlation with the head and neck is apparent. Assessing or screening our athletes for TMJ dysfunction should be included, as a possible contributing factor of certain symptoms, to all head and neck injuries. Headache can be one such symptom that can be exacerbated by TMJ dysfunction. We should be aware when a referral to a dentist is appropriate. Treating the TMJ is specific and should include the entire upper quarter for better outcome. Considering everything that may be involved in any injury to the head or neck, the TMJ can be a key component to an athlete’s speedy recovery with a good outcome.



Tony Decker, Director of Speed, Strength and Conditioning at Coastal Carolina University MS, CSCS, USAW Sr. Coach, USATF Coach

“Partial Movement Teaching Progressions for the Injured or Restricted Athlete”

Coach Tony Decker is the Director of Speed, Strength and Conditioning at Coastal Carolina University and a 4x Coach of the Year.

Coach Deck has served as Director of S&C with 5 NCAA College Hall of Fame Coaches and is the former Head Strength Coach of University of Delaware, Temple University and University of Virginia. He has trained over 200 past or current professional football players and more than 10 NFL 1st round draft picks.

With a Dual Purpose Master’s Degree in Sports Medicine and Strength & Conditioning, and 17 years college teaching experience he utilizes his combined background to assist his athletes' improvements in strength and speed while reducing injuries and enabling them to come back faster and stronger from injuries.

Deck is a Local, Regional and National Speaker and provides consults to aid teams, athletes, coaches and sports medicine staffs.

While at the college level he has worked with men and women from 22 sports and in the private sector Tony has worked with athletes in the NFL, Olympics, MLB, MLS, USATF, NBA, and high school.



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)"

Anthony Glass is in his first season as Director of Strength and Conditioning for Olympic Sports at Appalachian State.

He will work primarily with men's basketball, volleyball, field hockey and assist with men's and women's track & field and cheerleading.

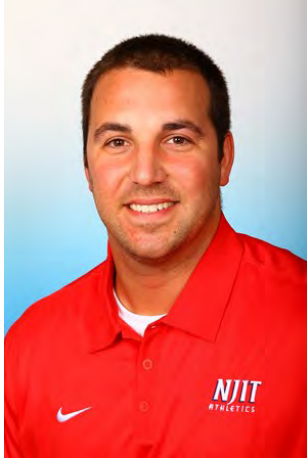
Glass, a 1990 graduate of Appalachian State, returns to the High Country after serving as Ohio State's director of strength and conditioning for the past 17 years. During his time with the Buckeyes, Glass oversaw strength and training programs for 35 sports and trained 33 conference championship teams, 10 national championship teams and numerous Olympic and professional athletes. In addition, he trained more than 75 All-Americans from 19 different sports.

Glass is a Master Strength and Conditioning Coach, the highest honor given to a coach in the strength and conditioning field. This honor represents professionalism, knowledge, experience, expertise and longevity in the field, and is awarded by the Collegiate Strength and Conditioning Coaches Association.

In addition to his certifications and professional honors, Glass authored the book "Weight Training: A Step by Step Guide to the Development of a Safe and Sound Program." He also published two speed and agility videos and has written numerous articles for sport performance journals and magazines as well as being a regular speaker at state and national conferences.

Prior to Ohio State, Glass spent four years at the University of Georgia, where he oversaw all facets of the Bulldogs' strength and conditioning training for 20 Olympic sports programs. He also worked in similar roles at Boston College (assistant strength coach) and Lenoir Rhyne (head strength coach).

Prior to that, Glass served as a physical education instructor and graduate assistant in the physical education/strength and conditioning program at Northern Illinois. He also earned his master's degree in physical education with a concentration in coaching and sports biometrics.



Bobby Fisk, MS, CSCS, Head Strength Coach New Jersey Institute of Tech

“Year Round Training for Collegiate Men's Soccer - Progressions and Variations for Speed and Strength

Bobby Fisk, who was a basketball player in his own college days and coached the sport after college, comes to NJIT from Xavier University in Cincinnati, where he was assistant coach of strength and conditioning for the entire Musketeers' program, which competes in the Big East Conference.

Fisk, a native of Schenectady in the Capital Region of Upstate New York, spent over two years at Hobart and William Smith Colleges in Geneva, NY, where, as head strength and conditioning coach he worked with successful teams, including women's soccer (William Smith College), which won the 2013 NCAA Division III National Championship; football (Hobart), which advanced to the Division III national quarterfinals in 2012 and the regional finals in 2011 and 2013; and basketball, where Hobart reached the second round of the 2012 NCAA Tournament.

Moving to the Division I level with Xavier in 2013-14, Fisk worked with all 16 of the school's teams, with a primary assignment to women's basketball, men's and women's soccer, baseball, and men's and women's tennis.

He is a graduate of the State University of New York College at Oneonta (BS, Business Economics, 2008), Averett University of Danville, VA (MBA, 2010), and California University of Pennsylvania (MS in Exercise Science, Performance Enhancement & Injury Prevention, 2013).

years, serving as captain as a senior and earning All-State University of New York Athletic Conference honorable mention.

Having received his master's degree from Averett in December 2010, he returned home to the Schenectady area and worked April 2011 to July 2011 as assistant strength and conditioning coach at nearby Siena College and with the minor professional basketball Albany Legends (head strength and conditioning coach).



