	2015 CSCCa National Conference	Itinerary	
	Wednesday, May 6th- Friday, May 8	th, 2015	
	WEDNESDAY, MAY 6th		
TIME	SESSIONS	TIME	SESSIONS
	Gaylord Opryland Convention Center		Gaylord Opryland Convention Center
7:30 - 8:00 am	All SCCC candidates must arrive by 7:40 am with photo ID and test pass for SCCC Written Certification Examination		
	Tennessee Ballroom Lo	by	
8:00 - 11:00 am	SCCC Exam - Written Portion	8:30 - 11:00 am	MSCC Breakfast, Meeting, and Practical Exam Review
			Sponsored by Hammer Strength/Life Fitness
	Tennessee Ballro		Magnolia Ballroom
12:45 - 1:00 pm	All candidates for the practical portion of the SCCC Certification Examination must arrive by 12:45 p.m.	Afternoon	Hotel check-in begins mid-afternoon as rooms are available
	Tennessee Ballroom Lo		Hotel Registration Desk
1:00 - 5:00 pm	SCCC Exam - Practical Portion	2:00 - 5:00 pm	Gatorade Pre-Conference Sports Nutrition Clinic: Understanding the Efficacy and Safety of Nutrition and Supplementation for Athletic Performance "Nutrition for High Intensity Training," Jana Heitmeyer, University of Missouri Panel Discussion: "Providing Strong Athlete Nutrition Recommendations" Various "Supplements: Efficacy and Safety," Alicia Kendig, United States Olympic Committee Panel Discussion: "Sports Nutrition Hot Topics for Students," Various
	Tennessee Ballro	om	Ryman Ballroom
5:00 - 6:00 pm	Visit Exhibit Hall		Ryman Hall 1-4
6:00 - 8:00 pm	Exhibitor/Member Coaches Opening Social		
			Ryman Hall 1-4

		THURSDAY, MAY 7th			
TIME		SESSIONS	TIME	SESSION	
		ylord Opryland Convention Center		Gaylord Opryland Cor	vention Center
6:30 - 8:00 am	Visit Exhibit Area for Early Bird Workout	Ryman Hall 1-4	6:30 - 8:00 am	Breakfast On Your Own	
8:00 - 8:30 am	CSCCa Annual Business Meeting	*	8:00 - 8:30 am	Exhibit Hall Open	D 11114
8:40 - 9:40 am	Session 1a: "Legacy," Kaz Kazadi, Associate AD of	Tennessee Ballroon Session 1b: "Posture, Vibration, and Application in Sport," Travis Illian, Head S&C	1 8:40 - 9:40 am	Exhibit Hall Open	Ryman Hall 1-4
	Athletic Performance, Baylor University	Coach Basketball, UCONN (2014 NCAA Men's Basketball National Champions)			
	Tennessee Ballroom	Ryman Ballroon			Ryman Hall 1-4
9:50 - 10:40 am		Athlete," Dr. Brian Hainline, NCAA Chief Medical Officer	9:50 - 10:40 am	Exhibit Hall Open	Kyman Han 1-4
	Tennessee Ballroom				Ryman Hall 1-4
6 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	Session 3a: Olympic Sports Discussion Panel Greg Werner, Head S&C Coach for Olympic Sports, James Madison University (Moderator) *Mike Basgier, University of Illinois *David Bass, Wake Forest University *David Richardson, Ohio State University *Callye Williams, University of South Alabama *Donnie Maib, University of Texas *Mark Seaver, Wake Forest University *Michelle Diltz, University of Alabama		10:45 - 11:30 am	Session 3b: "Simple Microsoft Excel Functions to Make Strength Coaches Look Like Geniuses" Overview, Ernie Rimer, Director of Sport Science, University of Utah	Exhibit Hall Open
11:30 am - 12:45 pm	Omelet Brunch in Exhibit Area	Tennessee Ballroon	1 11:30 - 1:30 pm	Magnolia Ballroom Exhibit Hall Open	Ryman Hall 1-4
-	Visit Exhibit Area	Ryman Hall 1-2	<u>+</u>	-	
-		Ryman Hall 1-4	1		Ryman Hall 1-4
