



THURSDAY, MAY 7th						
TIME	SESSIONS			TIME	SESSIONS	
	Gaylord Opryland Convention Center				Gaylord Opryland Convention Center	
6:30 - 8:00 am	Visit Exhibit Area for Early Bird Workout Ryman Hall 1-4			6:30 - 8:00 am	Breakfast On Your Own	
8:00 - 8:30 am	CSCCa Annual Business Meeting Tennessee Ballroom			8:00 - 8:30 am	Exhibit Hall Open Ryman Hall 1-4	
8:40 - 9:40 am	Session 1a: "Legacy," Kaz Kazadi, Associate AD of Athletic Performance, Baylor University Tennessee Ballroom	Session 1b: "Posture, Vibration, and Application in Sport," Travis Illian, Head S&C Coach Basketball, UCONN (2014 NCAA Men's Basketball National Champions) Ryman Ballroom		8:40 - 9:40 am	Exhibit Hall Open Ryman Hall 1-4	
9:50 - 10:40 am	Session 2a: "Protecting the Health & Safety of the Student Athlete," Dr. Brian Hainline, NCAA Chief Medical Officer Tennessee Ballroom			9:50 - 10:40 am	Exhibit Hall Open Ryman Hall 1-4	
10:45 - 11:30 am	Session 3a: Olympic Sports Discussion Panel Greg Werner, Head S&C Coach for Olympic Sports, James Madison University (Moderator) *Mike Basgier, University of Illinois *David Bass, Wake Forest University *David Richardson, Ohio State University *Callye Williams, University of South Alabama *Donnie Maib, University of Texas *Mark Seaver, Wake Forest University *Michelle Diltz, University of Alabama Tennessee Ballroom			10:45 - 11:30 am	Session 3b: "Simple Microsoft Excel Functions to Make Strength Coaches Look Like Geniuses" Overview, Ernie Rimer, Director of Sport Science, University of Utah Magnolia Ballroom	Exhibit Hall Open Ryman Hall 1-4
11:30 am - 12:45 pm	Omelet Brunch in Exhibit Area Ryman Hall 1-4			11:30 - 1:30 pm	Exhibit Hall Open Ryman Hall 1-4	
12:45 - 1:30 pm	Visit Exhibit Area Ryman Hall 1-4					
1:30 - 2:20 pm	Session 4a: "Developing Horizontal Power," Jeff Connors, Associate AD of S&C, East Carolina University & Jamal Covington, Independent Speed Coach Tennessee Ballroom	Session 4b: Talking Shop with the Master Strength & Conditioning Coach (Rotating 25 min sessions w/5 min breaks in between) Brought to you by CSCCa Gold Level Sponsor Hammer Strength "Development of a Successful Olympic Sports Program," Matt Riley, Middle Tennessee State University & Ethan Reeve, Wake Forest University "Program & Exercise Selection," LeBaron Caruthers, Waco Sports Academy & Doc Kreis, MSCC "Leadership & Motivation Through Coaching," Ron McKeefery, Eastern Michigan University & Donnie Maib, University of Texas "Periodization: A Repetition Approach to Volume Control," Don Decker, New Mexico State University & Rob Glass, Oklahoma State University Ryman Ballroom		1:30 - 2:20 pm	Session 4c: "Simple Microsoft Excel Functions Tutorial #1," Ernie Rimer, Director of Sport Science, University of Utah Magnolia Ballroom	Exhibit Hall Open Ryman Hall 1-4
2:30 - 3:20 pm	Session 5a: "The Role of Nutrition on Performance and Recovery" Paul Longo, Director of Football Strength & Conditioning & Kayla Matrunick, Director of Sports Nutrition, University of Notre Dame Sponsored by Gatorade Tennessee Ballroom	Session 5b: Talking Shop with the Master Strength & Conditioning Coach (Rotating 25 min sessions w/5 min breaks in between) Brought to you by CSCCa Gold Level Sponsor Hammer Strength "Development of a Successful Olympic Sports Program," Matt Riley, Middle Tennessee State University & Ethan Reeve, Wake Forest University "Program & Exercise Selection," LeBaron Caruthers, Waco Sports Academy & Doc Kreis, MSCC "Leadership & Motivation Through Coaching," Ron McKeefery, Eastern Michigan University & Donnie Maib, University of Texas "Periodization: A Repetition Approach to Volume Control," Don Decker, New Mexico State University & Rob Glass, Oklahoma State University Ryman Ballroom		2:30 - 3:20 pm	Session 5c: "Simple Microsoft Excel Functions Tutorial #2," Ernie Rimer, Director of Sport Science, University of Utah Magnolia Ballroom	Exhibit Hall Open Ryman Hall 1-4
3:30 - 4:20 pm	Session 6a: "The Coach Approach To Next Level Leadership," John Brubaker, Nationally Renowned Motivational Speaker & Author Tennessee Ballroom	Session 6b: Hands On Workshops (Rotating 25 min sessions w/5 min breaks in between) Option 1: "Olympic Lifting: Power Clean & Power Snatch," Leo Totten, Founder of Totten Training Systems, Sponsored by Samson Equipment Option 2: "Squatting: Front Squat, Back Squat, Overhead Squat," Dan Austin, Assistant S&C Coach for Football, University of South Carolina Option 3: "Crawling for Strength & Athletic Performance," Tim Anderson, Founder of the Original Strength Training System Option 4: "Stationary Drills for Acceleration," Jeff Connors, Assistant AD of S&C, East Carolina University, & Jamaal Covington Ryman Ballroom		3:30 - 4:20 pm	Session 6c: "Simple Microsoft Excel Functions Tutorial #3," Ernie Rimer, Director of Sport Science, University of Utah Magnolia Ballroom	Exhibit Hall Open Ryman Hall 1-4
4:30 - 5:30 pm	MSCC Dinner & Ceremony Set-Up: NO SESSION Tennessee Ballroom	Session 7a: Hands On Workshops (Rotating 25 min sessions w/5 min breaks in between) Option 1: "Olympic Lifting: Power Clean & Power Snatch," Leo Totten, Founder of Totten Training Systems, Sponsored by Samson Equipment Option 2: "Squatting: Front Squat, Back Squat, Overhead Squat," Dan Austin, Assistant S&C Coach for Football, University of South Carolina Option 3: "Crawling for Strength & Athletic Performance," Tim Anderson, Founder of the Original Strength Training System Option 4: "Stationary Drills for Acceleration," Jeff Connors, Assistant AD of S&C, East Carolina University, & Jamaal Covington Ryman Ballroom		4:30 - 5:30 pm	Session 7b: "Simple Microsoft Excel Functions Q&A Help Session," Ernie Rimer, Director of Sport Science, University of Utah Magnolia Ballroom	Special Presentation: "Lessons Learned," Johnny Parker, Legend in the Field Sponsored by Perform Better Exhibit Hall Closes at 6:00 pm Ryman Hall 1-4
7:30 - 9:30 pm	MSCC Dinner and Ceremony Tennessee Ballroom					