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”

Brandon Hourigan is in his fifth season as a Director of Sports Performance at Wake Forest. The 2019-20 season will be his 12th season working with head coach Dave Clawson.

Hourigan came to Wake Forest after three seasons with Clawson at Bowling Green. He was responsible for overseeing the strength and conditioning for all 18 sports at BGSU.

Hourigan brings with him a vast array of experience with multiple sports from his time at Bowling Green, Virginia, Richmond and Northeastern. In 2009-10, he served as the Head Strength and Conditioning coach at Virginia, where he worked closely with the football program.

Prior to Virginia, he was the head strength and conditioning coach for football at Richmond from 2005-08, where he also worked with head coach Dave Clawson for three seasons (2005-07). He oversaw all of the fitness duties for the Spiders, who won the 2008 NCAA Football Championship Subdivision title. Hourigan also worked with multiple other sports during his time at Richmond.

Before his appointment in Richmond, Hourigan was the assistant coordinator of speed, strength and conditioning at Northeastern University. He worked with the Huskies' football, men's and women's basketball, men's and women's hockey, volleyball, men's and women's soccer and men's and women's track and field programs.

Hourigan has also worked as an assistant strength and conditioning coach on the collegiate level at Arizona (2001) and Clemson (1998-99). He also served as a strength and conditioning intern for the Kansas City Chiefs of the NFL in 1999.

Hourigan is certified by the National Strength and Conditioning Association, the United States Weight Lifting Association and has both his First Aid and CPR certification.



BRYAN MILLER

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

"Stiffness and Elasticity for Sprinting and Injury Prevention"

Bryan Miller is in his fourth year at Navy, where he serves as an Associate Strength & Conditioning Coach and the Sports Science Coordinator for football.

Prior to Navy, Miller served as the Head Strength and Conditioning Coach for football at Oregon State. Miller spent nine years at Oregon State and was the head of the Sports Performance Center for his final seven years.

Miller was an Assistant Strength and Conditioning Coach at Wisconsin from 2004-2006 and served in the same capacity at Northern Illinois University from 2000-2004.

Miller has also worked at North Park University in Chicago, the American Heartland Ice Arena and Sport Complex and as an intern at Northwestern University and with the Chicago Bulls.

Miller played football at North Park where he was a two-year letterwinner and team captain. He is a Certified Strength and Conditioning Specialist (CSCS), a Specialist in Sports Conditioning, a Level I Club Coach (U.S. Weightlifting) and a corrective exercise specialist with the National Academy of Sports Medicine.



Cam Davidson MS, SCCC, CSCS, AOLC, Penn State University, Assistant Director of Performance Enhancement

“Performance Training for Penn State Men’s Hockey”

Cam Davidson enters his 10th year at Penn State and his sixth year working with the men’s hockey team in 2018-19. Prior to the 2016-17 season, Davidson was elevated to Assistant Director of Performance Enhancement.

Along with hockey, Davidson works with PSU’s women’s volleyball and track & field programs. During his time in State College, he has trained 10 Big Ten Championship teams including the 2016-17 men’s ice hockey team. Davidson has also trained four NCAA Championship women’s volleyball teams and 2018 Indoor National Champion David Lucas.

Davidson has helped train multiple All-Americans in each of his sports as well as student-athletes who have advanced to compete at the next level in their respective sport including 14 professional hockey players in the last six years. Davidson has also trained numerous Olympians including shot putters Darrell Hill and Joe Kovacs, and 2x indoor world champion and Olympian Ryan Whiting. In 2012, twenty-five percent of the shot put field at the USA Olympic Trials were trained by Davidson.

Prior to working at Penn State, Davidson was the director of strength and conditioning at the College of Charleston from 2007-09. At Charleston, he designed and implemented strength and conditioning programs for all 19 intercollegiate teams.

Davidson began his coaching career at his alma mater, the University of Wyoming, where he wrestled from 2001-02. Davidson went on to earn his master’s degree from Marshall University in 2006, while working with many of its athletic teams. In 2006-07, he served as an assistant basketball strength coach at Clemson.



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

“Conditioning for Lacrosse”

Curt Lamb, who was named the Head Strength and Conditioning Coach in 2005, is the Assistant Athletic Director for Sports Performance at Limestone College and is directly responsible for developing all facets of the staff, program and facility operations in addition to the design, implementation, instruction, and monitoring of various training programs for over 800 student-athletes competing in 25 sports.

He currently works directly with Limestone men's lacrosse, football, men's soccer, women's basketball, women's soccer, and men's and women's golf programs.

During his time with the Saints, Lamb has trained 10 NCAA Division II National Champions – two individual wrestling titles, a swim individual national championship, two swim relay national titles, an indoor track & field champion, and four men's lacrosse championships – and has overseen the training for teams that have combined for a total of 58 NCAA Tournament appearances.

The 2016 Limestone College Coach of the Year, Lamb was named Assistant A.D. for Sports Performance in 2011 and serves on the Athletics Department senior management team. As part of his administrative duties, Lamb has oversight of the football program in addition to supervising the largest Strength and Conditioning program in Conference Carolinas with two fulltime assistant coaches.

