South Central Pennsylvania Sports Performance Conference

March 25, 2016

Featured Speakers

Leo Totten

Dane Miller

EFFECTIVE STRATEGIES

FROM

MASTER

PRACTITIONERS

Dr. Mike Israetel

Chandrashekhar Kodali

Kennard-Dale High School
Fawn Grove, PA 17321

Contact: Gary McChalicher
mcchalicherg@sesd.k12.pa.us

Dr. Megan Cannon

Hands On Training Sessions

Stephen Brindle

Mike McKenna

$50.00 for Adults
$25.00 for Students

Eligible for CSCCA & NSCA CEUs

Cristi Bartlett

South Central Pennsylvania Sports Performance Conference

March 25, 2017

8:00AM

Doors Open. Continental Breakfast served in The Bighorn Bistro.

9:00 AM
Leo Totten
Mental Techniques for Athletes

Leo Totten, USA weightlifting Senior International Coach and owner of Totten Training Systems, LLC. Mr. Totten has spent 30 years as an Olympic weightlifting coach, a clinician for USA weightlifting and a trainer for elite athletes at the collegiate and high school levels. He has been a member of two Olympic teams, three Pan American Teams and five World Teams.

10:05 AM
Dane Miller
Programming for Athletes

Dane Miller is the owner of Garage Strength. Dane trains southeastern Pennsylvania's elite athletes, including four state champions in three sports, three national champions, and a world team member. He trained under and with numerous Olympic champions and a world record holder, and has coached multiple times as a special invitee to the Olympic Training Center.

11:10 AM—12:10 PM
Shawn Sherman
Motor Control Restoration

Shawn Sherman holds a degree in Exercise and Sport Science from Penn State University and operates a private practice in Western Springs, Illinois. He has developed the RESET® system. RESET® is a revolutionary motor control restoration system that pinpoints and eliminates the joint dysfunctions that cause us to compensate with our posture and movement. Over the course of our lives, stress causes our bodies to acquire joint dysfunctions which, in turn, causes us to compensate. In order to reap the full benefits of physical activity we need flawless posture and movement. RESET® removes the flaws and restores natural posture and movement.

12:15 PM — 1:45 PM
Lunch
Hands On Training Sessions

HANDS ON TRAINING SESSIONS
Olympic Lifting: Snatch — Mike McKenna & Lindsey Kinard
Sports Psychology for the Athlete — Dr. Cannon
Sports Psychology for the Coach — Dr. Cannon
Olympic Lifting: Clean & Jerk — Leo Totten
Mobility — TBD
Reset — Shawn Sherman
Speed & Agility — Stephen Brindle & Cristi Bartlett UPENN S & C
Athlete Leadership Roles — Gary McChalicher

HANDS ON TRAINING SESSIONS
Plyometric Review & Application—Antonio Squillante

1:45 PM
Chandrashekhar Kodali
Movement & Imbalances

Chandrashekhar Kodali PT, DPT University of Pennsylvania physiotherapist for their athletes. Graduated from Drexel University in 2014 with his DPT. Currently certified in the FMS and YBT. Special interests include General Orthopedic Physical Therapy, Sports Orthopedic Physical Therapy.

3:00 PM
Dr. Mike Israetel
Athlete Nutrition

Dr. Mike Israetel holds a PhD in Sport Physiology and is currently a professor of Exercise and Sport Science in the School of Public Health at Temple University in Philadelphia. He has worked as a consultant on sports nutrition at the U.S. Olympic Training Site in Johnson City, TN and has been an invited speaker at numerous scientific and performance/health conferences, including nutritional seminars at the U.S. Olympic Training Center in Lake Placid, NY. A co-founder of Renaissance Periodization, Mike has coached numerous athletes and busy professionals in both diet and weight training. Originally from Moscow, Russia, Mike is a competitive bodybuilder and Brazilian Jiu Jitsu grappler.

Important Information

Cost

Early Registration: Adults—$50.00 Students—$25.00 **Must be received by March 3, 2017**
Includes Breakfast, Lunch and event T-Shirt

Late Registration: Adults—$65.00 Students—$30.00 **Must be received by March 9, 2017**
Includes Breakfast and Lunch only

Location

Kennard-Dale High School, 393 Main Street, Fawn Grove, PA 17321

Hotels

Hampton Inn—Shrewsbury 1000 Far Hills Dr, New Freedom, PA 17349 (717) 235-9898

Educational Credits

Attendance qualifies for CSCCA & NSCA CEUs

Registration & Contact Information

For more information contact: Gary McChalicher, Athletic Director, Kennard Dale High School
mcchalicherg@sesd.k12.pa.us
Online registration will be available January 2, 2017 at www.sesdweb.net/sportsconference