



2017 Juniata College Strength & Conditioning Clinic

Program & Speaker Evaluation Sheet

you MUST fill this out completely in order to receive credit!

NSCA



BOC



PA/ ACT 48



PA/ PTA

Please Print!

Last Name: _____

First Name: _____

Address

Street: _____

Town: _____

State: _____ Zip: _____

Email: _____

Membership Information: Fill out all that apply

NSCA Membership Number: _____

BOC Membership Number: _____

PA/PTA License Number: _____

PA/ACT 48 School District: _____

Other Certification(s): _____

Number of Sessions Attended: _____

Signature: _____

As you pick which sessions to attend, please keep in mind that if you are receiving credit with the **BOC and/or the **PA/PTA** then you **should attend the speakers with an astrick next to their name**. You are welcome to attend any of the speakers you would like, however, we are ***only approved*** to give credit through these organizations for those specific speakers. To get the maximum hours, attend all of these speakers.

If you **ONLY looking to obtain credits for your NSCA certification, ACT 48, or anything else, you may attend **ANY** of the speakers on schedule - they all count.

If you are looking to get the EBP credits with the BOC, you **MUST attend all 3 hours of Giampietro L Vairo's presentations (2-5:00 pm Friday)

Speakers - listed in schedule order check if
 ** indicates BOC/ PA PTA attended

Was the speaker
 knowledgeable?

Was the
 presented
 content
 relvant?

Were learning
 objectives met? see
 attached (BOX only)

| | | | | |
|---|--|-------|-------|-------|
| **Robert A Panariello, MS,PT,ATC,CSCS <i>“Challenges of Reconstructed ACL Athlete: Return to Play”</i> | | y / n | y / n | y / n |
| **Andy Bosack, PhD, CSCS, HFS <i>“Evaluating and Utilizing the Most Appropriate Anaerobic and Aerobic Power Tests to Assess Athletes”</i> | | y / n | y / n | y / n |
| Todd Hammer, MS,CSCS <i>“Variations on the Big Lifts”</i> | | y / n | y / n | y / n |
| Donna Snow <i>“Increasing the Neural Drive to the Hip Muscles using Rotation”</i> | | y / n | y / n | y / n |
| **Frank Velasquez Jr. ATC, CSCS*R <i>“Shoulder Care, Strength Training for the Overhead Athlete?”</i> | | y / n | y / n | y / n |
| Joe Shoeleber, MS,CSCS <i>“Metabolic Combo Training into the Weight Room”</i> | | y / n | y / n | y / n |
| Michael R. Rankin, MS,CSCS <i>“Incorporating Bands and Chains with Collegiate Athletes”</i> | | y / n | y / n | y / n |
| **Alan DeGennaro, MS, ATC, CSCS <i>“Why dont ACL Return-to-Play Standards Include Physical Preparation Standards: Carnegie Mellon’s Integrated Model”</i> | | y / n | y / n | y / n |
| Paul Berry Jr. & Ameera Teal <i>“Periodization for the Multi-Sport Female High School Athlete”</i> | | y / n | y / n | y / n |
| Paul “Babe” Mayer, MS <i>“Thre Principles of Training Throughout the Lifespan”</i> | | y / n | y / n | y / n |
| **Tanya Williams, MS, CSCS*D, RDN, LDN <i>“The Female Athlete Triad (FAT)”</i> | | y / n | y / n | y / n |
| Mike Brass, MS, CSCS <i>“Navy Football Off Season Training”</i> | | y / n | y / n | y / n |
| Todd Barnes, MS, CSCS, NASM-PES <i>“How to Add Structure and Variety to your Warm-ups”</i> | | y / n | y / n | y / n |
| ****Giampietro L. Vairo, Ph.D, ATC <i>“Post-Surgical Knee”</i> | | y / n | y / n | y / n |
| Greg Werner, MS, RSCC*E, CSCS, SCCC <i>“Key Routines and Exercises to Build the Force Needs”</i> | | y / n | y / n | y / n |
| William Maher, NSCA-CPT <i>“Hands-on Kettlebell Training Workout”</i> | | y / n | y / n | y / n |
| Andrea Hudy, MS, CSCS <i>“Kansas University Basketball Performance Training”</i> | | y / n | y / n | y / n |

