

# Midwest Sports Performance Conference

University of Kansas

Anderson Family Strength  
& Conditioning Center



May 13-14, 2011



**NSCA CEU**  
APPROVED

1.7 CEU's

## Conference Co-Directors

### **Andrea Hudy**

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### **Conference Support Team**

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Brady Holt  
Darric Honnold  
Molly McKinnon

# FRIDAY, MAY 13, 2011

# SATURDAY, MAY 14, 2011

	TRACK #1: RESEARCH	TRACK #2: PRACTICAL	TRACK #1: RESEARCH	TRACK #2: PRACTICAL
8:30				
8:45	<b>8:30-9:30 Mary Ellen Clark</b> Keynote Speaker			<b>8:30-9:30 Roger Marandino</b> Fifty Lower Body Drills in Sixty Minutes: A video presentation.
9:00				
9:15				
9:30				
9:45	<b>9:30-10:30 Dr. Kraemer</b> Integrating Resistance Training Programs for Effective Neuromuscular Adaptations and Performance Outcomes		<b>9:30-10:30 Jay Hoffman</b> Sport Science: Bridging the Gap Between the Laboratory and the Field	
10:00				
10:15				
10:30				
10:45		<b>10:30-11:30 Mark Paulsen</b> Belief Precedes Action		<b>10:30-11:30 Tom Myslinski</b> Comparing and Contrasting: The Professional and Collegiate Football Player
11:00				
11:15				
11:30				
11:45	<b>11:30-12:30 Phil Gallagher</b> Protein Requirements for Athletes: Facts and Fallacies			<b>11:30-12:30 Chris Dawson</b> K-State Football
12:00				
12:15				
12:30	<b>LUNCH</b>		<b>12:30 - 1:30</b>	
12:45				
1:00				
1:15				
1:30				
1:45		<b>1:30-2:30 Jerry Martin</b> Competition in Conditioning/Non-Linear Weight Training: How and Why		<b>1:30-2:30 Lance Hooton</b> General Athletic Agility Series
2:00				
2:15				
2:30				
2:45	<b>2:30-3:30 Pat McHenry</b> Video technology for the strength and conditioning professional		<b>2:30-3:30 Dr. Andrew Fry</b> Science and practice of the barbell squat exercise	
3:00				
3:15				
3:30				
3:45		<b>3:30-4:30 Greg Werner</b> Training for athletic performance: A multi-dimensional model		<b>3:30-4:30 Scott Grennewalt</b> K-State Basketball
4:00				
4:15				
4:30				
4:45	<b>4:30-5:30 Phil Vardiman</b> Immune Response to Exercise: A Comparison of Athletes and Non-Athletes		<b>4:30-5:30 KU Staff</b> KU Basketball & Other Sports	
5:00				
5:15				
5:30				



# Conference Presenters

**Mary Ellen Clark:**  
**Keynote Speaker**

Mary Ellen Clark is a two time Olympic Bronze Medalist, at the 1996 Atlanta and the 1992 Barcelona Games. In addition, she was a member of the United States National Diving team for 10 years and won seven National Championship titles.

In 1996 the United States Olympic Committee nominated Mary Ellen as one of the top 10 women athletes in our country. To date she holds the distinction as the oldest women's diving medalist in the history of the Olympics. She attended The Pennsylvania State University studying health and physical education and received her Masters Degree in the same field at Ohio State University.

Mary Ellen's passion for sports, health, fitness and helping others to recognize their own potential is what inspires her. Currently, Mary Ellen resides in Amherst Massachusetts coaching diving at Amherst High School, Deerfield Academy, Mount Holyoke College and Amherst College. In addition, she continues to help people achieve their fitness goals through her personal training business.

**Tom Myslinski:**  
**Comparing and Contrasting The Professional and Collegiate Football Player**

Head Football Strength Coach at the University of Memphis. Prior to, he served five seasons with the Cleveland Browns, the last three as the head strength and conditioning coach, and in 2003-2004 as an assistant. Myslinski had a nine-year NFL playing career as an offensive lineman, which started as a fourth-round draft choice of Dallas in 1992. He earned a bachelor's degree in kinesiology from Tennessee in 1992, and later a master's degree from Pittsburgh in exercise physiology.

