

2016 CSCCa National Conference Itinerary

Wednesday, May 4th- Friday, May 6th, 2016

WEDNESDAY, MAY 4th

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 Hammer Strength <div style="text-align: right;">Convention Center Room 200</div>		
11:15am - 12:15pm	MSCC Luncheon (for Practical Exam Administrators Only) <div style="text-align: right;">Omni Fort Worth Hotel Fort Worth Ballroom</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;">Convention Center Room 200</div>	Afternoon	Hotel check-in begins mid-afternoon as rooms are available <div style="text-align: right;">Omni Fort Worth Hotel Fort Worth Ballroom</div>
1:00 - 5:00pm	SCCC Exam - Practical Portion <div style="text-align: right;">Convention Center Ballroom</div>	2:00 - 5:00pm	Pre-Conference Clinic: "An Assessment of Today's Top Recovery Modalities" <ul style="list-style-type: none"> • Practice and Science Dr. William Sands, PhD, CSCS (Sheffield Hallam University's Centre for Sport and Exercise Science) • Nutrition Kim Stein, PhD (Gatorade Sports Science Institute) • Technology Jesse Wright, CSCS, PES, FMS (Philadelphia 76ers) • Sleep Cheri Mah, MS (Stanford Sleep Disorders Clinic and Research Laboratory) <div style="text-align: right;">Hosted & Sponsered by Gatorade Omni Fort Worth Hotel Fort Worth Ballroom</div>
5:00 - 6:00pm	Visit Exhibit Hall <div style="text-align: right;">Convention Center Exhibit Hall A</div>		
6:00 - 8:00pm	Exhibitor/Member Coaches Opening Social <div style="text-align: right;">Convention Center Exhibit Hall A</div>		

THURSDAY, MAY 5th

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
8:00 - 9:00am	Session 1a: "Building a Championship Program," Joey Batson, MSCC, Clemson University Ballroom A&B	8:00 - 9:00am	Session 1b: "Find a Way' College Basketball Strength & Conditioning," Robert Harris, SCCC, University of Kentucky Ballroom C	8:00 - 9:00am	Session 1c: "The 4 R's Behind Building Athletes, Preparing Champions," Molly Binetti, SCCC, University of Louisville Room 200 Exhibit Hall Open
9:10 - 9:40am	2016 CSCCa National Conference Welcome & NCAA Update with Q/A Session by John Parsons, PhD, AT, Director of the Sport Science Institute Ballroom A&B	9:10 - 9:40 am	NO SESSION Ballroom C	9:10 - 9:40am	NO SESSION Exhibit Hall A
9:50 - 11:30am	Session 2a: "Seven Actionable Skills to Quickly Develop the Mindset of a Champion," Dr. Jack Singer, Ph.D Ballroom A&B	9:45 - 10:35am	Session 2b: "Perfect Nighttime Routine = Perfect Performance," Cheri Mah, MS Sponsored by Gatorade Ballroom C	9:50 - 11:30am	Session 2c: "Prevention of Labral Tears in the Shoulder," Dr. Brent Feland, Ph.D Room 200 Exhibit Hall Open
		10:45 - 11:30am	Session 3b: "Precise Speed & Agility Training and How to Teach the Double Knee Bend," Josh Robertson, SCCC, Conway High School Ballroom C		
11:30am - 1:00pm	BRUNCH IN EXHIBIT AREA Exhibit Hall A				
1:00 - 2:00pm	Session 3a: MSCC Panel Moderated by Greg Werner, MSCC, Auburn University *Joey Batson, MSCC, Clemson Univ. *Chris Doyle, MSCC, Univ. of Iowa *Donnie Maib, MSCC, Univ. of Texas Austin *Corliss Fingers, MSCC, Bethune-Cookman *Rob Oviatt, Emeritus MSCC Ballroom A&B	1:00 - 2:00pm	Session 4b: "Hips Don't Lie: Deriving Peak Performance Through Horizontal Force Concepts," Cori Metzgar, MSCC, Western Oregon University Ballroom C	1:00 - 2:00pm	Session 3c: "Using Technology to Monitor Training Stress: Practical Applications," Chris West, University of Connecticut Sponsored by Polar Room 200 Exhibit Hall Open
2:00 - 2:45pm	SPEAKER INTERMISSION - VISIT EXHIBIT HALL			2:10 - 3:00pm	Session 4c: Microsoft Excel Workshop: "Auditing the Effectiveness of Your Program -- THE WHY (Part 1)," Ernie Rimer, Director of Sport Science, University of Utah Room 200 Exhibit Hall Open
2:45 - 3:45pm	Session 4a: "Protecting the Health & Safety of the Student Athlete," Jeff Allen, Head Athletic Trainer, University of Alabama Ballroom A-C			3:10 - 4:00pm	Session 5c: "THE HOW -- Auditing Your Program w/Microsoft Excel: Pre-Post Testing Analysis (Part 2)," Ernie Rimer, Director of Sport Science, University of Utah Room 200 Exhibit Hall A
3:55 - 4:55pm	Session 5a: "Earn the Jersey: Confronting the Challenges Facing Today's Strength & Conditioning Coaches," Ken Mannie, MSCC, Michigan State University Ballroom A-C			4:10 - 5:00pm	Session 6c: "THE HOW -- Auditing Your Program w/Microsoft Excel: Analysis across Multiple Tests (Part 3)," Ernie Rimer, Director of Sport Science, University of Utah Room 200 Exhibit Hall Open
				5:10 - 6:00pm	Session 7c: "THE HOW -- Auditing Your Program w/Microsoft Excel: The Individual Athlete (Part 4)," Ernie Rimer, Director of Sport Science, University of Utah Room 200 Exhibit Hall Closes at 5pm
5:05 - 6:00pm	Session 6a: "Critical Factors in Speed Development," Boo Schexnayder, SAC Speed Sponsored by Perform Better Ballroom A-C				
7:30 - 9:30pm	MSCC DINNER & CEREMONY Omni Hotel--Texas Longhorn Ballroom				

