



# CENTER of EXCELLENCE for SPORT SCIENCE and COACH EDUCATION

EAST TENNESSEE STATE UNIVERSITY

*Ninth Annual*

## Coaching & Sport Science College

December 5-6, 2014

**\*UK Strength & Conditioning Accreditation offered Sunday, December 7, 2014.**

### Schedule

#### Friday December 5, 2014

7:30-8:15am	Registration/Breakfast
8:15-8:30	Welcome/Introduction
8:30-9:30	The Education of the Elite-Level Coach
9:30-9:45	Break – Posters
9:45-11:00	Power Development in Sports
11:00-12:00pm	A Quadrennial Plan for the Olympic Bobsled Team—Team USA
12:00-1:00	Lunch – Posters
1:00-2:00	The Next Generation: Preparing Emerging Talent for the Rigors of Elite Competition
2:00-3:00	Coaching & Representing Elite Athletes
3:00-3:15	Break
3:15-4:15	Coaching the Elite Tactical Athlete
4:15-5:15	Roundtable
6:30-8:30	Banquet

#### Saturday December 6, 2014

7:30-8:15am	Registration/Breakfast
8:15-8:30	Welcome/Update
8:30-9:45	Practical Application: Session 1 GROUP 1-Weightlifting GROUP 2-Speed Development
9:45-10:00	Break
10:00-11:30	Practical Application: Session 2 GROUP 1-Speed Development GROUP 2-Weightlifting
11:30-12:30pm	Lunch
12:30-2:30	GPS/Catapult Data Collection
2:30-3:30	Soccer and the Use of GPS Technology. What Can it Tell Me, the Coach?
3:30-4:30	The Use of GPS Tracking for Rugby in the UK



### Registration

Online: [www.sportsscienceed.com](http://www.sportsscienceed.com)

Full conference	\$275
One Day Only	\$150
Student Rate Per Day (ID required)	\$75
UKSCA Accreditation	\$400

\*Fee is nonrefundable but may be applied to future events.  
\*A \$25 fee will be charged to those who register online after November 21, 2014, OR at the door.  
\*\*Groups of 5 or more are eligible for a discount rate of \$250 per person (only applicable for full conference). This can be arranged by calling (423) 439-8477.\*\*

CEUs: NSCA, NATA

### Conference Papers/Posters

The Center of Excellence in Sport Science and Coach Education (CESSCE) will be hosting posters. The subject matter must deal directly or indirectly with the enhancement of competitive athletes. Posters can deal with advances in coaching, coaching methods, biomechanical, psychological, physiological or sports medicine aspects. In order to submit a poster, authors will need to submit a 3-page summary paper which will be published on [www.sportsscienceed.com](http://www.sportsscienceed.com) following the review process and acceptance.

For more information about Coaches College papers/posters, including previously published papers and specific submission requirements, please visit [www.sportsscienceed.com](http://www.sportsscienceed.com).

### UK Strength and Conditioning Accreditation

Sunday, December 7, 2014

For information about the UKSCA and the Accredited Strength and Conditioning Coach process please [visit www.uksca.org.uk](http://www.uksca.org.uk)



Conference to be held at the Millennium Centre  
2001 Millennium Place  
Johnson City, TN 37604  
[www.milletr.com](http://www.milletr.com)



**Clive Brewer, Title: The Use of GPS Tracking for Rugby in the UK**

Clive was responsible for stabilizing the strength and conditioning program for the Widnes Vikings Rugby League Club in England. Strength and Conditioning and Sport Science are two areas where Clive is recognized as an expert in program design and implementation. He is also the Strength and Conditioning Coordinator of the Wimbledon Tennis Championships. Clive is UKSCA accredited, NSCA accredited and a chartered scientist with the Science Council in the UK.

**Dr. Brad DeWeese, Title: A Quadrennial Plan for the Olympic Bobsled Team – Team USA**

Dr. Brad DeWeese is an assistant professor at ETSU in the Department of Exercise and Sport Science. Formerly the Head Strength and Conditioning Coach and Physiologist at the Olympic Training Center in Lake Placid, New York, Dr. DeWeese has prepared athletes such as Steve Holcomb and Lolo Jones for the 2014 Winter Olympics in Sochi. He is a recognized expert in the area of Speed Development and lectures frequently for USA Track and Field in its coaches education program.

**Meg Stone, Title: The Education of the Elite-Level Coach**

Meg is the Director of both the Olympic Training Site and the Center of Excellence in Sport Science and Coach Education at ETSU. She is a former Olympian, having represented the United Kingdom in the 1980 Moscow and 1984 Los Angeles Olympics. She is a Lifetime Achievement Award winner from both the Collegiate Strength and Conditioning Coaches Association and the National Strength and Conditioning Association. Her area of interest is in Coaches Education.