**Roger Marandino, MS, CSCS, \*D:**  
**Fifty Lower Body Drills in Sixty Minutes:**  
**A video presentation.**

Roger Marandino has served as Director of Strength and Conditioning at Brown University for the past 16 seasons. Prior to Brown, Marandino served as an Assistant S&C coach at the University of Connecticut Under Coach Martin. Roger Earned a Masters degree in Sport Biomechanics from Uconn and a Bachelors degree in Adult Fitness from Kean University. During 2000, coach Marandino was named The NSCA Strength & Conditioning Professional of the Year. A former Drug Free Powerlifting competitor, Marandino has won Three National Championships.

**Greg Werner:**  
**Training For Athletic Performance:**  
**A Multi-Dimensional Model**

Greg Werner became the Head Strength & Conditioning Coach at James Madison University in 1995 after working as an assistant in the program the previous three years. In addition to coaching at JMU, Werner has been the faculty instructor for the department of Kinesiology's Concepts of Strength & Conditioning course (KIN 425) for the past 12 years.

In the past fifteen years at JMU, Werner has helped grow the strength program from one assistant coach with two weight rooms to the current program which has himself as Head, as well as, a Director of Football Strength, four assistant coaches, and several intern and affiliate coaches, with five weight rooms, and three cardio/multipurpose rooms, totaling over 18,000 square feet.

Before JMU, Werner was an assistant and taught classes for one year at the University of The Pacific. Werner received his MS in Exercise Science from

James Madison, and his BS in Human Performance from Austin Peay State University. Outside of the collegiate ranks Coach Werner has worked with several NFL, Major League Baseball, Pro Basketball, Major League Soccer, and Olympic athletes. In 1999 Werner was selected the NSCA, Colonial Athletic Association Professional of the Year.





# Conference

## **Jerry Martin:**

### **Competition in Conditioning/Non-Linear Weight Training: How and Why**

The Strength and Conditioning program for the University of Connecticut is under the supervision of UCONN Strength and Conditioning Coordinator Jerry Martin. Coach Martin is a Certified Strength and Conditioning Specialist with Distinction (CSCS\*D) from the National Strength and Conditioning Association (NSCA) as well as a Certified Level I coach from United States Weightlifting (USAW). He is entering his 21st year at the University of Connecticut. He has been a finalist for the National Strength Coach of the Year Award (1994, 2001) by the NSCA and received the prestigious award in 2004. He has also been the Head Strength Coach for the USA National Women's Field Hockey Team that took a bronze medal in the 1994 World Cup. Since his tenure, Coach Martin and his staff has helped UCONN earn 10 National Championships. Coach Martin earned his Masters degree in Exercise Training and Testing.

## **William J. Kraemer, Ph.D., CSCS, FNCSA:**

### **Integrating Resistance Training Programs for Effective Neuromuscular Adaptations and Performance Outcomes**

Dr. William J. Kraemer is a professor in the Department of Kinesiology in the Neag School of Education at the University of Connecticut, Storrs, CT. He is also a professor in the Department of Physiology and

Neurobiology, as well as a Professor of Medicine at the UConn Health Center/School of Medicine. He is also an affiliate with the UConn Center for Health, Intervention, and Prevention and at the UConn Health Center with the Center for Aging. Internationally, Dr Kraemer holds adjunct professorships at Edith Cowan University in Australia, and at the University of Jyväskylä in Finland. Earlier academic appointments included stops at Ball State University and Penn State University. Prior to his academic career, Dr. Kraemer was a commissioned officer (Captain) in the U.S. Army's Medical Service Corp and was stationed at the U.S. Army's Research Institute of Environmental Medicine in Natick, Massachusetts working in military R&D where he studied soldier fitness, stress physiology, soldier combat demands, environmental physiology resistance training, and ergonomics. Dr. Kraemer received his masters and doctoral degrees from the University of Wyoming. After his masters degree he taught and coached at Carroll College in Wisconsin. Additionally, Dr. Kraemer was one of the first members of the National Strength and Conditioning Association in 1978. Dr. Kraemer received his undergraduate degree at the University of Wisconsin – LaCrosse where he was a four year letterman in football earning conference honors while majoring in both Physical Education and Health Education. Dr. Kraemer is currently a Fellow in the American College of Sports Medicine and has served as a member of the ACSM's Board of Trustees and Administrative Council. He is a past president and Fellow of the National Strength and Conditioning Association. Dr. Kraemer serves on numerous scientific journal editorial boards and is the current