In addition to his responsibilities with Limestone Athletics, Lamb was the first program director of the College's Strength and Conditioning academic curriculum – a position he held until 2014.

He has served as the Strength and Conditioning consultant and coach for the New Zealand Men's National Lacrosse Team since 2010. The team is currently ranked No. 12 in the world following the 2014 World Championships in Denver, Colo. In 2015, he was named the Strength and Conditioning Coach for the Charlotte Hounds of Major League Lacrosse.

Lamb serves on the Executive Committee for the Lacrosse Special Interest Group through the National Strength and Conditioning Association. The primary task of the committee is to grow the game of lacrosse by utilizing the field of strength and conditioning to further the practical and scientific development of the game.

Prior his time with the Saints, Lamb served as the Assistant Sports Performance Director at Velocity Sports Performance in Cedar Rapids, Iowa and was a Performance Enhancement Specialist with Quad City Sport Performance in Moline, Ill. He was the Strength and Condition Coach for minor league affiliates of the Los Angeles Angels of Anaheim and Milwaukee Brewers in 2001 and 2002, respectively.

Lamb was a teaching assistant at Central Missouri State University and was a student volunteer coach at Iowa State University. He interned as a resident Strength and Conditioning Coach at the ARCO Olympic Training Center in Chula Vista, Calif. in 1999.

He is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association (NSCA) and is Level 1 Club Coach through the United States Weightlifting Association (USWA). He also holds First Aid, CPR and AED certification through the American Red Cross.

He graduated with a Bachelor of Science in Exercise and Sport Sciences from Iowa State in 1999 and a Master of Science in Physical Education/Exercise and Sport Sciences from Central Missouri in 2001.

Lamb and his wife Renae reside in Gaffney with their two sons, Alex and Erik, and daughter, Tori.



Darin Thomas, MS, CSCS - Muhlenberg University, Strength and Conditioning Director

“A Strength & Conditioning Program for Developing Young Athletes”

Darin Thomas is now the current day Director of Strength and Conditioning of Muhlenberg College and has immediately put his numerous years of D-1 coaching experience into affect for the Mules. He is implemented strength training, nutrition, and conditioning programs for individual athletes and teams, using various strength and conditioning modalities. Darin graduated from State University of New York, College at Cortland in 1996 with a master’s degree in physical education. In 1996, he was the Assistant Strength and Conditioning Coach at University of Richmond. In 1997, he became the Director of Strength and Conditioning and continued there until 2005. He designed and implemented strength and conditioning programs for the athletic teams.

Coaching Career

- Currently the director of Strength and Conditioning at Muhlenberg College.
- Prior to coming to Muhlenberg, worked in the Physical Education at the University Notre Dame.
- Formerly director and owner of Total Athletic Performance Training in Mishawaka, Indiana.
- Former Director of Strength & Conditioning at the University of Richmond for eight years.
- Former Assistant Strength and Conditioning Coach at University of Richmond.
- Former assistant football/strength coach at Windsor Central School located in New York.

Professional Certifications

- Certified Strength and Conditioning Specialist by the National Strength and Conditioning Association.
- Certified as a United State Weightlifting Federation Level 1 Club Coach.
- CPR/AED and First Aid Certified (American Red Cross)



Dave Brixius, CSCS, Owner Explosive Sports Performance

“A.D.R. Speed System for Training the Female Athlete”

Dave Brixius, the owner of Explosive Sports Performance, is a graduate of Bishop McDevitt High School and Marywood University. Dave holds a Bachelor of Science degree in Health and Physical Education with a concentration in strength and conditioning. He is also certified by the National Strength and Conditioning Association as a Strength and Conditioning Specialist (CSCS)

Dave specializes in designing individual and group programs to train athletes to improve their strength, speed and overall conditioning. In addition to helping players prepare for all levels of competition by developing their physical skills, he also helps develop the mental skills that are needed to ensure success

Dave has served as trainer for the Harrisburg Heat professional indoor soccer team, leading to their successful run as the American Conference Champions in 2000. He currently assists with training the Harrisburg City Islanders, helping them win the USL-2 Championship in 2007. Dave also worked with Messiah College Men’s and Women’s NCAA soccer teams, helping the men’s team toward their Championship wins in 2008, 2009 and 2010, 2012 and helping the women’s team toward their Championship wins in 2008, 2009, 2011, 2012 .

In addition to the EXSP collegiate and professional success story, Dave has also helped students with their academic goals, enabling athletes to raise the bar on their game so that they qualify for full athletic scholarships, including 30+ Football Players with full scholarships and 7 Big 33 Players with full scholarships, including the 2008 MVP. He has also help 15 individuals make it to the professional rank



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

“Baseball Strength & Conditioning”

Franko Alexander is a United States Marine Veteran, the head strength and conditioning coach and owner of Alexander Strength Development LLC (ASD). After falling in love with strength training and working as a personal trainer for a few years, Franko decided to pursue his bachelor's degree in Exercise Science/Pre-Med (Osteopathic) and master's degrees in Kinesiology, Health and Sports Science, in order to further himself professionally. As a non-traditional student, Franko excelled in his studies at Indiana University of Pennsylvania (IUP) and started his business before he even graduated with his bachelor's degree. Through his vast educational and professional background, Franko has added many skills in rehabilitative exercise and sports performance. Franko is a Certified Strength & Conditioning Specialist (CSCS) and Registered Strength & Conditioning Coach (RSCC) through the National Strength & Conditioning Association (NSCA). In addition to owning and coaching at his own business since 2013, Franko is the current Strength and Conditioning coach for IUP Baseball and Women's Ice Hockey. In the past Franko worked as the Strength and Conditioning Coach for Men's and Women's Basketball at IUP. During his over 12 years of experience in the field, Franko has worked with athletes who have went on to compete at the Division 1, Division 2 and Professional levels. Franko love's his job and his passion for helping others reach their goals and full potential is not only heard (he's loud, you'll see), but felt everyday he walks into ASD.



