

# Friday

## June 10, 2016

- 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      **Tony Decker, MS, CSCS, Susquehanna University, *Head Strength & Conditioning Coach and Fitness Center Director***  
*"Utilizing Partial Movements in Training the Injured Athlete"*
- Leo Totten, Totten MS, USAW 5 (Senior International Coach, Owner, Totten Training Systems, LLC**  
*"The Snatch - Not Just for Weightlifters Anymore"*
- 9:00am – 9:55am      **Tom Swaldi DPT, ATC, CSCS, Star, Inc. Physical Therapy and Fitness,**  
*"Proprioception after Knee Injury"*
- Cory Watts, MS, RSCC, CSCS, USA-1, Haverford College *Head Strength & Conditioning Coach and Fitness Center Director***  
*"Adjustable Workout System"*
- 10:00am – 10:55am      **Martin A Fees, MS, PT, CSCS, Rehabilitation Specialist & Co Owner of Go Sport Physical Therapy in Gettysburg**  
*"The use of NMES is prevalent in physical therapy"*
- Scott Bennett, MS, RSCC, CSCS, Radford University Head Strength & Conditioning Coach**  
*"Year Long Baseball Training"*
- 11:00am – 11:55am      **Andy Bosak, Ph.D., CSCS, HFS. Liberty University, Exercise Science Professor and Director of Exercise Science Master's Degree Program Liberty University**  
*"Utilizing Sport Science Technology to Improve Athletic Performance."*
- Tyler Carpenter, MS, SCCC, USAW, HKC, FMS Level II, and Luke Tipple, M.S., CSCS, USAWS, S.C.C.C, The Ohio State University Strength and Conditioning, *Olympic Sports Strength and Conditioning Coaches***  
*"Yearly Template of Training for the Olympic Sports Athlete"*
- 12:00pm – 12:55pm      **Lunch / Ellis Dining Hall**
- 1:00pm – 1:55pm      **Darin Thomas, MS, CSCS - Muhlenberg University, Strength and Conditioning Director**  
*"A Strength and Conditioning Program to Develop Young Athletes"*
- Hand-On Session**  
**Eric Mitchell, CSCS, USATF Level 1 – CO-Owner Parsi Speed School, Owner**  
*"Proper warm-up techniques for acceleration, top speed, change of direction and strength"*
- 2:00pm – 2:55pm      **James F. Cerullo, PhD, ATC, CSCS, Lecturer and Internship Coordinator**  
**Department of Health and Fitness, SUNY Oneonta, Oneonta, NY**  
*"Variations of the Squat: Kinematics to Consider"*
- Hand-On Session**  
**William Maher, NSCA-CPT, Certified Kettlebell Instructor, Fitness Instructor**  
*"Hands-on Kettlebell Training Workout"*

3:00pm – 3:55pm

**Jerry Shreck, MS, ATC/L, NCSF-CPT, Bucknell University Strength Coordinator**  
*“Assessing the Risk and Preventing ACL Tears”*

**Hand-On Session**

**Andy Bosak, Ph.D., CSCS, HFS. Liberty University, Exercise Science Professor and Director of Exercise Science Master's Degree Program Liberty University**  
*“TRX and other Suspension Training Systems: Equipment for both Resistance Training and Aerobic Conditioning”*

4:00pm – 4:55pm

**Cam Davidson, MS, CSCS, SCCC, USAW, Penn State University, Strength and Conditioning Coordinator**  
*“A Simple and Effective Implementation of Postural Restoration Concepts into the Training Program”*

**Hand-On Session**

**Michael R. Rankin, MS, CSCS, Drexel University, Director of Strength & Conditioning**  
*“Lightning Fast Agility with Ladders and Hoops”*

5:00pm – 5:55pm

**WE Buckley, PhD, MBA, LAT, ATC, Coordinator Athletic Training and Sports Medicine Graduate Education & John Vairo, MS, ATC – Penn State University & Doctoral Student, Thomas Newman**  
*“The Effects of Prophylactic Ankle Bracing on Dynamic Reach Distance and Obstacle Performance in Military Cadets”*

**Hand-On Session**

**Joe Chaitkin, M.S., C.S.C.S., FMS, Master CKI, Professor at West Chester University**  
*“Kettlebell and Metabolic Conditioning”*

6:00pm – 6:55pm

**Jedd Johnson, CSCS - DieselCrew.com, Wyalusing PA**  
*“Training for Strongman Competition”*

## **Cookout & Social**

# Saturday June 11, 2016

6:00am – 6:55am

Breakfast / Ellis Dining Hall

7:00am – 7:55am

**Kate Decker**, CSCS, USAW, USA Track and Field Coach, ART Provider, FST Provider-Level III-Medical, NCTMB, MMP, Contracted Advanced Muscle Therapist, Philadelphia Eagles  
*"Understanding Fascia," Affects on Performance and Injury Return*

8:00am – 8:55am

Alan DeGennaro, MS, ATC, CSCS, Carnegie Mellon University Strength and Conditioning Coordinator and Ben Swogger  
*"Examining Relationships Between Bunkie Testing and Athletic Injury"*

Jeremy Golden, MS, CSCS, Providence College Strength and Conditioning Coach  
*"Off-Season Training Program for the Collegiate Basketball Player: Individualization, Volume Management"*

9:00am – 9:55am

**Will Peveler**, Ph.D., Northern Kentucky University Assistant Professor of Exercise Physiology  
*"Resistance Training for Endurance Athletes: Research and Practical Application"*

Keith Klahold, MS, ATC, CSCS Wilkes University, Fitness Facility Coordinator/Strength and Conditioning Coach  
*"In-season Training for Wrestling"*

10:00am – 10:55am

**Robert A. Panariello**, MS, PT, ATC, CSCS, Founding Partner, Chief Clinical Officer, Professional Physical Therapy Bridging the Medical  
*"Performance Training Gap during the Sports Rehabilitation and Performance"*

Jay DeMayo, MS, CSCS, Head Strength Coach Men & Women's Basketball University Richmond  
*"Programming: the reality of how it is set up"*  
*Enhancement Training of the Athlete"*

11:00am – 11:55am

**Craig M. Newton**, MS, CSCS, Instructor - Wellness Department / Exercise Sciences at the Community College of Baltimore County  
*"Macronutrient Needs for Athletes"*

Dave Polcha, CSCS, Clinical Exercise Physiologist Somerset Hospital, Somerset  
*"Applying Organized Strength and Conditioning to the High School setting and the immediate impact it can have"*

12:00pm – 12:55pm

**Timothy Harvey**, MS, CSCS -Mercyhurst University, Coordinator of Exercise Science Mercyhurst University  
*"Selected Performance Enhancing Substances in Exercise and Sport – Dietary and Pharmacologic"*