# Presenters

Editor-In-Chief of the Journal of Strength and Conditioning Research. He has authored or co-authored 10 books in the areas of strength training and physiology of exercise, and has an published hundreds of peer-reviewed research papers.

## **Jay R. Hoffman, Ph.D., CSCS, FNSCA:**

### **Sport Science: Bridging the Gap Between the Laboratory and the Field**

Jay holds is a professor in the Department of Sport and Fitness at the University of Central Florida. Dr. Hoffman is also a fellow of the American College of Sports Medicine and the National Strength and Conditioning Association. Dr. Hoffman was elected as President of the National Strength and Conditioning Association in July of 2009. Dr. Hoffman holds a unique perspective in his sport science background due to his experience as a professional athlete. Jay was named the 2007 Outstanding Sport Scientist of the Year from the National Strength and Conditioning Association (NSCA). Dr. Hoffman is also a sports science advisor to Major League Baseball Strength Coaches. Dr. Hoffman's primary area of study is in sports supplementation and training paradigms. Dr. Hoffman has published more than 150 articles and chapters in peer-reviewed journals. His books *Physiological Aspects of Sport Training and Performance* and *Norms for Fitness, Performance, and Health* were published by Human Kinetics. A *Practical Guide to Designing Resistance Training Programs* and *Total Fitness for Baseball* were published by Coaches Choice.

## **Patrick McHenry, MS, CSCS\*D:**

### **Video technology for the strength and conditioning professional**

Patrick is the head strength and conditioning coach at Ponderosa High School in Parker, Colorado. He has a master's degree in physical education, with an emphasis in kinesiology. He is a Certified Strength and Conditioning Specialist with Distinction (CSCS\*D) with the National Strength and Conditioning Association, and a Certified Club Coach with United States Weightlifting. McHenry has been coaching for 15 years and has a wide variety of experience working with individuals, from elementary kids to college and elite-level athletes. He is a reknowned expert in using video technology in the weight room for instruction and assessment, and is the author of several popular texts for strength and conditioning professionals.

## **Phillip Gallagher, Ph.D.:**

### **Protein Requirements for Athletes: Facts and Fallacies**

Phil Gallagher is currently an Associate Professor in the Department of Health, Sport & Exercise Sciences at the University of Kansas. He received his Ph.D. from Ball State University in 2000, and continued on for his Post-doctorate at Ball State. During his Post-doctoral training, Phil focused on muscle atrophy of astronauts and cosmonauts on the international space station. After four years of Post-doctoral he accepted a position at the University of Kansas and has assumed the role Director of the Applied Physiology Laboratory. Currently, Phil is finishing up a three year term as President-Elect/President/Past President of the Central States Regional Chapter of the ACSM. Phil also serves on the Human Subjects Review Board for the University of Kansas. During his competitive years, Phil was a national-caliber cross country skier, ultimately qualifying for the Olympic Trials.