Greg Werner

Senior Director, Strength and Conditioning

“Using Super-Sets and Complexes in Your Programing”

Greg Werner became the head strength and conditioning coach for Virginia Tech women's basketball in May 2016. He is responsible for the year-round development of the Hokies in all areas of athleticism and injury prevention. Werner was head strength and conditioning coach for most of Kenny Brooks' 14-season head coaching tenure at JMU.

Prior to Tech, Coach Werner was the head strength and conditioning coach for women's basketball at Auburn University for one season where he helped the Tigers move up several spots in the SEC standings and make it to the NCAA tournament where they won their opening round game and had a 20-win season. For twenty years Werner was the head strength and conditioning coach at James Madison. He began that role in 1995 after working as an assistant in the program the previous three years. While at JMU, Werner directed the program for all sports. He was inducted into the JMU Athletic Hall of Fame in 2014 with the 1994 NCAA national champion field hockey team. Before working at JMU, Werner was an assistant strength and conditioning coach for one year at the University of The Pacific in Stockton, California where he worked with football, volleyball, baseball, softball, tennis, swimming and water polo, and additionally taught classes in the sport sciences department.

Werner received his master's degree in kinesiology with a concentration in exercise science from JMU in 1994. He became interested in the science of speed, strength and conditioning while earning his bachelor's degree in human performance with an emphasis in exercise science at Austin Peay State University ('91). While at APSU he worked as an assistant strength coach for two years.

In his tenure as the head strength and conditioning coach at JMU, Werner grew the program from one part-time assistant to its impressive current size, with six full-time coaches working out of five weight rooms and two multi-purpose/cardio rooms, nearly 20,00 square feet of space, serving 19 teams. In addition to directing JMU's strength and conditioning program Coach Werner was an adjunct professor for the School of Kinesiology where he designed and taught "KIN 425, Concepts of Strength & Conditioning," for 15 years. In 2014 he was awarded the Kinesiology Department's Professional of the Year award.

Outside of the collegiate ranks Werner has instructed several NFL, MLB, MLS, pro basketball and Olympic athletes. In 2011 he was elected by his peers to be a board of director's member for the CSCCA, and again in 2015 he was re-elected to the board for a second term. In 2006, Werner received the highest professional honor by earning the title of *Master Strength & Conditioning Coach* from the Collegiate Strength and Conditioning Coaches Association. That same year he was nominated by his peers to be one of three finalists for the NSCA's College Strength and Conditioning Professional of the Year Award. In 2005 he received the highest honor from the National Strength & Conditioning Association and earned the Coach Practitioner distinction. In 1999 he was selected the National Strength and Conditioning Association, Colonial Athletic Association Strength and Conditioning Professional of the Year, and was nominated by his peers to be one of three finalists for the national professional of the year award. Also in 1999, he was selected to be the strength and conditioning specialist for the US National Field Hockey team. Werner has been active in the National Strength and Conditioning Association for several years. He served as the Virginia state director for the maximum term, and has been an active speaker at the NSCA sport specific training conference, CSCS symposium and several other coach's clinics and camps. In 2014, the NSCA honored Werner with the registered strength and conditioning coach Emeritus distinction and awarded him the honorary 20-year ring. In addition to coaching and teaching, Werner has published over 30 articles in various coaching journals, magazines and websites. Werner is a National Strength and Conditioning Association certified strength and conditioning specialist and is certified through the Collegiate Strength & Conditioning Coaches Association. He is an American College of Sports Medicine certified health/fitness instructor. Werner and his wife Cyndi have two grown children, Hans Christian and Heidi Faith.

Ten NCAA Tournament basketball teams that Greg Werner has worked with:

Men's Teams: APSU 1987 2nd round,

JMU 1994, 2013 2nd round

Women's Teams: JMU 1996, 2007, 2010, 2011, 2014 2nd round, 2015,

Auburn 2016 2nd round

WNIT Teams: JMU 2001 Final Four, 2006, 2008, 2009, 2012 Final, 2013 Final Four



Jay DeMayo, MS, CSCS, University of Richmond, Strength & Conditioning

“Performance Program for Swimming and Diving”

Jay DeMayo has been the Head Strength and Conditioning Coach for Men’s and Women’s Basketball at the University of Richmond since October 2005. Jay is a graduate of the State University of New York College at Cortland where he was a two year starter on the Men’s Soccer team. Prior to taking over the responsibilities of Men’s and Women’s Basketball at UR Jay worked with every team on campus as the Assistant Strength and Conditioning Coach working. During his tenure at Richmond, Coach DeMayo has worked with five All-Americans, and 10 Atlantic 10 championship teams. Presently Jay is also responsible for the dry land training for NOVA Aquatics LLC, one of the top youth swim clubs on the eastern seaboard where he has coached over twenty athlete’s whom have qualified for Olympic Trials.

