

# 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  Sponsored by FirstBeat Technologies		Omni Hotel-- Fort Worth Ballroom 1-4
11:15am - 12:15pm	MSCC Luncheon ( <b>for Practical Exam Administrators Only</b> )  Sponsored by Power Lift		Omni Hotel-- Fort Worth Ballroom 5-8
12:40 - 1:00pm	All candidates for the practical portion of the SCCC Certification Examination must arrive by 12:40 p.m.  Omni Hotel-- Fort Worth Ballroom 4	Afternoon	Hotel check-in begins mid-afternoon as rooms are available
1:00 - 5:00pm	SCCC Exam - Practical Portion  Omni Hotel-- Texas Ballroom	2:00 - 5:00pm	Pre-Conference Clinic: "Three Experts; Three Hot Topics in Athlete Health"  <b>2:00-2:50pm:</b> "The Non-Contact Injury: Exploring Prevention Techniques & Reducing the Risk" <i>Presented By: Daniel A. Schaefer II, SCCC, RSCC, CSCS*D; Research Assistant in the Wisconsin Injury in Sport Laboratory</i>  <b>3:00-3:50pm:</b> "Fueling Athletes' Dietary Restrictions" <i>Presented By: Dana White, MS, RD, ATC; Sports Dietitian at Quinnipiac University</i>  <b>4:00-4:50pm:</b> "How to Create a High Performing, Healthy Athlete" <i>Presented By: Andrea Hudy; Assistant Athletic Director for Sports Performance at University of Kansas</i>  Hosted & Sponsored by Gatorade  Convention Center Ballroom C
5:00 - 6:00pm	Visit Exhibit Hall		Convention Center Exhibit Hall A-C
6:00 - 8:00pm	Exhibitor/Member Coaches Opening Social		Convention Center Exhibit Hall A-C

**THURSDAY, MAY 10th**

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

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

**FRIDAY, MAY 11th**

**Fort Worth Convention Center**

TIME	SESSION A	TIME	SESSION B	TIME	SESSION C
6:30 - 8:00am	<b>Breakfast on Your Own</b>			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 Convention Center 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  Convention Center 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, Doctoral Fellow in Sport Physiology and Performance Program  Convention Center Ballroom C	8:00 - 8:50am	NO SESSION  Convention Center 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  Convention Center Ballroom A&B	9:00 - 10:00am	Session 4b: "What Is RPR Reflexive Performance Reset? The Effect and the Integration into Any Strength Program," Cal Dietz, University of Minnesota  Convention Center Ballroom C	9:00-10:00 am	Session 7c: " 30 Years in College Athletics: Lessons Learned," Ann Walker, The Alliance of Women's Coaches,  Convention Center Room 202 Exhibit Hall Open  Exhibit Hall A-C
10:10 - 11:10am	Session 9a: "How, When, and Why to Implement Popular Training Methods for Sport Performance," Dr. Anna Swisher, Director of Education and Performance at Eleiko Sport  Sponsored by Eleiko  Convention Center Ballroom A&B	10:10 - 11:10am	Session 5b: "Indiana Soccer," Tom Morris, MSCC, Indiana University  Convention Center Ballroom C	10:10-11:10 am	Session 8c: Threats to the Strength and Conditioning Coaching Profession Roundtable Discussion  Moderators: *Michael Doscher, MSCC, Committee Chair, Valdosta State University *Kurt Hester, Louisiana Tech University *Andrew Althoff, SCCC, Baylor University *Dr. Andy Gillham, Owner of Ludus Consulting  Convention Center Room 202 Exhibit Hall Open  <b>Exhibit Hall Closes at 10:30 am</b>  Exhibit Hall A-C 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  Convention Center Ballroom A&B	11:20am - 12:20pm	Session 6b: "Lower-Body Deceleration Programming," Dr. Michael Waller, Arkansas Tech University, Department of Health & Physical Education Associate Professor, CSCCa Written Certification Committee  Convention Center 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, SCCC, Webber International University  Convention Center Room 202
12:30 - 1:30pm	Session 11a: "How Does a Strength Coach Take a Product Idea to Market," David Abernethy, MSCC  Sponsored by Total Strength and Speed  Convention Center Ballroom A&B	12:30 - 1:30pm	Session 7b: Strength and Conditioning Technology Update, TBA  Sponsored by Polar  Convention Center Ballroom C	12:30-1:30 pm	Session 10c: Olympic Sports Roundtable  Moderators: *Volleyball: Katie Munger, MSCC, Texas Tech University *Distance & Cross Country: Chris Ruf, MSCC, Baylor University *Sprinters & Hurdlers: Tim Beltz, MSCC, University of Pittsburg *Throwers: Darryn Fiske, MSCC, St. Bonaenture University  Convention Center Room 202 Exhibit Hall A-C
1:30pm	Conference Adjourned				