-	Session 4a: "Developing Horizontal Power,"Jeff Connors, Associate AD of S&C, East Carolina University & Jamal Covington, Independent Speed Coach	Session 4b: Talking Shop with the Master Strength & Conditioning Coach (Rotating 25 min sessions w/5 min breaks in between) Brought to you by CSCCa Gold Level Sponsor Hammer Strength "Development of a Successful Olympic Sports Program," Matt Riley , Middle Tennessee State University & Ethan Reeve, Wake Forest University "Program & Exercise Selection," LeBaron Caruthers, Waco Sports Academy & Doc Kreis, MSCC "Leadership & Motivation Through Coaching," Ron McKeefery, Eastern Michigan University & Donnie Maib, University of Texas "Periodization: A Repetition Approach to Volume Control," Don Decker, New Mexico State University & Rob Glass, Oklahoma State University	1:30 - 2:20 pm	Session 4c: "Simple Microsoft Excel Functions Tutorial #1," Emie Rimer, Director of Sport Science, University of Utah	Exhibit Hall Open
	Tennessee Ballroom	Ryman Ballroon	1	Magnolia Ballroom	Ryman Hall 1-4
	Session 5a: "The Role of Nutrition on Performance and Recovery" Paul Longo, Director of Football Strength & Conditioning & Kayla Matrunick, Director of Sports Nutrition, University of Notre Dame Sponsored by Gatorade	Session 5b: Talking Shop with the Master Strength & Conditioning Coach (Rotating 25 min sessions w/5 min breaks in between) Brought to you by CSCCa Gold Level Sponsor Hammer Strength "Development of a Successful Olympic Sports Program," Matt Riley , Middle Tennessee State University & Ethan Reeve, Wake Forest University "Program & Exercise Selection," LeBaron Caruthers, Waco Sports Academy & Doc Kreis, MSCC "Leadership & Motivation Through Coaching," Ron McKeefery, Eastern Michigan University & Donnie Maib, University of Texas "Periodization: A Repetition Approach to Volume Control," Don Decker, New Mexico State University & Rob Glass, Oklahoma State University	2:30 - 3:20 pm	Session 5c: "Simple Microsoft Excel Functions Tutorial #2," Ernie Rimer, Director of Sport Science, University of Utah	Exhibit Hall Open
	Tennessee Ballroom	Ryman Ballroon	h	Magnolia Ballroom	Ryman Hall 1-4
	Session 6a: "The Coach Approach To Next Level Leadership," John Brubaker, Nationally Renowned Motivational Speaker & Author Tennessee Ballroom	Session 6b: Hands On Workshops (Rotating 25 min sessions w/5 min breaks in between) Option 1: "Olympic Lifting: Power Clean & Power Snatch," Leo Totten, Founder of Totten Training Systems, Sponsored by Samson Equipment Option 2: "Squatting: Front Squat, Back Squat, Overhead Squat," Dan Austin, Assistant S&C Coach for Football, University of South Carolina Option 3: "Crawling for Strength & Athletic Performance," Tim Anderson, Founder of the Original Strength Training System Option 4: "Stationary Drills for Accelearation," Jeff Connors, Assistant AD of S&C, East Carolina University, & Jamaal Covington Ryman Ballroon	3:30 - 4:20 pm	Session 6c: "Simple Microsoft Excel Functions Tutorial #3," Emie Rimer, Director of Sport Science, University of Utah Maenolia Ballroom	Exhibit Hall Open Ryman Hall 1-4
4:30 - 5:30 pm	MSCC Dinner & Ceremony Set-Up: NO SESSION	Sesstion 7a: Hands On Workshops (Rotating 25 min sessions w/5 min breaks in	4:30 - 5:30 pm	Session 7b: "Simple Microsoft Excel Functions Q&A	Special Presentation: "Lessons Learned,"