Coach DeMayo’s constant effort to better himself as a coach has brought him numerous certifications. Coach DeMayo has his Level I coaching certification from USA Track and Field, is certified as an American Kettlebell Club Coach, United States Weightlifting Sport Performance Coach and a Certified Strength and Conditioning Specialist by the National Strength and Conditioning Association.

Coach DeMayo has also been a presenter for eight consecutive years at the Pennsylvania State Clinic at Juniata College. At the PA State Clinic Coach DeMayo has spoken on “Training Soccer Players, Developing a 3 Day Strength Training Program,” “Max Effort Training for Sports,” and “Lift Preparation, The Next Evolution of the Warm Up,” “Developing a Progression for Auxiliary Lifts” and “Teaching the Squat and Deadlift.” Coach DeMayo has also presented at the University of Richmond Sports Performance Clinic and with the Cal Ripken Jr. Baseball Academy. Coach DeMayo has also been involved in developing the Basketball Strength Symposium in Raleigh, NC, and the Central VA Sports Performance Seminar.



Jeremy Golden, MS, CSCS, USAW, Assistant Director of Athletic Performance at the University of New Mexico

“Speed and Conditioning for Basketball Players”

Jeremy Golden enters into his first year as an Assistant Director of Athletic Performance at The University of New Mexico. Golden will work with the UNM women’s basketball and softball teams.

Prior to joining the Lobo Athletic Department, Golden spent the last two years as the Director of Sports Performance at Santa Clara University. While at Santa Clara, Golden worked primarily with women’s basketball, women’s water polo, volleyball, and women’s tennis while assisting with men’s basketball. Additionally, Golden was instrumental in remodeling Santa Clara’s current weight room and designing a new facility as well.

A certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, Golden has also made collegiate stops at Providence College (Providence, R.I.), Cornell University (Ithaca, N.Y.), Colgate University (Hamilton, N.Y.), and the University of Texas, El Paso (El Paso, Texas). In terms of working in the professional ranks, Golden spent time as the head strength and conditioning coach for the Albuquerque Thunderbirds of the NBA Development League as well as for the Los Angeles Sparks of the WNBA.

Golden played collegiate football at the University of Tulsa for two seasons and earned a Bachelor of Arts degree in Mass Communication from Tulsa in 1999. Golden then went on to earn a Master’s of Science degree in Physical Education and Sports Administration from The University of New Mexico in 2003.



Joe Schoeleber, MS, CSCS, Mercyhurst University, Head Strength and Conditioning

“Combining Triphasic and 5-3-1 X’s and O’s Plus Results”

Joe Schoenleber has been named the first-ever full-time Strength and Conditioning Coach for Mercyhurst University, as announced by Athletic Director Brad Davis. Schoenleber, who will also oversee the Recreation Center, brings several years of collegiate strength and conditioning experience to Laker athletics.

Schoenleber, a NSCA Certified Strength and Conditioning Specialist, was the founder and director of MVP Sports Training in Bucks County, Pa., from 2004-14. He served as the strength and speed coach for collegiate athletes spanning all three NCAA levels from over 50 different colleges and universities. He served as an anaerobic conditioning consultant for four different National Hockey League teams, and coached athletes who went on to play in the professional ranks in the NFL, CFL, NHL, MLB and NBA.

Prior to founding MVP Sports Training, Schoenleber served as the director of Summit Sports Training Center in Bryn Mawr, Pa., where he worked with the Saint Joseph's University men's basketball program, and was a consultant for the Philadelphia 76ers of the NBA.

Schoenleber has also spent time at Drexel University, Villanova University, West Virginia University and the University of Massachusetts.

A 1989 graduate of West Virginia, where he earned his Bachelor's Degree in Sport Management, he earned his Master's Degree in Exercise Science, Exercise Physiology/Human Performance from Massachusetts in 1996, and completed two years of doctoral study at West Virginia's School of Medicine in Exercise Physiology/Human Performance.



Leo Totten, Totten MS, USAW 5 (Senior International Coach, Owner, Totten Training Systems, LLC

“Olympic Lifts: Faults and Corrections”

- **USAW 5 (Senior International Coach)**
- **Named as one of 65 Most Influential Strength Coaches of All Time**
- **Head Coach, East Coast Gold Weightlifting Team**
 - **10 time National Men’s Team Champions**
 - **7 time National Women’s Team Champions**
 - **Numerous national and regional champions**
 - **Numerous international qualifiers**
- **Totten Training Systems, owner, LLC 2012-current**
- **Elite Sports University, Director of Strategic Outreach, 2017-current**
- **Over 30 years as Olympic weightlifting coach**
- **Over 30 years as clinician for USA Weightlifting**
- **Over 30 years training High School / College elite athletes**
- **Over 30 years in Physical Education and Athletic Administration**
- **Two Olympic Teams / Three Pan Am Teams /Five World Teams**



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

“Training for Sports – More Similarities than Differences”

Michael Rankin has been at Drexel since September 2002. He started his career at the school as a graduate assistant after interning with Mike Boyle in the Strength and Conditioning department. He took over as the interim director in February of 2003 and was named the head strength coach shortly thereafter.