**Dr. Mike Stone, Title: Power Development in Sports**

Dr. Mike Stone is world renowned in the area of strength and conditioning research. He has over 200 peer-reviewed publications and has contributed to and written numerous book chapters. Dr. Stone has been a researcher, a coach, and a consultant in the area of strength and conditioning, having coached several elite-level weightlifters and throwers. Dr. Stone was the U.S. Weightlifting sport science representative on the International Weightlifting Federation's Sport Science Committee. Formerly the Head of Physiology for the U.S. Olympic Committee and now the Lab Director and graduate coordinator at ETSU, Dr. Stone brings expertise in power development to the 2014 Coaches College.

**Dr. Satoshi Mizuguchi, Title: Weightlifting Technique (Practical Application)**

Dr. Satoshi Mizuguchi is an assistant professor in the Department of Exercise and Sport Science. He was the first to graduate from the ETSU doctoral program in Sport Physiology and Performance in 2012. He has been actively involved in strength and conditioning and sport science, and has worked with numerous collegiate sports. Presently he is the Head Weightlifting Coach for the Olympic Training Site, and this year he coached Megan Poole to a bronze medal in the 2014 Senior National Weightlifting Championships.

**Dr. Kimi Sato, Title: The Use of GPS Technology in Sport**

Dr. Kimitake (Kimi) Sato is entering his fourth year as a faculty member in the Department of Exercise and Sport Science at ETSU. Kimi is the supervisor of the students at ETSU who work with baseball, softball and men and women's golf. He is also interested in sports product testing for performance enhancement and injury prevention purposes. Dr. Sato is an active member of NSCA, ISBS, and USAW, serving as a board member of ISBS (2013-15), and chaired the organizing committee for the 2014 ISBS conference.

**Dr. Adam Sayers, Title: Soccer and the Use of GPS Technology. What Can It Tell Me, the Coach?**

Dr. Adam Sayers enters his fourth season as head coach of the ETSU women's soccer team after being introduced on Jan. 28, 2011. Dr. Sayers has been voted A-Sun Coach of the Year. His cumulative record of 24-11-1 (.681) in 2011 and 2012 is the best two-year record in program history. Previously, Dr. Sayers served as a youth soccer coach in the UK. Before that Dr. Sayers spent two years as an assistant in football development with the Football Association of Wales. Originally from Birmingham, England, Adam is an NSCA Certified Strength and Conditioning Specialist.

**Jon Carlock, Title: Coaching the Elite Tactical Athlete**

Jonathon Carlock currently serves as the Human Performance Coordinator for the 5<sup>th</sup> Special Forces Group (Airborne). Prior to working with these athletes, Mr. Carlock worked for eight years as a strength and conditioning professional for the United States Olympic Committee in Lake Placid, New York, working with sports such as Bobsled and Luge. Jon brings a wealth of experience working with elite-level competitors from a variety of backgrounds.

**Chris Carmichael, Title: The Next Generation: Preparing Emerging Talent for the Rigors of Elite Competition**

Chris Carmichael is the founder and CEO of Carmichael Training Systems, a pioneer company in the endurance coaching industry. Chris was a member of the 1984 Olympic Team and the iconic 7-Eleven Pro Cycling Team, and is a bestselling author of more than 10 books on training and nutrition. He was named the U.S. Olympic Committee Coach of the Year in 1999, inducted into the U.S. Bicycling Hall of Fame in 2003, and was given a Lifetime Achievement Award from USA Cycling in 2004. Chris was a longtime columnist for *Bicycling Magazine*, *Outside Magazine*, *Velonews*, and *Triathlete Magazine*, and he is currently writing a training column for *Road Bike Action Magazine*.

**Chris Layne, Title: Coaching and Representing Elite Athletes**

Chris serves as the Managing Director of Total Sports Management U.S. He has 16 years of experience in the sports management profession, which has laid the foundation for a successful career. Mr. Layne's professionalism and ability to relate to others has led to great relationships with coaches, meet directors and shoe company representatives. His work is driven by a high level of ethics and loyalty. Chris is a former collegiate sprinter and has been the Head Cross Country//Track & Field Coach at Milligan College for 14 years.

**Alicia McConnell, Title: Lessons Learned in Supporting Elite-Level Competitors**

Ms. McConnell is currently the Director of Training Sites and Community Partnerships for the United States Olympic Committee. Her main responsibility is to cultivate collaborations with community organizations throughout the United States and to access additional resources, services and facilities for athletes and National Governing Bodies (NGBs) of sport. She oversees 14 Olympic and Paralympic Training Sites, which serve national athletes and teams as well as nine Community Olympic Development Programs, which create sport opportunities for youth. Since 2006 these partnerships have contributed over \$27 million to offset USOC, NGB and athlete training and development costs.