		between) Option 1: "Olympic Lifting: Power Clean & Power Snatch," Leo Totten, Founder of Totten Training Systems, Sponsored by Samson Equipment Option 2: "Squatting: Front Squat, Back Squat, Overhead Squat," Dan Austin, Assistant S&C Coach for Football, University of South Carolina Option 3: "Crawling for Strength & Athletic Performance," Tim Anderson, Founder of the Original Strength Training System Option 4: "Stationary Drills for Accelearation," Jeff Connors, Assistant AD of S&C, East Carolina University, & Jamaal Covington		Help Session," Ernie Rimer, Director of Sport Science, University of Utah	Johnny Parker, Legend in the Field Sponsored by Perform Better
					Exhibit Hall Closes at 6:00 pm
	Tennessee Ballroom	Ryman Ballroon	1	Magnolia Ballroom	Exhibit Hall Closes at 6:00 pm Ryman Hall 1-4

		FRIDAY, MAY 8th					
TIME	SESSIONS		TIME	SESSIONS			
	Gaylord Opryland Convention Center Gaylord Opr				Convention Center		
7:15 - 8:50 am	Female Strength & Conditioning Coaches' Breakfast and Meeting		6:30 - 8:00 am	Visit Exhibit Area for Early Bird Workout			
				Breakfast On Your Own			
					al Presentation: "Kettlebells in Motion," Tim Anderson, Founder of the Original Strength Training		
		Magnolia Ballroor			Ryma	an Hall 1-4	
9:00 - 10:00 am	Session 8a: "What Every Athlete Needs," Michael Boyle, Worldwide Strength & Conditioning Expert & Co- Founder of Michael Boyle Strength & Conditioning (MBSC) Sponsored by Perform Better	Session 8b: Technology Workshop Part 1: "Utilizing Heart Rate Training to Improve Athletic Performance," Discussion Panel Megan Young, Assistant S&C Coach, Auburn University (Moderator) *Chris West, University of Connecticut *Jason Dierking, University of CoulsivIlle *Justin Roethlingshoefer, Miami University *Greg Adamson, University of Tennessee *Catherine Wade, University of Portland Sponsored by Polar Electro	9:00 - 10:00 am	Exhibit Hall Open			
	Tennessee Ballroom	Ryman Ballroor	h		Ryma	an Hall 1-4	
10:10 - 11:10 am	Session 9a: "Finding Their Fire: Motivating Athletes For Maximum Performance," John Brubaker, Nationally Renowned Motivational Speaker & Author	Session 9b: Technology Workshop Part 2: "Utilizing Athlete Tracking to Maximize Athletic Performance," Ryan Horn, Director of Athletic Performance for Men's Basketball, Wake Forest University Sponsored by GPSports	10:10 - 11:10 am	Session 9c: "Empowering Interns to Succeed," Bill Maxwell, Head S&C Coach of Olympic Sports, University of Iowa	Exhibit Hall Open		
	Tennessee Ballroom	Ryman Ballroor		Magnolia Ballroom		an Hall 1-4	
11:20 am - 12:20 pm	Session 10a: "The Shoulder: Function, Mechanics, and a Detailed View of the Rotator Cuff," Brent Feland, Associate Professor of Exercise Science, Brigham Young University	Session 10b: "Raising the Bar: A Round Table Discussion on the Cares & Concerns of the Small College Strength & Conditioning Professional" "Nate Moe, South Dakota State University (Moderator) & Zach Mathers, University of Sioux Falls	11:20 - 12:20 pm	Session 10c: "A Team-Based Approach to High- Performance," Teena Murray, Director of Olympic Sports Performance, University of Louisville & Ernie Rimer, Director of Sport Science, University of Utah	Exhibit Hall Closes at 12pm		
	Tennessee Ballroom		h	Magnolia Ballroom	Ryma	an Hall 1-4	
12:30 - 1:30 pm	Session 11a: "Advanced Triphasic Training Methods," Ma	atthew Van Dyke, Strength & Conditioning Coach, University of Minnesota	12:30 - 1:30 pm	Session 11b: "Nutrition for the College Athlete," Steve Orris, Head S&C Coach, Nova Southeastern University	Exhibit Hall Closed	an Hall 1 4	
<u> </u>		Tennessee Ballroor		Magnolia Ballroom	Ryma	an Hall 1-4	
1:30pm	Conference Adjourned						