

# 2018 CSCCa National Conference Itinerary

Wednesday, May 9th- Friday, May 11th, 2018

WEDNESDAY, MAY 9th

Fort Worth Convention Center & Fort Worth Omni Hotel

TIME	SESSION A	TIME	SESSION B
8:00 - 11:00am	MSCC Breakfast, Meeting, and Practical Exam Administration Review  <div style="text-align: right;">Omni Hotel-- Fort Worth Ballroom 1-4</div>		
11:15am - 12:15pm	MSCC Luncheon (for Practical Exam Administrators Only)  <div style="text-align: right;">Omni Hotel-- Fort Worth Ballroom 5-8</div>		
12:40 - 1:00pm	All candidates for the practical portion of the SCCC Certification Examination must arrive by 12:40 p.m.  <div style="text-align: right;">Omni Hotel-- Fort Worth Ballroom 4</div>	Afternoon	Hotel check-in begins mid-afternoon as rooms are available
1:00 - 5:00pm	SCCC Exam - Practical Portion  <div style="text-align: right;">Omni Hotel-- Texas Ballroom</div>	2:00 - 5:00pm	Pre-Conference Clinic:  <div style="text-align: right;">Hosted &amp; Sponsered by Gatorade Convention Center Ballroom C</div>
5:00 - 6:00pm	Visit Exhibit Hall  <div style="text-align: right;">Convention Center Exhibit Hall A-C</div>		
6:00 - 8:00pm	Exhibitor/Member Coaches Opening Social  <div style="text-align: right;">Convention Center Exhibit Hall A-C</div>		

**THURSDAY, MAY 10th**

**Fort Worth Convention Center & Fort Worth Omni Hotel**

TIME	SESSION A	TIME	SESSION B	TIME	SESSION C
6:30 - 8:00am	Breakfast on Your Own			6:30 - 8:00am	VISIT EXHIBIT AREA FOR EARLY BIRD WORKOUT  Exhibit Hall A-C
8:00 - 9:00am	Session 1a: Football Championship Presentation  Ballroom A&B	8:00 - 9:00am	Session 1b: Men's Basketball Championship Presentation: "University of North Carolina Men's Basketball Strength and Conditioning," Jonas Sahratian, University of North Carolina  Ballroom C	8:00 - 9:00am	Session 1c: Women's Basketball Championship Presentation: "South Carolina Basketball-Training Program," Katie Fowler, University of South Carolina  Room 201  Exhibit Hall Open
9:10 - 9:40am	2018 CSCCa National Conference Welcome & Announcements  Ballroom A&B	9:10 - 9:40 am	NO SESSION  Ballroom C	9:10 - 9:40am	NO SESSION  Exhibit Hall A-C
9:50 - 11:00am	Session 2a: "Optimizing Protein Intake for Athletes," TBD  Sponsored by Gatorade  Ballroom A&B	9:50 - 11:00 am	Session 2b: Motivational/Leadership Presentation, Heath Eslinger, University of Tennessee Chattanooga  Ballroom C	9:50 - 11:00am	Session 2c: "CSCCa Mentoring Booklet Revisions Forum," for Approved Mentors Only  Speakers: *Sandy Abney-- Committee Chair, University of Texas at Austin, MSCC *Keith Gray, Philadelphia Eagles, MSCC *Raychelle Ellsworth, Texas A&M University, MSCC *Thomas Rohling, Samford University, MSCC *Ron Thomson, New Mexico Highlands University, MSCC *Antwan Floyd, Athlete Training and Health, MSCC  Room 201  Exhibit Hall Open  Exhibit Hall A-C
11:00am - 12:30pm	BRUNCH IN EXHIBIT AREA  Exhibit Hall A-C				
12:30 - 1:45pm	Session 3a: Health & Safety Workshop Part I: "A History and Scientific Foundation for High Intensity Training," Dr. Mike Iosia, SCCC, Lee University  Ballroom A-C	12:30 - 1:20pm	Session 3c: Health and Safety Workshop Part II: "Why Mental Toughness Research and Practice Must Die: From Rhabdo to Current Findings," Dr. Andreas Stamatis, SUNY Plattsburgh  Room 201		Exhibit Hall Open
1:55 - 2:50pm	Session 4a: "Advanced Methods in Triphasic Training," Cal Dietz, University of Minnesota  Ballroom A-C	1:55 - 2:50pm	Session 4c: Professional Development Workshop Part 1: "The Guide to Improving Athlete Intrinsic Motivation," Dr. Andy Gillham, Owner of Ludus Consulting  Room 201		Exhibit Hall Open  Exhibit Hall A-C
3:00 - 3:55pm	Session 5a: "Are We Part of the Problem? Reducing Movement Compensation Patterns in the Training Session," Kelly Starrett, Co-Founder of MobilityWOD  Ballroom A-C	3:00 - 3:55pm	Session 5c: Professional Development Workshop Part 2: "For the Young Strength Coach: A Guide to Developing a Philosophy," Jim Lathrop, MSCC, Illinois State University  Room 201		Exhibit Hall Open  Exhibit Hall A-C
4:05-5:10pm	Session 6a: "Developing an Eye For Assessing Speed," Lee Taft, Owner of Lee Taft Athletic Consulting  Sponsored by Perform Better  Ballroom A-C	4:05 - 5:10pm	Session 6c: Professional Development Workshop Part 3: "Continuing Education: Simple, Cheap, Effective," Daniel Darcy, SCCC, Lamar University  Room 201		Exhibit Hall Closes at 5:00 pm  Exhibit Hall A-C
7:30 - 9:30pm	MSCC DINNER & CEREMONY  Omni Hotel--Texas Longhorn Ballroom				