| Speakers - listed in schedule order ** indicates BOC/ PA PTA | check if attended | Was the speaker knowledgeable? | Was the presented content relvant? | Were learning objectives met? see attached (BOX only) |
|---|----------------------|-----------------------------------|---|---|
| Dave Brixius, CSCS <i>"Training the Female Athlete"</i> | | y / n | y / n | y / n |
| Mike Craven <i>"Training for Heat Stroke Prevention"</i> | | y / n | y / n | y / n |
| Darin Thomas, MS, CSCS <i>"Football PErformance Enhancement: Outside the Weightroom"</i> | | y / n | y / n | y / n |
| **WE Buckley, PhD, MBS, LAT, ATC <i>"The Efficacy of Prophlactic Ankle Bracing"</i> | | y / n | y / n | y / n |
| Jeremy Golden, MS, CSCS, USAW <i>"Tennis, Creating a More Powerful Athlete"</i> | | y / n | y / n | y / n |
| Anthony Glass, MS Ed, MSCC, CSCS, HFI, USAW <i>"Speed Technique and Agility Training"</i> | | y / n | y / n | y / n |
| **Jerry Shreck, MS, ATC/L, NCSF-CPT <i>"Lacrosse Training with Emphasis on Injury Prevention"</i> | | y / n | y / n | y / n |
| Jay DeMayo, MS, CSCS <i>"Training for Swimming and Diving"</i> | | y / n | y / n | y / n |
| Jedd Johnson, CSCS <i>"Developing Hand Grip for Sports Performance"</i> | | y / n | y / n | y / n |
| Saturday | | y / n | y / n | y / n |
| **Timothy N. Harvey, MS, ATC <i>"Fad Diets Compared to Healthy Nutrition"</i> | | y / n | y / n | y / n |
| **Tom Swaldi, DPT, ATC, CSCS <i>"Proprioception after Knee Injury"</i> | | y / n | y / n | y / n |
| Bobby Fisk, MS, CSCS <i>"Men's Soccer Off-Season Training"</i> | | y / n | y / n | y / n |
| **Todd Burkey, MS, ATC, CSCS <i>"RPR (Reflexive Performance Reset)"</i> | | y / n | y / n | y / n |
| Jermy Hoy, MS, ATC, CSCS <i>"Physical Preparation for Ice Hockey: Long Term Development and Programming Application"</i> | | y / n | y / n | y / n |
| **Will Peveler, PhD <i>"Problems with Ergogenic Aids"</i> | | y / n | y / n | y / n |
| Scott Bennett, MS, RSCC, CSCS, SCCC <i>"Using Alternative Methods to Teach Squat Movements"</i> | | y / n | y / n | y / n |
| **James F. Cerullo, PhD, ATC, CSCS <i>"Kettlebell Training to Enhance Core Stability and Strength"</i> | | y / n | y / n | y / n |
| **Ryan P. Cidzik, MS, RSCC, CSCS, USAW <i>"Injury Prevention: The Bigger Picture"</i> | | y / n | y / n | y / n |
| Andy Bosack, Ph.d, CSCS, HFS <i>"Understanding Key Nutrients for Your Athletes and Hoe to Feed Your Athletes on a Budget"</i> | | y / n | y / n | y / n |

Speakers - listed in schedule order check if
 ** indicates BOC/ PA PTA attended

Was the speaker knowledgeable? Was the presented content relevant? Were learning objectives met? see attached (BOX only)

| | | | | |
|---|--|-------|-------|-------|
| Chad Hutsko, CSCS, SCCC <i>“St. Francis Women’s Volleyball Performance Training”</i> | | y / n | y / n | y / n |
| Brandon Spayd, MS, CSCS, SCCC & Cameron Davidson, MS, SCCC, CSCS, USAW & Todd Hammer, MS, CSCS <i>“Roundtable/Debate/Open Discussion”</i> | | y / n | y / n | y / n |

If you selected “No” for any of the above, please explain, or provide any additional comments in the space below:

2017 Program Evaluation

1. How would you rate this clinic overall?

_____ Excellent _____ Good _____ Fair _____ Poor

2. Rate the projected impact on the following:

_____ This clinic increased my competence

_____ This clinic will improve my performance

_____ This clinic will have no effect on my competence or performance

3. In the space below, describe how you will change your practice as a result of this clinic

4. What barriers, besides time and/or money, do you anticipate encountering as you make changes in your practice?

5. Do you feel the information presented was based on the best available evidence? Yes No
If “no”, please explain in the space below.

6. Finally, your opinion is very important to us! Please leave any comments/suggestions below so that we can make JSCS Clinic 2018 even better.

Learning Objectives for Evaluation (BOC only)

Andrew (Andy) M. Bosak, Ph. D, EP-C, and CSCS, *D

“Evaluating and Utilizing the Most Appropriate Anaerobic and Aerobic Power Tests to Assess Your Athletes’ Performance”

Learning Objective(s):

- describe the barriers to assessing athletes pre, post, and during the sporting season
- explain how laboratory and field based assessment data applies to their athletes in the field and court sports’ situations

Andrew (Andy) M. Bosak, Ph. D, EP-C, and CSCS, *D

“Understanding Key Nutrients for Your Athletes and How to Feed Your Athletes on a Budget”

Learning Objective(s):

- describe the differences between macro and micronutrients as well as the recommended ingestion doses

Alan DeGennaro MS, ATC, CSCS

“Why don’t ACL Return-to-Play Standards Include Physical Preparation Standards: Carnegie Mellon’s Integrated Model?”

