

2017 CSCCa National Conference Itinerary

Wednesday, May 10th- Friday, May 12th, 2017

WEDNESDAY, MAY 10th

CORONADO SPRINGS CONVENTION CENTER

TIME	SESSION A	TIME	SESSION B
8:00 - 11:00am	MSCC Breakfast, Meeting, and Practical Exam Administration Review Sponsored by Hammer Strength		Monterrey 1-3
11:15am - 12:15pm	MSCC Luncheon (for Practical Exam Administrators Only) Sponsored by Power Lift		Coronado C-G
12:40 - 12:55pm	Practical Exam Check-in: All candidates must arrive by 12:40 p.m. Yucatan	Afternoon	Hotel check-in begins mid-afternoon as rooms are available
1:00 - 5:00pm	SCCC Exam - Practical Portion Fiesta Ballroom	2:00 - 5:00pm	FREE Pre-Conference: The "I" in Team: Individualized Approaches for Maximum Performance 2:05pm-3:00pm: "One Size Does Not Fit All: An Individualization of Training and Treatment" <i>Presented By: Don Reagan, PT, DPT, CSCS, Performance Physiotherapist at Mountain River Physical Therapy</i> 3:00pm-3:55pm: "From Data to Dishes: Translating Nutrition Information into Effective Fueling" <i>Presented By: Mindy Black, MS, RD, CSSD, LDN, Director of Performance Nutrition at Jacksonville Jaguars</i> 4:05pm-5:00pm: "Get Your Athletes on the Fast Track to Success – Tracking with Limited Resources" <i>Presented By: Ryan Carr, SCCC, CSCS, USAW, NASM-CES, Strength and Conditioning Coach at Seton Hall University</i> Fueled by Gatorade
5:00 - 6:00pm	Visit Exhibit Hall		Veracruz Exhibit Hall
6:00 - 8:00pm	Exhibitor/Member Coaches Opening Social		Veracruz Exhibit Hall

THURSDAY, MAY 11th

CORONADO SPRINGS CONVENTION CENTER

TIME	SESSION A	TIME	SESSION B	TIME	SESSION C	EXHIBIT HALL
6:30 - 8:00am	Breakfast on Your Own			6:30 - 8:00am	VISIT EXHIBIT AREA FOR EARLY BIRD WORKOUT Veracruz Exhibit Hall	
8:00 - 9:00am	Session 1a: Football Championship Presentation, "WINNING" and What Drives It!" Rob Glass, MSCC, Oklahoma State University Fiesta Ballroom	8:00 - 9:00am	Session 1b: "Villanova Men's Basketball S&C Program: 2015-16 NCAA Champions," John Shackleton, SCCC, Villanova University Coronado A-H	8:00 - 9:00am	Session 1c: "Women's Basketball Strength & Conditioning: Keys to Success" Speakers: Amanda Kimball, UCONN Katie Fowler, University of South Carolina Jeremy Heffner, SCCC, Baylor University Moderated by: Travis Illian, MSCC, UCONN Yucatan	Exhibit Hall Open
9:10 - 9:40am	2017 CSCCa National Conference Welcome & Conference Kick-Off Fiesta Ballroom	9:10 - 10:40 am	NO SESSION Coronado A-H	9:10 - 10:40 am	NO SESSION	Exhibit Hall Open
9:40 - 10:30 am	Session 2a: Health & Safety Presentation Part I: "Rhabdomyolysis: Overview and Prevention Strategies," Ron Courson, ATC, PT, NRAEMT, CSCS, Head Athletic Trainer, University of Georgia Fiesta Ballroom	10:40 - 11:30am	Session 2b: "The Value of the SCCC Certification and Credential," Sandy Abney, MSCC, CSCCa Certification Commission Chair, University of Texas Coronado A-H	10:40 - 11:30am	Session 2c: "The Importance of Evaluations for Professional Development," Andy Gillham, Ph.D., & Michael Doscher, MSCC, Valdosta State University Yucatan	Exhibit Hall Open Veracruz Exhibit Hall
11:30am - 1:00pm	BRUNCH IN EXHIBIT AREA Veracruz Exhibit Hall					
1:00 - 2:00pm	Session 3a: "Inflammation & Athletes: A Review of Current Research on Exercise Adaptation, Nutrition, and Recovery Interventions," Marie A. Spano, MS, RD, CSCS, CSSD Sponsored by Gatorade Fiesta Ballroom	1:00 - 2:00pm	Session 3b: "There's Always a Way," Jay Strack, Ph.D., President & Founder of Student Leadership University Coronado A-H	1:00 - 3:00pm	Session 3c: Hands On Workshops (Rotating 30 min sessions w/10 min breaks in between) Session 1: "Coaching the Clean & Snatch: A Simple 5 Step Approach," Rich Lansky, Owner of The Performance Training Zone and RCL Sports Performance Services (Monterrey 1) Session 2: "Squatting," Angie Brambley-Moyer, MSCC, Princeton University (Monterrey 2) Session 3: "Utilizing Overhead Lifts for Strength & Power," Leo Totten, Owner of Totten Training Systems -- Sponsored by Totten Training Systems (Yucatan) Monterrey & Yucatan	Exhibit Hall Open
2:10 - 3:00pm	Session 4a: "Teaching and Developing Explosive Acceleration," Jim Kielbaso, Director of Total Performance Training Center Fiesta Ballroom	2:10 - 3:00pm	Session 4b: "Programming Strategies for Peak Power in the Weightroom," Anna Swisher, Ph.D., Director of Education and Performance at Eleiko Sport Brought to you by Eleiko Education Coronado A-H	3:10 - 5:00pm	Session 4c: Technology Workshops (Rotating 30 min sessions w/10 min breaks in between) Session 1: "Polar Heartrate Technology," Mike Bewley, Clemson University -- Sponsored by Polar (Yucatan) Session 2: "Wearable Tech - More Than Measuring Just Player Movement," Jeremy Gentles, PhD, & Christine Coniglio, MA, Armstrong State University -- Sponsored by Zephyr (Monterrey 1) Session 3: "Elite Form Technology," Don Decker, MSCC, & Zach Witherspoon, SCCC, New Mexico State University -- Sponsored by Elite Form (Monterrey 2) Monterrey & Yucatan	Exhibit Hall Open Exhibit Hall Closes at 5pm Veracruz Exhibit Hall
3:00 - 3:45pm	SPEAKER INTERMISSION - VISIT EXHIBIT HALL					
3:50 - 5:00pm	MSCC Dinner & Ceremony Set-Up, No Session Fiesta Ballroom	5:50 - 5:00pm	Session 5b: "Plyometric Training: Classification & Organization," Boo Schexnayder, Certified Level I, II, & III and designated Master Coach by USA Track and Field Sponsored by Perform Better Coronado A-H			
7:30 - 9:30pm	MSCC DINNER & CEREMONY Fiesta Ballroom					

