



# 2023 NATIONAL CONFERENCE

MONDAY 5/8/2023






Exhibit Hall opens at 5:00 pm

Registration is open from 9:00 am to 12:00 pm  
& 1:00 pm to 7:30 pm

Enter/Exit the Exhibit Hall through doors E2

Registration is located in West Hall E Lobby

*Bridge to Convention Center is on the 2nd Floor of the Rosen Plaza Hotel*

<p>7:00-9:00 am</p>	<p><b>PRACTICAL EXAM ADMINISTRATION REVIEW</b> MSCC Invitation Only  Breakfast served 7:00 - 7:30 am Rosen Plaza Ballroom A</p>
<p>8:30 - 9:00 am</p>	<p><b>PRACTICAL EXAM CHECK-IN</b> SCCC candidates only Rosen Plaza Lobby of Salon 5-8</p>
<p>9:30 - 2:45 pm</p>	<p><b>PRACTICAL EXAM</b> SCCC candidates &amp; invited MSCC only Lunch served 11:45 - 12:15 Coaches will pick up lunch after the exam  Rosen Plaza Ballroom BCD</p>
<p>3:00 - 4:30 pm</p>	<p><b>GATORADE PRE-CON EVENT</b> All are welcome Sara Y. Oikawa, PhD Katie Knappenberger MS, RD, CSSD, ATC <i>State of the Science: Post Exercise Recovery Nutrition for Female Athletes</i>  Convention Center Tangerine Ballroom - F4</p>
<p>5:00 pm</p>	<p><b>EXHIBIT HALL OPEN</b> Convention Center Exhibit Hall - West Hall E1-2</p>
<p>5:30-7:00 pm</p>	<p><b>OPENING COACHES/EXHIBITORS SOCIAL</b> Food served 5:30 - 7:00   Convention Center Exhibit Hall - West Hall E1-2</p>
<p>7:30 pm</p>	<p><b>EXHIBIT HALL CLOSES</b> Convention Center Exhibit Hall - West Hall E1-2</p>



# 2023 NATIONAL CONFERENCE

## TUESDAY 5/9/2023




















**Exhibit Hall open from 10:00 am to 5:00 pm**

Enter/Exit the Exhibit Hall through doors E2

**Registration open from 7:30 am to 4:00 pm**

Registration is located in West Hall E Lobby

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6:30 - 8:00 am	<b>EARLY BIRD WORKOUT</b>			Convention Center Exhibit Hall - West Hall E1-2
6:45 - 7:50 am	Terry Jones, MSCC <i>What It Takes To Be a Legend in The Field</i>	<b>MINORITY S&amp;C BREAKFAST</b>		 Convention Center Sunburst Room
8:15 - 9:15 am	Mike Boyle   Boyle Strength and Conditioning <i>Updates in Speed, Power, and Strength Development</i>  Convention Center Tangerine Ballroom- F2	Joey Davey / Memphis Grizzlies <i>Performance Engineering in Basketball: Satisfying Solutions for a Complex Environment</i>  Convention Center West Hall 240A-B	Haley Roberts, Michael Kiely, and Mark Uptegraff / 2022 Gatorade and Lance Vermeil Award Winners <i>Pre-lift &amp; Pre-movement Techniques</i>  Convention Center Tangerine Ballroom F3&F4	
9:30 - 10:00 am	<b>BUSINESS MEETING</b>			Convention Center Tangerine Ballroom- F2
10:10 - 11:20 am	Bill Foran   Strength and Conditioning Consultant - Miami Heat <i>Stories and Tips From Over 4 Decades in the Profession</i>	<b>KEYNOTE</b>		 Convention Center Tangerine Ballroom- F2
11:00 - 1:30 pm	<b>BRUNCH</b>			Convention Center Exhibit Hall - West Hall E1-2
1:40 - 2:40 pm	  Joey Guarascio / Florida Atlantic University <i>Managing the Training Continuum: Building Capacities to Feed Skills</i> Convention Center West Hall 240A-B	  Vinnie Calautti / Southern Methodist University <i>Developing the Complete Basketball Player</i> Convention Center Tangerine Ballroom F1	Bill Parisi   Parisi Training Systems <i>Fascia Training in Athletic Performance - Principles and Application</i>  Convention Center Tangerine Ballroom F3&F4	
2:50 - 3:50 pm	Bill Gillespie   Sorinex <i>Training Today's Athlete in These Chaotic Times</i>  Convention Center West Hall 240C-D	 Mike Roussel PHD   Build Your Base <i>How to Use Nutrition to Manage Stress Loads in Student Athletes for Improved Recovery and Performance.</i> Convention Center Tangerine Ballroom- F2	Narelle Sibte - (ASCA) Australian Strength & Conditioning Association <i>Movement Matters: What Do You See When You Watch Athletes Move?</i>  Convention Center Tangerine Ballroom F3&F4	
4:00 - 5:00 pm	 John Wagle / University of Notre Dame <i>Strategic Sports Performance: Supporting Today's Student-Athlete</i> Convention Center Tangerine Ballroom F3&F4	  Donnie Maib / University of Texas <i>Recovery, Rest, &amp; Reset "How to Properly Care for Your Body While Training"</i> Convention Center Tangerine Ballroom F1	 Bob Harmison   Director of Sports Psychology at JMU <i>What is This Thing Called Athlete Mental Health?</i> Convention Center West Hall 240A-B	
6:00 - 6:30 pm	<b>INDUCTEE PHOTOS</b> 2023 MSCC Inductees Only			Rosen Plaza Ballroom A
6:30 - 7:00 pm	<b>MSCC GROUP PHOTOS</b> MSCC Only			Rosen Plaza Ballroom A
7:00 - 9:00 pm		<b>MSCC DINNER &amp; CEREMONY</b> Everyone is welcome, please register before.		Rosen Plaza Ballroom BCD
9:00 pm		<b>MSCC RECEPTION</b>		Rosen Plaza Grand Ballroom