Rankin is a 2002 graduate of West Chester University of Pennsylvania, where he earned a bachelor's degree in kinesiology. Rankin is also a Certified Strength and Conditioning Specialist, NSCA-Certified Personnel Trainer and United States Weightlifting Federation Club Coach and Sports Performance Coach.



Paul "Babe" Mayer MS, Mayer Sports Training Center

"The Principles of Functional Movement Training"

Teacher of Physical Fitness and Lifetime Sport for the past 38 years. Present area of emphasis is "Integrated Movement Training", with experience in various other areas of personal training and exercise fitness. Honors received include: The National Association of Sports and Physical Education's 1988 National Secondary School Physical Education Teacher of the Year, the 1987 Pennsylvania Physical Education Teacher of the Year, the 1988 U. S. Eastern Regional Physical Education teacher of the Year, Lock Haven University Outstanding Alumni Award and Lycoming County Brotherhood Sportsman Award. National speaking engagements include: over 100 presentations and workshops in 20 states on exercise, motivation and teacher education. Other related professional areas include: 18 years of coaching experience and 19 years of Radio and Television Sports Broadcasting. Presently owns and directs the MAYER SPORT TRAINING CENTER specializing in training athletes of all ages.



Rob Oviatt

“Building Team Culture”

Master of Education, June 1983

University of Mississippi at Oxford

Bachelor of Science in Physical Education, August 1980

University of Alabama at Tuscaloosa

HONORS

President of the Collegiate Strength & Conditioning Coaches Association, 2004-2008

USA Strength & Conditioning Hall of Fame Inductee, 2003

Admiral Ulysses Grant Sharp Award Recipient, 2003 Holiday Bowl

Master Strength & Conditioning Coach Award Recipient, 2001

Member of the Collegiate Strength & Conditioning Coaches Association’s Board of Directors, 2001- Present

Southeastern Conference (SEC) Football Strength Coach of the Year, 1997 and 1998

WORK EXPERIENCE

Head Football Strength Coach

University of Montana at Missoula, December 2009 – January 2014

Assistant Athletic Director and Head Football Strength Coach

Washington State University at Pullman, February 2000 – July 2008

Director of Strength and Conditioning and Head Football Strength Coach

Louisiana State University at Baton Rouge, January 1999 – January 2000

Head Football Strength Coach

University of Kentucky at Lexington, January 1995 – December 1998

Director of Strength and Conditioning and Head Football Strength Coach

Oregon State University at Corvallis, July 1985 – December 1994

Professional Internship

Lenin Institute of Sport at Moscow, Soviet Union, May 1988 – June 1988

Graduate Assistant Strength Coach

University of Houston, December 1983 – July 1984

In my director roles at Washington State University, Louisiana State University, and at Oregon State University, I served in a significant administrative capacity. I oversaw and managed all full and part-time weight room staff, performed yearly staff evaluations, managed the yearly operating budget, chaired search committees for open positions in the athletic department, created the weight room schedule for all intercollegiate athletic teams, attended campus-wide diversity workshops, attended weekly department student services meetings, priced and ordered equipment, attended bi-monthly administrative staff meetings, attended daily football staff meetings, and met weekly with the Athletic Training staff.

In my role as a Head Strength Coach, I wrote individual workout programs, supervised and managed the workouts, and made dietary recommendations for approximately 100-125 football players. I also organized individual athlete workout times and scheduled on campus facility usage year round. I attended all football practices and traveled with the team and staff to all games.



**Scott Bennett, MS, RSCC, CSCS, SCCC, Radford University
Head Strength & Coach**

“Teaching Progressions for Fundamental Lifts”

With over 25 years of experience in the strength and conditioning field, Scott Bennett was named Radford University’s head strength and conditioning coach on October 1, 2012. He was promoted to Assistant AD for Sport Performance in July 2015.

“Scott is widely known as one of the top strength coaches in America,” Radford director of athletics Robert Lineburg expressed. “He is an outstanding teacher and coach and our student-athletes are going to benefit greatly under his leadership. We are extremely excited about Scott joining the Highlander Family!”

Prior to RU, Bennett was up the road in Harrisonburg, Va. working as the senior assistant strength and conditioning coach for the James Madison Dukes. Bennett was directly responsible for programming baseball, softball, volleyball, and men’s tennis. He was also in charge of mentoring student interns, graduate assistants, and volunteers.

In his position at Radford, Bennett oversees the day-to-day operations of the strength and conditioning program, which plays an instrumental role in the success of Highlander student-athletes and is designed to help each player reach his/her full potential.

Although Bennett’s career has taken him as far west as Wyoming, he is no stranger to the New River Valley—having worked at Virginia Tech under associate director of athletics for athletic performance Dr. Mike Gentry.

During his stay with the Hokies, Bennett was responsible for the development of off-season and in-season strength and conditioning programs for 13 varsity sports, including testing and evaluation, proper training protocol, nutrition, and lifting technique.