FRIDAY, MAY 12th

CORONADO SPRINGS CONVENTION CENTER

TIME	SESSION A	TIME	SESSION B	TIME	SESSION C	EXHIBIT HALL
6:30 - 8:00am	Breakfast on Your Own			6:30 - 8:00am	VISIT EXHIBIT AREA FOR EARLY BIRD WORKOUT Veracruz Exhibit Hall	
				7:00 - 7:50am	Female Strength & Conditioning Coaches' Breakfast and Meeting Sponsored by Gatorade Monterrey	Exhibit Hall Open
8:00 - 8:50am	Session 5a: "The Value of Self Evaluation," Dennis Keiser, President of Keiser Corporation Sponsored by Keiser Fiesta Ballroom	8:00 - 8:50 am	Session 6b: "Building a Winning Culture One Rep at a Time," Al Johnson, MSCC, East Tennessee State University Coronado A-H	8:00 - 8:50am	Session 5c: "Seeing the Invisible: The X Factor of Coaching," Stephen James, MA, LPC-MHSP, NCC, Sage Hill Counseling Monterrey	
9:00 - 10:00am	Session 6a: "Achieving Through Connectivity," Megan Young, Auburn University Fiesta Ballroom	9:00 - 10:50am	Session 7b: "Back Pain: Key Signs, Symptoms, and Exercise Modifications," Brent Feland, Ph.D, Brigham Young University Associate Professor of Exercise Science; SCCC Written Certification Board Member Coronado A-H	9:00 - 10:00 am	NO SESSION	Exhibit Hall Open
10:10 - 11:10am	Session 7a: "Finding a Voice: University of Texas Olympic Sports Strength & Conditioning," Sandy Abney, MSCC Donnie Maib, MSCC Todd Tuetken, SCCC Anna Craig, SCCC Melissa Schmitz, SCCC Clinton Martin Stephen Whalen, SCCC Fiesta Ballroom	11:00am - 12:00pm	Session 8b: "Performance Enhancement Training for the Post-Rehabilitated ACL Reconstructed Knee Athlete," Rob Panariello, ATC, Founding Partner & Chief Clinical Officer of Professional Physical Therapy Coronado A-H	10:10 - 11:10am	Session 6c: "Cares and Concerns of the Young Strength and Conditioning Coach," Moderated by David Bass, SCCC, 2017 MSCC Inductee, Wake Forest University Monterrey	Exhibit Hall Open Exhibit Hall Closes at 10:30 am Veracruz Exhibit Hall
11:20am - 12:20pm	Session 8a: "Developing An Athlete for the Game of Baseball," Lance Sewell, MSCC, University of Tennessee Fiesta Ballroom	12:10 - 12:45pm	9b: Developing a Successful S&C Program w/ a Limited Budget Workshop: Part I: "Developing Excellence in your S&C Program on a Budget," Alex Fotioo, SCCC, University of Central Arkansas	11:20am - 12:20pm	Session 7c: "Olympic Sports Roundtable," Moderated by Greg Werner, MSCC Volleyball: Jason Phillips, MSCC, Colorado State University Golf: Dave Richardson, MSCC, & Kim Dally-Badgeley, The Ohio State University Hockey: Sarah Cahill, SCCC, USA Women's Ice Hockey Swimming & Diving: Bryan Karkoska, MSCC, Auburn University Monterrey	Exhibit Hall Closed
12:30 - 1:30pm	Session 9a: "The 40yd Dash: Bridging the Gap between Injury Prevention and Performance Enhancement," Jeff Butler, SCCC, University of Northern Colorado Fiesta Ballroom	12:55 - 1:30pm	Part II: "Sports Science on a Budget," Doug McKenney, Former NHL Strength and Conditioning Coach -- Sponsored by Coach Me Plus Coronado A-H	12:30 - 1:30pm	Session 8c: "Olympic Sports Roundtable," Moderated by Greg Werner, MSCC Wrestling: Tim Overman, MSCC, University of Oklahoma Tennis: Monty Gibson, MSCC, Texas A&M University Lacrosse: Jason Pullara, MSCC, Northwestern University Soccer: Darryn Fiske, MSCC, St. Bonaventure University Monterrey	Veracruz Exhibit Hall
1:30pm	Conference Adjourned					