FRIDAY, MAY 6th

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
8:00 - 8:50am	Session 7a: "Easy Strength," Dan John Ballroom A&B	8:00 - 8:50 am	NO SESSION Ballroom C	7:00 - 8:00am	Female Strength & Conditioning Coaches' Breakfast and Meeting Exhibit Hall Open
9:00 - 10:00am	Session 8a: "Iowa Football Periodization Strategies," Chris Doyle, MSCC, University of Iowa Ballroom A&B	9:00 - 10:00am	Session 9b: "CEO Strength Coach," Ron McKeefery, MSCC, Eastern Michigan University Ballroom C	8:00 - 8:50am	Female Strength & Conditioning Coaches' Round Table Discussion Room 200
10:10 - 11:10am	Session 9a: "Undulating Periodization Workshop Part 1," Johnny Parker, Al Miller, & Rob Panariello, USA Hall of Fame Inductees *Attendees are encouraged to bring a copy of their off-season program, a calculator, and a pen or pencil Ballroom A&B	10:10 - 11:10am	Session 10b: "Protecting the Throwing Athlete: Considerations for Baseball and Softball Training," Zach Dechant, SCCC, TCU Ballroom C	8:50 - 9:30am	NO SESSION Exhibit Hall A
11:20am - 12:20pm	Session 10a: "Undulating Periodization Workshop Part 2," Johnny Parker, Al Miller, & Rob Panariello, USA Hall of Fame Inductees *Attendees are encouraged to bring a copy of their off-season program, a calculator, and a pen or pencil Ballroom A&B	11:20am - 12:20pm	Session 11b: "Caught in the Vise: Pressure to Satisfy Them All," by Kathy Wagner, MSCC, University of Texas Arlington, & Jami Clinton, MSCC, University of Texas Dallas Ballroom C	9:30 - 10:30am	Session 8c: "Building Relationships in the Integrated Sports Performance Model," Panel Discussion Moderated by Scott Bennett, MSCC, Radford University Panel Participants: *Jason Dierking, MSCC, U of Louisville *Stacey Torman, MSCC, UAB *Christina Specos, SCCC, Purdue Univ. Room 200 Exhibit Hall A
12:30 - 1:30pm	Session 11a: "Undulating Periodization Workshop Part 3," Johnny Parker, Al Miller, & Rob Panariello, USA Hall of Fame Inductees *Attendees are encouraged to bring a copy of their off-season program, a calculator, and a pen or pencil Ballroom A&B	12:30 - 1:30pm	Session 12b: "Montana Soccer: Building a Program & Establishing a Tradition," Charlie Woida, SCCC, University of Montana Ballroom C	10:40am - 12:00pm	Session 9c: "A Round Table Discussion on the Cares & Concerns of the Small College Strength & Conditioning Professional--Part 2," Nate Moe, MSCC, South Dakota State University Room 200
1:30pm	Conference Adjourned				
2:00 - 5:00pm	<p align="center">Brian Cain Strength & Conditioning Coaches Clinic</p> <ul style="list-style-type: none"> • Master the 12 Pillars of Peak Performance as a Strength & Conditioning Coach <ul style="list-style-type: none"> • Separate yourself from the other strength coaches for your dream job <ul style="list-style-type: none"> • Build the confidence of a world champion in your athletes • Create a positive mentality in your athletes when it hits the fan <ul style="list-style-type: none"> • Get athletes to act different than how they feel • Create an unbreakable will throughout your athletic department • And much, much more as you become a Master of the Mental Game <p align="center">Separate Registration Required</p>				