Prior to his position at JMU, Bennett was the head strength coach at three other institutions—the University of Southern Mississippi, the University of Wyoming and Marshall University.

A 1989 graduate of the University of Mississippi with a B.S. in Health and Physical Education, Bennett obtained his M.Ed. in Guidance and Counseling from Clemson University four years later. While in the Palmetto State, he served as the weightlifting instructor for the Department of Elementary and Secondary Education and as a graduate assistant of strength and conditioning for the Tigers, before arriving in Blacksburg.

In his career, Bennett has coached a multitude of collegiate athletes who have gone forward to find careers in the professional ranks (over 30 in the NFL), as well as conference champions, national champions, world record holders, and Olympians.

As a professional, he has risen to the top of the strength and conditioning field. Bennett is part of the NSCA's (National Strength and Conditioning Association) Coaches Registry at the Emeritus level—the highest level awarded in the field.

Perhaps the honor standing out the most in his impressive list of accolades is his accreditation as a Master Strength and Conditioning Coach with the Collegiate Strength and Conditioning Association (CSCCa) since 2006. At the time, there were only 62 certified at this level in the world.

This honor paved the way for Bennett's election to the CSCCa Board of Directors, a position he served for two terms. His involvement with the association allowed him to be chosen as the first strength coach to be invited as an ex officio member of the NCAA Committee for Competitive Safeguards and Medical Aspects of Sports.

In addition to his numerous certifications in the strength and conditioning field, Bennett was voted by the American Football Quarterly as the College Division Strength Coach of the Year in 1996 and was nominated for the NSCA Strength Coach of the Year in 2002.



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

"Performance Monitoring Techniques for Volleyball"

Todd Barnes is in his eighth year as head strength & conditioning coach at Arcadia in 2018-2019. He became the first strength and conditioning coach for Arcadia in the fall of 2011. He oversees all strength and conditioning for Arcadia's athletic and recreation programs.

Barnes designs year round strength training programs for all 19 of Arcadia's varsity sports programs. Barnes was also instrumental in overseeing the upgrades made to the Kuch Center's fitness center and sports training center.

Prior to Arcadia, Barnes was the head strength and conditioning coach at Germantown Academy in Fort Washington, Pa. from 2007-2011.

Prior to that, Barnes spent three years as the director of sports performance at Athlete's Advantage in Conshohocken, Pa.

Barnes earned a bachelor of arts degree in Kinesiology from West Chester University in 2000 and a master of science degree in exercise science and health promotion from California University of Pennsylvania in 2006. Barnes has certified strength and condition specialist (CSCS) certification from the National Strength and Conditioning Association (NCSA) and has presented at various conferences throughout his career.



Todd Hamer MS, CSCS
George Washington University Strength Coordinator

“Starting at Square one with a New School”

Todd Hamer, a 20-year veteran in the collegiate strength and conditioning field, has been named Director of Strength and Conditioning at George Washington University, Director of Athletics and Recreation Tanya Vogel announced on Aug. 20.

Hamer comes to GW after spending the last 12 years at Robert Morris University, where he was responsible for training and overseeing student-athletes in more than 20 sports as the Director of Strength and Conditioning.

“Todd fully embraces and embodies our department’s mission and values,” said Director of Athletics and Recreation Tanya Vogel. “His extensive background aligns perfectly with Associate Athletics Director Chris Hennelly. The two will work together to continue our steadfast commitment to student-athlete health and well-being while bolstering our efforts to improve human performance.”

Prior to his stint at Robert Morris, Hamer was an Assistant Strength and Conditioning Coach at George Mason (2004-07). That was preceded by strength and conditioning positions with Marist College, The Citadel and VCU.

Hamer earned his bachelor of science in exercise science at Penn State University in 1999, and completed a masters in sports leadership at VCU in 2002. He is certified with the National Strength and Conditioning Association and is a Strength and Conditioning Specialist with Distinction, while also holding a membership with the Collegiate Strength and Conditioning Coaches Association. A nominee for the NSCA 2018 Strength Coach of the Year, Hamer is also a regular contributor to training websites and magazines.



WILLIAM HICKS

William Hicks, RSCC'E, CSCS, Syracuse University, Assistant Athletics Director/Athletic Performance (Olympic Sports)

“From Football to Olympic Sports Training”

As Syracuse's assistant athletics director for athletic performance, Will Hicks is responsible for the strength and conditioning programs for Olympic sports. A member of the athletics department staff since 2000, Hicks and the strength and conditioning staff are responsible for developing programs to increase the conditioning, speed, strength and agility of Syracuse's student-athletes.

Hicks has coached several prominent professional athletes during his career, including NFL All-Pros Dwight Freeney (Indianapolis, San Diego and Arizona) and Chandler Jones (New England), Super Bowl Champions Arthur Jones (Baltimore and Indianapolis), Jameel McClain (Baltimore and New York Giants) and David Tyree (New York Giants), in addition to recent Syracuse graduates and current NFL players Ryan Nassib (New York Giants), Justin Pugh (New York Giants), Jay Bromley (New York Giants) and Shamarko Thomas (Pittsburgh Steelers).

A Certified Strength and Conditioning Specialist (C.S.C.S.), Hicks attained (*E) Emeritus status from the National Strength and Conditioning Association (NSCA) in 2011. In 1999, Hicks was named the Strength and Conditioning Professional of the Year by the National Strength and Conditioning Association (NSCA).