## **Andrew C. Fry, Ph.D., CSCS, FNSCA:**

### **Integrating Resistance Training Programs for Effective Neuromuscular Adaptations and Performance Outcomes**

Andy is entering his fourth year at the University of Kansas. He is currently the Chair of the Dept. of Health, Sport & Exercise Sciences, as well the Director of the Biomechanics Laboratory. Dr. Fry is also the Director of Research for

the Research and Coaching Performance Team recently formed in collaboration with the University of Kansas Athletics. After receiving his Ph.D. at Penn State University, Andy held a post-doc position at Ohio University, followed by a 13 year stint at The University of Memphis. Dr. Fry is active in a number of professional organizations, including serving a term as vice president of the National Strength & Conditioning Association. Andy's research has focused on responses and adaptations of skeletal muscle and the endocrine system to resistance exercise as well as overtraining. He has authored or co-authored over 350 research publications or presentations.

## **Mark Paulsen:**

### **Belief Precedes Action**

Regarded as one of the best in the business, Mark Paulsen is in his 24th year coordinating UNM's strength and conditioning programs.

In 2002, Paulsen was chosen by fellow colleagues in the conference as the National Strength & Conditioning Association Strength and Conditioning Professional of the Year. The award recognizes coaches who have shown excellence in their strength training and conditioning programs.

Paulsen's career began at the University of Kansas where he was the assistant strength and conditioning coach in 1982 before moving to the University of South Carolina. Paulsen's second year at South Carolina produced the best Football record in school history at 11-1. Long Beach State was Coach P's next stop where he physically built the weightroom and became the first Strength and Conditioning coach in the schools history. In 1987 the University of New Mexico came calling and Paulsen headed to the desert for his next assignment. While at New Mexico he has guided the mens Basketball team to the NCAA tournament 8 of 11 years and has guided the Football program from a national doormat to bowl eligibility 6 straight years, from 2002-2008 (more than Utah, BYU, or TCU).

Paulsen earned his bachelor's degree in physical education from Kansas in 1982. He was a tight end for the 1981 team that played in the Hall of Fame Bowl and was captain of the KU track team that won the Big Eight outdoor title in 1980 and '81.

Paulsen and his wife Christine have four children: Jesse, Stina, Gunnar and Dane.

## **Andrea Hudy, MS, CSCS, USAW-1:**

### **KU Basketball and Other Sports**

Andrea Hudy, Assistant Athletics Director for Sport Performance, is in her seventh year at Kansas. Hudy directs the strength and conditioning activities for the men's and women's basketball teams and oversees the training of all other Olympic sports. Hudy came to Kansas after nine and a half years at the University of Connecticut, where she worked closely with the Huskies' national champion men's and women's basketball teams. Hudy was part of eight national championship teams while at Connecticut—two men's basketball; five women's basketball; and one men's soccer. In all, she has been a part of nine national championships which includes the 2008 Men's Basketball team at Kansas, including the seven Jayhawks drafted in the NBA. She has worked with 25 former student-athletes who went on to play in the NBA. Hudy earned her Bachelor of Science degree in kinesiology at Maryland and her Masters of Arts degree in Sport Biomechanics from Connecticut. She is a certified strength and conditioning specialist by the National Strength and Conditioning Association and a USAW Level I Coach. Additionally, Hudy is nationally certified in massage therapy.

## **Chris Dawson:**

### **Director of Strength and Conditioning at K-State**

A veteran of more than 15 years in the field of strength training, Chris Dawson was named Kansas State's new Director of Strength and Con-



# Conference Presenters

ditioning on Jan. 15, 2010 after spending the previous seven seasons as the head strength coach at Kansas.

A native of Houston, Texas, Dawson manages the department's total strength program, overseeing five full-time assistant coaches, while providing daily leadership for the Wildcat football strength and conditioning program. A former linebacker at Oklahoma (1992-94), he got his start in the business at his alma mater where he served as an assistant strength coach for five seasons, working with the Sooner football and men's basketball teams. He moved to Minnesota in 2001 where he spent the next two seasons as the head strength coach for the Gophers. Dawson then left for Kansas, where he was apart of four bowl teams with the Jayhawks in seven seasons, while he saw 29 players drafted by NFL teams, including six that were taken in the first two rounds of the NFL Draft.