Learning Objective(s):

- state the best ways to integrate rehabilitation into the training process
- recognize the rehabilitation benchmarks as checkpoints within the process of achieving comprehensive physical preparation standards
- describe how to use a specific needs analysis driven approach in the convergence of anatomical healing and clinical healing

Frank Velasquez Jr., ATC, CSCS

“Comprehensive Shoulder Care – Strength Training for the Overhead Athlete”

Learning Objective(s):

- list exercises that are applicable to the overhead athlete to help reduce the risk of injury and enhance performance
- apply knowledge of overall arm/shoulder care to constructing proper warm-up, maintenance, and recovery programs

Jim Cerullo, Ph.D., ATC, CSCS

“Kettlebell Training to Enhance Core Stability and Strength: A Review of Concepts”

Learning Objective(s):

- determine the efficacy of Kettlebell exercises in promoting core stability and strength based upon electromyographic research
- describe the mechanical loads imposed on the lumbar spine when performing Kettlebell exercises and determine whether or not a movement pattern is contraindicated
- List common Kettlebell exercises that can be prescribed to enhance core stability and strength

Jeremy L. Shreck, LAT, ATC, CSCS, NCSF-CPT, WBC

“Designing a Strength Program for Men’s Lacrosse for the Reduction of Injuries and Maximal Performance”

Learning Objective(s):

- identify weaknesses or imbalances when evaluating their athlete movement patterns with weight as well as non-weighted
- apply a jump program that focuses on deceleration mechanics to maximize acceleration techniques to help train athletes to move better and reduce the likelihood of a knee injury

Robert A. Panariello MS, PT, ATC, CSCS

“Challenges of the Reconstructed ACL Athlete: Return to Play”

Learning Objective(s):

- state the importance of restoring active knee range of motion in the ACL reconstructed athlete
- identify the physical qualities necessary for the athlete’s optimal return to sport
- describe the criteria necessary for the athlete’s clearance to return to play

Learning Objectives for Evaluation Continued(BOC only)

Ryan Cidzik, MS, CSCS, USAW-1

“Injury Prevention in Football: The Bigger Picture.”

Learning Objective(s):

- describe how you can create an environment and culture which promotes a bigger picture system of preventing injuries with their athletes through tapping into the reticular activating system (RAS) of the brain
- plan an overall system to limit identified deficiencies which are imperative to success in their sport

Tanya Williams MS, CSSD, RDN, LDN

“The Female Athlete Triad (FAT)”

Learning Objective(s):

- list the three components of FAT
- describe of FAT is clinically diagnosed
- describe how to adjust training protocol after a student-athlete has been diagnosed
- list the clinical resources available to them when dealing with a student-athlete with FAT and the subsequent treatment protocol

Thomas Swaldi DPT, ATC, CSCS

“Proprioception after Knee Injury”

Learning Objective(s):

- define proprioception as it relates to the overall balance system
- distinguish the difference in amount and type of mechanoreceptors in the knee inert structures.
- explain how injury to the inert knee structures affects mechanoreceptors
- understand how changes in mechanoreceptors after injury may or may not affect proprioception and overall balance.
- apply given knowledge of proprioceptive changes to the knee to a Rehabilitation protocol and treatment plan.

Timothy N. Harvey MS, ATC

“Athletes, Nutrition, & Fad Diets”

Learning Objective(s):

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-
-

Todd Burkey Med, AT,CSCS

“Incorporating Reflexive Performance Reset into Daily Athletic Preparation”

Learning Objective(s):

- describe how reflexive performance reset (RPR) can be incorporated in daily athletic preparation to support athletic wellness

WE Buckley, PhD, MBA, LAT, ATC

“The Comparative Effects of Ankle Bracing on Functional Performance”

Learning Objective(s):

- describe the efficacy of braces in preventing ankle sprains in young, healthy athletes, as well as the impact these apparatuses could have on functional performance.

Learning Objectives for Evaluation Continued(BOC only)

Giampietro L Vairo, PhD, ATC

“Current Clinical Outcomes Following Ipsilateral Hamstring Tendons Autograft ACL Reconstruction”

Learning Objective(s):

- Explain current surgical concepts related to reconstruction of the anterior cruciate ligament with particular focus on trends in sports medicine.
- Outline evidence-based factors to be considered with various modes of anterior cruciate ligament reconstruction.
- Identify evidence-based neuromusculoskeletal and self-reported outcomes associated with the two most common related surgical techniques, ipsilateral hamstring tendons autograft and ipsilateral bone-patellar tendon-bone autograft.
- Describe associations between objective and subjective clinical measures in related patients, and purported underpinnings for these observations.
- Define evidence-based rehabilitation themes for anterior cruciate ligament reconstruction.
- Recognize evidence-based metrics and findings associated with return to physical activity and sport.
- Explain variables and parameters associated with judiciously recommending methods of anterior cruciate ligament reconstruction for patient care.

Willard W. Peveler, Ph.D

“Problems with Ergogenic Aids”

Learning Objective(s):

- Describe the impact of supplements use on athletes and athletic performance, possible health risk and risk of testing positive for banned substances.