# 2023 NATIONAL CONFERENCE

## WEDNESDAY 5/10/2023

**Exhibit Hall open until 10:30 am**  
**Registration Closed**

6:30 - 8:00 am	<b>EARLY BIRD WORKOUT</b>		
6:45 - 7:50 am	 <b>FEMALE STRENGTH COACH BREAKFAST &amp; MEETING</b> Autumn Lockwood / Philadelphia Eagles <i>The Future is Female</i> Convention Center - Sunburst Room		
8:15 - 9:15 am	Leo Totten / Totten Training <i>Optimizing the Olympic Lifts in the Collegiate Setting</i>  Platinum Sponsor Learning Lab  Convention Center Tangerine Ballroom F1	Stephanie Mock / University of Pittsburgh Co-Presenter: Felix Proessl <i>Constructing a Sports Science Department From the Ground Up</i>  Convention Center Tangerine Ballroom F3&F4	Dave Houser / 4F Liberty <i>Principles Based Planning - Strengthening Your Financial Program</i>  Convention Center West Hall 240A-B
9:25 - 10:35 am	Dan Baker - (ASCA) Australian Strength & Conditioning Association <i>Using high-intensity aerobic conditioning to improve the Maximal Aerobic Speed (MAS) and sports performance of field sport athletes</i>   Convention Center Tangerine Ballroom- F2		
10:45 - 11:45 am	Bennie Wylie & Rachel Suba / CPSDA <i>Connecting the Performance Team: Leaning into Relationships, Expertise, and Collaboration for Athletes</i>  Convention Center West Hall 240C-D	Chad Workman / University of Louisville <i>High Intensity Interval Training (HIIT): Application for Team Sports</i>  Convention Center Tangerine Ballroom F3&F4	Emily Schilling / University of Illinois <i>In-Season Volleyball: Unifying Strength Training &amp; Sport Practice</i>  Convention Center West Hall 240A-B
11:55 - 12:55 pm	Rodney Hill / University of Arkansas <i>Make Your Force Plate Work For you</i>  Convention Center Tangerine Ballroom F3&F4	Kenna Smoak / United States Military Academy <i>A Plane Plan for Baseball - How to Incorporate Rotation into the Weight room</i>  Convention Center West Hall 240A-B	Bill Gillespie / Sorinex <i>Training Application for Power Sports</i>  Convention Center Tangerine Ballroom- F2
1:05 - 2:05 pm	Gabe Sanders & Corey Peacock   Research Directs <i>Data collection, analysis and framing the season as an experiment.</i> Convention Center West Hall 240A-B	Lucas White / Iowa State University <i>Conjugate Adapted: Practical Application for the College Weight Room</i>  Convention Center West Hall 240C-D	Ryan Metzger / University of Tennessee <i>In-Season Resistance Training for Collegiate Women's Soccer</i>  Convention Center Tangerine Ballroom F3&F4
2:10 pm	<b>CONFERENCE ADJOURNED</b>		





