



### Symposium Speakers

**Tobias Jacobi, C.S.C.S., USAW, RSCC\*D**  
Head Strength & Conditioning Coach  
Strong Rock Christian School

**Joshua Medler, MS, CSCS, USAW**  
Director of Strength and Conditioning  
Wofford College

**John Patrick, MS, CSCS, USAW, RSCC-D\***  
Assistant Football Strength Coach  
UNC Charlotte

**Erick Schwager, MS, CSCS**  
Director of Strength & Conditioning  
Newberry College

**Dr. Mike Young, CSCS, USAW**  
Director of Performance & Research  
Athletic lab

### Advisory Committee

**Gary Hazelwood, MEd, CSCS, USAW**  
Sports Performance Supervisor  
Sports Medicine Institute

**Matt Lyden, MS, ATC, PES**  
Sports Medicine Manager  
Sports Medicine Institute

**Joshua Medler, MS, CSCS, USAW**  
Director of Strength and Conditioning  
Wofford College

**Blake Scribner, USAW**  
Director of Strength and Conditioning  
Converse College

**Brent Smith, MEd, ATC, CSCS**  
Athletic Trainer and Performance Coach  
Sports Medicine Institute

**Mike Srock**  
Director of Athletic Development  
James F. Byrnes High School



Spartanburg Regional  
Healthcare System

101 E. Wood Street  
Spartanburg, SC 29303  
864-560-5700

## 3rd Annual Strength & Conditioning Symposium



Saturday  
**FEBRUARY 11**

Hosted by  
Wofford College



Sports Medicine  
Institute

## Program Description

The purpose of the one-day event is to inform and educate symposium attendees on strength and conditioning-related topics that can be applied to athletes within their specific field of work. This conference will provide many opportunities to network and collaborate with some of the brightest minds in the field of strength and conditioning.

### Objective

At the conclusion of this conference, attendees will have a better understanding of how to structure, implement and educate athletes on performance program and movements.

### Target Audience

Strength and conditioning coaches, sport coaches, athletic administrators, athletic trainers, students, student athletes

### Continuing Education Credit

**NSCA:** Claim in CEU category A for approval.

**NSEA:** CEUs apply toward certifications renewal.

**CSCCa:** Collegiate Strength & Conditioning Coaches Assoc (CSCCa) approved 2.75 CEU certified individuals attending this event.

**Athletic Trainers:** Spartanburg Regional Healthcare System is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of six hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. BOC Approved Provider Number: P3762

**Others:** A certificate of attendance for six hours will be awarded to all others.

### For More Information

For more information on program content, registration or directions, contact Matt Lyden or Gary Hazelwood:

**Matt Lyden:** 864-560-5104 or email: mlyden@srhs.com

**Gary Hazelwood:** 864-560-5699 or email: ghazelwood@srhs.com



## Agenda

- 7:30 Vendor Booths Open
- 8:00 Breakfast/Registration
- 8:45 Opening Remarks
- 9:00 "Culture Building"  
– **Josh Medler - Wofford**
- 10:00 "Making Something Out of Nothing"  
– **Erick Schwager - Newberry College**
- 11:00 Break
- 11:15 "Classification of an Athlete: Where do they Belong?"  
– **John Patrick - UNC Charlotte**
- 12:15 Lunch and Vendor Booths Open
- 1:15 "Progressions & Regressions for Primary Movements for Developmental Athlete's"  
– **Tobias Jacobi - Strong Rock**
- 2:15 "Biomotor Development for Speed-Power Athletes"  
– **Mike Young - Athletic Lab**
- 3:15 Applied Coaching
- 3:45 Closing Remarks
- 4:00 CEU Certificates

## Location and Directions

Wofford College is located at 429 N. Church St., Spartanburg, SC 29303.

The Harley Room is located on the first level of the Richardson Building adjacent to the Gibbs Football Stadium. Parking is available in Lot A.

### Directions

#### From I-85 in either direction

Use Exit 72 on to U.S. 176 south toward Spartanburg. Take 176 to McCravy Dr. and go right. Take first left on Wood St. Veer right onto Cummings St. and follow into campus.

#### From I-26 in either direction

Exit on to I-85 northbound, and follow the above directions. Using I-85 instead of Business I-85 is the preferable route.

#### From Business I-85 northbound

Use Exit 4, toward US-176/SC56/ Asheville Hwy. At the traffic circle, take the first exit onto SC56. Follow for approximately three miles and turn left into campus on Evins St. Follow to the A parking lot on right.

### From Business I-85 southbound

Use Exit 4, toward US-176/SC56/ Asheville Hwy. At the traffic circle, take the first exit onto SC56. Follow for approximately three miles and turn left into campus on Evins St. Follow to the A parking lot on right.

### Hotel Information

Preferred hotel rate offered at the Spartanburg Renaissance Marriott Hotel.

299 N. Church St. Spartanburg, SC 29306 Call 864-596-1211 to request SRHS rate.

### Registration

Fee includes continental breakfast, handout materials, T-shirt, lunch and certificate of attendance.

On-site registration available.

No confirmation will be sent.

## Registration Form

Spartanburg Regional Sports Medicine Institute: 3rd Annual Strength & Conditioning Symposium, Saturday Feb. 11, 2016. Please print all information clearly.

Name \_\_\_\_\_

Email \_\_\_\_\_

Mailing Address \_\_\_\_\_

Employer \_\_\_\_\_

Daytime Telephone \_\_\_\_\_

T-shirt Size \_\_\_\_\_

For group rate please add names of other attendees:

Name \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

\_\_\_ \$80 per Person – Registration Fee

\_\_\_ \$60 per Person – Early Registration prior to Jan. 31, 2016

\_\_\_ \$50 per Person – Group Rate

\_\_\_ \$40 per Person – Student

**Groups & Students MUST Call 864-560-5104 for verification.**

### Payment Method:

\_\_\_ Check: Amount Enclosed/Charged \$ \_\_\_\_\_

\_\_\_ Charge:  Visa  MasterCard  Discover  
 American Express

Account # \_\_\_\_\_

Security Code \_\_\_\_\_

Signature \_\_\_\_\_

Expiration Date \_\_\_\_\_

• Please make your check payable to Spartanburg Regional and mail to: **Spartanburg Regional Sports Medicine, 151 Ribault St., Suite 200, Spartanburg, SC 29302.**

• For credit card payment, you may fax to **864-560-2140.**

**Note:** We cannot accept registration without payment or guarantee of payment. You will receive confirmation via email once your registration and payment are processed.