

Confirmed Speakers

Friday

June 23, 2017

- 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** **Robert A. Panariello, MS, PT, ATC, CSCS, Founding Partner, Chief Clinical**
Officer, Professional Physical Therapy
“Challenges of the Reconstructed ACL Athlete: Return to Play”
- 9:00am – 9:55am** **Andy Bosak, Ph.D., CSCS, HFS. Liberty University, Exercise Science Professor and**
Director of Exercise Science Master's Degree Program Liberty University
“Evaluating and Utilizing the Most Appropriate Anaerobic and Aerobic Power
Tests to Assess Your Athletes' Performance”
- Todd Hamer MS, CSCS - Robert Morris University Strength Coordinator**
“Variations on the Big Lifts”
- 10:00am – 10:55am** **Alan DeGennaro, MS, ATC, CSCS, Carnegie Mellon University Strength and**
Conditioning Coordinator and Ben Swogger
“Why don't ACL Return-to-Play Standards Include Physical Preparation
Standards: Carnegie Mellon's Integrated Model”
- Ron McKeefery, MS, CSCS*D, SCCC, Eastern Michigan University**
“How To Develop A Winning Strength and Conditioning Culture”
- Hand-On Session / Main Gym Kennedy**
Michael R. Rankin, MS, CSCS, Drexel University, Director of Strength &
Conditioning and Anthony McCloskey
- 11:00am – 11:55am** **Will Peveler, Ph.D., Northern Kentucky University Assistant Professor of Exercise**
Physiology
“Problems with Ergogenic Aids”
- Paul Berry Jr & Ameera Teal , National Cathedral School**
“Periodization for the Multi-Sport Female High School Athlete”
- Hands-On Session**
Darin Thomas, MS, CSCS - Muhlenberg University, Strength and Conditioning
Director
“Football Performance Enhancement: Outside the Weight Room”
- 12:00pm – 12:55pm** **Lunch / Ellis Dining Hall**
- 1:00pm – 1:55pm** **Tanya Williams MS, CSSD, RDN, LDN (This is a concrete Time)**
University Clinical Dietitian, Sports Nutrition, & Eating Disorder Specialist
Bucknell Student Health Center
“The Female Athlete Triad (FAT)”
- Mike Brass, Mike Brass, MS, CSCS, United States Naval Academy Associate**
Athletic Director for Sports Performance
“Navy Football Off Season Training”
- Hands-On Session**
Todd Barnes, MS, CSCS, NASM-PES, Head Strength & Conditioning
Coach/Fitness Director
Arcadia University
“How to add structure and variety to your warm-ups”

2:00pm – 2:55pm **Giampietro L Vairo, PhD, ATC, Clinical Assistant Professor of Kinesiology, and Orthopaedics & Rehabilitation**
“Post-Surgical Knee”

Greg Werner , MS, RSCC”E, CSCS, SCCC, Virginia Tech Women’s Basketball
“Key Routines and Exercises to Build The Force Needs.”

Hands-On Session

William Maher, NSCA-CPT, Certified Kettlebell Instructor, Fitness Instructor
“Hands-on Kettlebell Training Workout”

3:00pm – 3:55pm **Giampietro L Vairo, PhD, ATC, Clinical Assistant Professor of Kinesiology, and Orthopaedics & Rehabilitation**
“Post-Surgical Knee”

Andrea Hudy, MS, CSCS, University of Kansas, Strength & Conditioning , Associate Director
“Kansas University Basketball Performance Training”

Hands-On Session

Dave Brixius, CSCS, Owner Explosive Sports Performance
“Training the Female Athlete”

4:00pm – 4:55pm **Giampietro L Vairo, PhD, ATC, Clinical Assistant Professor of Kinesiology, and Orthopaedics & Rehabilitation**
“Post-Surgical Knee”

Mike Craven - True Fitness Solutions - ISSA Personal Trainer Cert,
“Training for Heat Stroke Prevention”

Hands-On Session

Paul "Babe" Mayer, MS
“Training Core Movements”

5:00pm – 5:55pm **WE Buckley, PhD, MBA, LAT, ATC, Coordinator Athletic Training and Thomas Newman and Mark Colapietro,**
“The Efficacy of Prophylactic Ankle Bracing”

Jeremy Golden, MS, CSCS, USAW, Director of Sports Performance Santa Clara University
“Tennis, Creating a More Powerful Athlete”

Hands-On Session

Anthony Glass, MS.Ed., MSCC., C.S.C.S., H.F.I., USAW
Director of Strength and Conditioning/ Olympic Sports | Ohio State Athletics
“Speed Technique and Agility Training”

6:00pm – 6:55pm **Jerry Shreck, MS, ATC/L, NCSF-CPT, Bucknell University Strength**
“Lacrosse training with emphasis on injury prevention”

Hands-On Session

Jedd Johnson, CSCS, DieselCrew.com, Wyalusing PA
“Junkyard Grip Session”

7:00pm

Cookout & Social

Saturday
June 24, 2017

Breakfast / Ellis Dining Hall

6:30am – 7:45am

7:00am – 7:55am

Timothy N. Harvey MS, ATC, Assistant Professor in the Sports Medicine Department, Mercyhurst College, Erie PA

'Fad Diets compared to Healthy Nutrition'

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

"Metabolic Combo Training into the Weight Room"

8:00am – 8:55am

Tom Swaldi DPT, ATC, CSCS; Star Physical Therapy

"Proprioception after Knee Injury"

Bobby Fisk, MS, CSCS, New Jersey Institute of Tech

"Men's Soccer Off-Season Training"

9:00am – 9:55am

Todd Burkey, MS, ATC, CSCS, Youngstown State University

"RPR (Reflexive Performance Reset)"

Jeremy Hoy, MS, CSCS, NASM, Duquesne University Ice Hockey Strength Coach

"Physical Preparation for Ice Hockey: Long Term Development and Programming Application"

10:00am – 10:55am

Frank Velasquez Jr. ATC, CSCS'R –Baseball - Injury Prevention /Rehab

"Shoulder Care, Strength Training for the Overhead Athlete?"

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

"Using alternative methods to teach the squat movement"

11:00am – 11:55am

James F. Cerullo, PhD, ATC, CSCS, Lecturer and Internship Coordinator Department of Health and Fitness, SUNY Oneonta, Oneonta, NY

'Kettlebell Training to Enhance Core Stability and Strength'

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

"Training for Swimming and Diving"

12:00pm – 12:55pm

Lunch / Ellis Dining Hall

1:00pm – 1:55pm

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

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

Chad Hutsko, CSCS, SCCC

"St Francis Women's Volleyball Performance Training"

2:00pm – 2:55pm

Ryan P. Cidzik, MS, RSCC, CSCS, USAW, Director of Sports Performance University at Buffalo Football & Assistant Coach Don Day This is a concrete Time)

"Injury Prevention: The Bigger Picture"

Brandon Spyad, MS, CSCS, SCCC, University Alabama Birmingham

Cameron Davidson MS, SCCC, CSCS, USAW, Penn State University

Todd Hamer MS, CSCS - Robert Morris University

" Roundtable/Debate/Open Discussion: " Relationships, Accountability/ Attention to Detail, Continuing Education, Starting at a new Program, Nutrition, Interviewing Process, etc.