## **Lance Hooton:**

### **General Athletic Agility Series**

Lance Hooton, SCCC and USA Weightlifting Senior Coach, has been training world-class athletes for the past 11 years. His training methodology has helped produce numerous Olympians, World Champions, world-record holders and NCAA champions, in addition to a Heisman Trophy winner, first-round NFL Draft picks, NBA and WNBA Lottery picks and Major League Baseball All-Stars. Hooton has traveled the world in order to gain practical and scientific knowledge that has helped him develop a multi-faceted approach to sports performance training. A graduate of the University of Houston, his coaching career began at Rice University and continued at the University of Connecticut and the University of Texas.

## **Scott Greenawalt:**

### **K-State Basketball**

Scott Greenawalt begins his fifth season as the strength and conditioning coach for the Kansas State men's basketball team. In addition to his duties

with the men's program, Greenawalt also trains the women's basketball team, which captured the Big 12 regular season championship in 2007-08.

Greenawalt joined the staff as strength and conditioning coach in April, 2006 after spending the previous eight years in the strength and conditioning department at Cincinnati. While at Cincinnati, he coordinated all the weight training and conditioning for the men's and women's basketball, baseball and volleyball teams, while assisting with the football program.

Prior to Cincinnati, Greenawalt was a graduate assistant football coach and the head strength coach at Ohio Northern in Ada, Ohio from August 1998 to May 1999. He helped the Polar Bears to a 7-3 overall record and a fourth-place finish in Ohio Athletic Conference, while coaching the team's middle linebackers and assisting with special teams.

Greenawalt, earned his bachelor's degree in physical education and health from Muskingum College in New Concord, Ohio, in 1998. He was a four-year starter at linebacker for the Muskies from 1993-96, earning All-Ohio Athletic Conference honors three times and serving as team captain as a senior.

## **Phillip Vardiman:**

### **Immune Response to Exercise: A Comparison of Athletes and Non-Athletes**

Phillip Vardiman, PhD, ATC is an Assistant Professor and Clinical Coordinator for the Athletic Training Education Program at the University of Kansas. He received his doctorate from the University of Arkansas where he served as an athletic trainer for the football, track and field and women's basketball teams. Phillip has served as the head athletic trainer for USA Track and Field International Competition Teams in Scotland, Russia and El Salvador. Currently his research interests include the inflammatory and immune response to exercise





# Over 400 combined years of training, knowledge and experience

Preparing an athlete to compete in any sport and at any level requires supervision and training from a team of sports medicine professionals. Best practice training methods, student wellness education and well designed programs for in-season and off-season preparation result in constant improvement at all skill levels. This two-day workshop offers a combination of theory and practice presented by many of college athletics most respected sports medicine professionals. Take advantage of the rare opportunity to hear and experience the latest methods from sports performance experts representing the nation's most successful athletic programs.



Lunch each day is included in registration fee. You are invited to a casual social Friday, May 13, from 7 to 9 PM at the Salty Iguana at the Corner of 6th street and Wakarusa

If you are traveling by air, Kansas City International Airport is approximately 45 minutes from the KU campus. Shuttle service is available at the airport to all car rental companies.

**Full Conference Registration**  
 Early Conference Registration: \$225.00  
 Late Conference Registration (After April 5th): \$250.00  
 Student Registration: \$100.00 (Student ID Required)  
 Due to other events in the area we recommend making reservations before April 8, 2011

## Registration 2011 Midwest Sports Performance Conference University of Kansas Anderson Family Strength & Conditioning Center

### Full Conference Registration

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Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ T-Shirt size:  Small  Medium  Large  XLarge  XXLarge  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

#### METHOD OF PAYMENT

Mastercard  VISA  Discover  AMEX  
 Card Number \_\_\_\_\_ Expiration \_\_\_\_\_  
 Signature \_\_\_\_\_

CHECK: Please make payable to Kansas Athletics and mail with this form to:  
 Midwest Sports Performance Conference  
 Andrea Hudy, Asst. Athletics Director/Sports Performance  
 1651 Naismith Drive • Athletics Complex Exp, Lawrence, KS 66045-7538

Name: \_\_\_\_\_  
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