Prior to his time at Syracuse, Hicks spent more than a decade on the strength and conditioning staff at North Carolina State, including 1996-2000 when he served as the Wolfpack's assistant athletics director for football operations and head strength and conditioning coach. During his tenure, Hicks was part of a coaching staff for 14 bowl games and two conference championships.



Tyler Carpenter, MS, CSCS
University of Pittsburgh Department of Athletics Head Strength and Conditioning Coach

“Performance Training for Soccer”

Carpenter came to Pitt following a four-year stint at The Ohio State University where he served as assistant strength and conditioning coach. He had primary responsibilities overseeing the training of men’s and women’s soccer, women’s track and field and women’s ice hockey as well as assisting with the training of 12 other teams. During his stint at Ohio State, Carpenter was a part of two Big Ten Championships and trained several All-Americans and three National Team players.

Before Ohio State, Carpenter was a graduate assistant strength and conditioning coach for the University of Tennessee Lady Vols, responsible for the training of women’s soccer and assisting all other Lady Vol teams. He was promoted to that role following a 15-week internship. During his time as a GA he received his Master of Science degree in kinesiology with a concentration in sport psychology and motor behavior.

Prior to his time in Knoxville, Carpenter was a student manager and strength and conditioning intern for the Ohio State football team from 2006-11, working primarily with the defensive backs. He was a part of five Big Ten Championship seasons as well as five BCS Bowl Game appearances. While at Ohio State he obtained a bachelor of science in business administration with a focus in human resources from the Fisher College of Business.

Savannah K. Bailey, DAT, LAT, ATC, CSCS, CES, CCT

“Dry Cupping Therapy (a.k.a Myofascial Decompression)”

SUPERVISORY CERTIFIED ATHLETIC TRAINER

The Basic School, Training and Education Command, USMC Serve as a subject matter expert regarding musculoskeletal injuries and the translation of injury data within the Sports Medicine Injury Prevention Program, which entails disseminating data associated with injury etiology and epidemiology, periods of light duty, and recycled students to the commanding and executive officers.

Abstract

1. Study pertinent history of cupping techniques:
 - a. Cupping is one of the oldest and most globally practiced medical treatments in human history.
 - b. This therapy dates back to as early as 3000 BC. The earliest written record describing cupping was found in Egypt in 1550 BC.
 - c. It subsequently spread to many other countries. Cupping was widely used into the late 1800's by European and American physicians.
 - d. Differences due exist between how cupping is practiced in Eastern and Western cultures.

2. Address mechanical methods behind the therapy:
 - a. This therapy employs negative pressure rather than tissue compression.
 - b. By creating suction and negative pressure, this therapy has the potential to release rigid soft tissues, drain excess fluid and toxins (lactic acid, metabolites left behind from injury, etc.), loosen adhesions, lift connective tissues, and bring blood flow to stagnant skin and muscles (stubborn scar tissue, etc.).
 - c. Mechanically, cupping increases blood circulation; whereas physiologically it activates the immune system and stimulates the mechanosensitive fibers, thus leading a reduction in pain.
 - d. In theory, increases in circulation encourage angiogenesis and autolysis such that the body will begin to build a new microcirculatory network.
 - e. Another benefit of negative pressure is that it feels good; the pulling action engages the parasympathetic nervous system and therefore allows a deep relaxation to move through the body.

3. Examine some of the therapeutic effects:
 - a. Effects on skin
 - i. Expands blood vessels resulting in increased circulation, skin temperature, etc.

- b. Effects on muscle
 - i. Suction facilitates the excretion of lactic acids and toxins
 - ii. The action of increased blood flow may positively effect tissue pliability and/or extensibility
 - c. Effects on the circulatory system
 - i. Cupping is considered a “self healing” therapy; improved blood circulation is paramount to optimal health
 - d. Effect on joints
 - i. Distraction on connective tissues may allow for improved range of motion
 - ii. Improved blood and lymph circulation can assist in recovery following injury
 - e. Effect on fascia
 - i. Lifts and loosens fascial adhesions
 - f. Address precautions/contraindications
4. Discuss some of the current available evidence in the literature:
- a. See references below
 - b. Presenter reserves the right to include additional materials as they become available
5. Consider the different types of cups and how material effects clinical use:
- a. Plastic
 - b. Silicone
 - c. Glass
6. Observe different dry cupping techniques (via embedded video and in-person demonstration) such as:
- a. Static cupping on static body
 - i. When concerned about physiology or localized healing
 - b. Static cupping on dynamic body
 - i. When addressing ROM loss or movement dysfunction due to fascial restrictions
 - ii. Could be considered the opposite of active release therapy
 - c. Dynamic cupping on static body
 - i. When concerned about fascial restrictions and adhesions
 - ii. Could be considered the opposite of foam rolling
7. Learn some appropriate clinical applications of dry cupping using both plastic and silicone cups such as:
- a. Muscular soreness / pain
 - b. Muscular tightness / stiffness
8. Conclusion
- a. What do we know – summation of theories, clinical applications, etc.
 - b. What don't we know – gaps in science or research
 - c. Allot time for question-and-answer exchange