**FRIDAY, MAY 11th**

**Fort Worth Convention Center & Fort Worth Omni Hotel**

TIME	SESSION A	TIME	SESSION B	TIME	SESSION C
6:30 - 8:00am	Breakfast on Your Own			6:30 - 8:00am	VISIT EXHIBIT AREA FOR EARLY BIRD WORKOUT Exhibit Hall A-C
				7:00 - 8:00am	Female Strength & Conditioning Coaches' Breakfast and Meeting Room 202 Exhibit Hall Open
8:00 - 8:50am	Session 7a: "Protecting the Integrity of Sport... By Protecting Those Who Play Sport," Mark Asanovich, Minnetonka High School  Ballroom A&B	8:00 - 8:50 am	Session 3b: "The Parable of Periodization: Resurrecting the Foundation of the Training Process," John Wagle, East Tennessee State University  Ballroom C	8:00 - 8:50am	NO SESSION Room 202 Exhibit Hall A-C
9:00 - 10:00am	Session 8a: "The Glute Truth: Developing Stronger, Better Functioning Glutes," Josh Henkin, CEO at DVRT Ultimate Sandbag Training  Sponsored by Perform Better  Ballroom A&B	9:00 - 10:00am	Session 4b: "Reflexive Performance Reset," Cal Dietz, University of Minnesota  Ballroom C	9:00-10:00 am	Session 7c: Ann Walker, The Alliance of Women's Coaches, Topic TBA  Room 202 Exhibit Hall Open  Exhibit Hall A-C
10:10 - 11:10am	Session 9a: "Transference of Strength and Power," TBA  Sponsored by Elieko  Ballroom A&B	10:10 - 11:10am	Session 5b: "Indiana Strength," Tom Morris, Indiana University, MSCC  Ballroom C	10:10-11:10 am	Session 8c: Threats to the Strength and Conditioning Coaching Profession Roundtable Discussion  Moderators: *Michael Doscher, Committee Chair, Valdosta State University, MSCC *Kurt Hester, Louisiana Tech University *Andrew Althoff, Baylor University, SCCC *Dr. Andy Gillham, Owner of Ludus Consulting  Room 202 Exhibit Hall Open  Exhibit Hall Closes at 10:30 am  Exhibit Hall Closed
11:20am - 12:20pm	Session 10a: "Identifying Sport Specific Ground Reaction Force Trends and Practical Training Implications" Dr. Phil Wagner, M.D., Adjunct Professor at the University of Pennsylvania  Ballroom A&B	11:20am - 12:20pm	Session 6b: "Lower-Body Deceleration Programming," Dr. Michael Waller, Arkansas Tech University  Ballroom C	11:20-12:20 pm	Session 9c: A Roundtable Discussion on the Cares and Concerns of the Young Strength and Conditioning Coach, Moderated by Stephen Rassel, Webber International University, SCCC  Room 202
12:30 - 1:30pm	Session 11a: "Core and Movement: Training for Transfer " Carl Bergstrom, Performance Coach  Sponsored by CoreVYO  Ballroom A&B	12:30 - 1:30pm	Session 7b: Strength and Conditioning Technology Update, TBA  Sponsored by Polar  Ballroom C	12:30-1:30 pm	Session 10c: Olympic Sports Roundtable  Moderators: *Volleyball: Katie Munger, Texas Tech University, MSCC *Distance & Cross Country: Chris Ruf, Baylor University, MSCC *Sprinters & Hurdlers: Tim Beltz, University of Pittsburg, MSCC *Throwers: Darryn Fiske, St. Bonaenture University, MSCC  Room 202
1:30pm	Conference Adjourned				