## 2023 NATIONAL CONFERENCE SPEAKERS



### **Mike Boyle | Boyle Strength and Conditioning**

**Title:** *Updates in Speed, Power, and Strength Development*

**Type of Presentation:** Lecture | Speed, Power, and Strength Development

**Learning Objectives:**

1. Understand the value of timing in speed development
2. Understand proper loading for power development
3. Look at recent research in unilateral training



### **Joey Davey | Memphis Grizzlies**

**Title:** *Performance Engineering in Basketball: Satisfying Solutions for a Complex Environment*

**Type of Presentation:** Lecture | Performance Technology Implementation/Usage/Results

**Learning Objectives:**

1. Learn how data is used in the NBA to drive player performance
2. Learn the value of training targets/"spec" and how to apply them



**Haley Roberts | Sam Houston State University**

**Title:** *Pre-lift & Pre-movement Techniques*

**Type of Presentation:** Lecture/Hands-on | Dynamic Warm-Ups

**Learning Objectives:**

1. Understanding the importance of and need for RAMP within your pre-lift and pre-movement activation and warmups to appropriately prepare student-athletes for training.
2. Understanding the importance of having a "broad toolbox" and be prepared to improvise at a moment's notice.
3. Training doesn't have to be serious all the time, find ways and appropriate times to keep training fun.



**Mark Uptegraff | Boston College**

**Title:** *Pre-lift & Pre-movement Techniques*

**Type of Presentation:** Lecture/Hands-on | Dynamic Warm-Ups

**Learning Objectives:**

1. Understanding the importance of and need for RAMP within your pre-lift and pre-movement activation and warmups to appropriately prepare student-athletes for training.
2. Understanding the importance of having a "broad toolbox" and be prepared to improvise at a moment's notice.
3. Training doesn't have to be serious all the time, find ways and appropriate times to keep training fun.



**Michael Kiely | University of Virginia-Wise**

**Title:** *Pre-lift & Pre-movement Techniques*

**Type of Presentation:** Lecture/Hands-on | Dynamic Warm-Ups

**Learning Objectives:**

1. Understanding the importance of and need for RAMP within your pre-lift and pre-movement activation and warmups to appropriately prepare student-athletes for training.
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3. Training doesn't have to be serious all the time, find ways and appropriate times to keep training fun.



**Bill Foran | Miami Heat**

**Title:** *Stories and Tips From Over 4 Decades in the Profession*

**Type of Presentation:** Lecture | MSCC Spotlight

**Learning Objectives:**

1. My Story
2. 5 Tips for athletes and coaches
3. Improving weight room culture



**Joey Guarascio | Florida Atlantic University**

**Title:** *Managing the Training Continuum: Building Capacities to Feed Skills*

**Type of Presentation:** Lecture | Work Capacity

**Learning Objectives:**

1. Understand a layered approach to training and how it is established
2. Understand the difference between capacities, general skills, and specific skills
3. Create strategies for the development of capacities and how they feed skills



**Vinnie Calautti | Southern Methodist University**

**Title:** *Developing the Complete Basketball Player*

**Type of Presentation:** Lecture/Hands-on | Agility

**Learning Objectives:**

1. Movement strategies (Lifting/Speed/Jumping/COD)
2. RFD Across Career



**Bill Parisi | Parisi Training Systems**

**Title:** *Fascia Training in Athletic Performance - Principles and Application*

**Type of Presentation:** Lecture | Mobility, Flexibility, and Stability

**Learning Objectives:**

1. Understanding the important role tendons, ligaments, and fascia tissues play in speed and injury resilience.
2. Learning how to apply the latest fascia research science to optimize speed and power training.
3. Evaluating an athlete's training needs based on their unique relationship to force and velocity.



**Bill Gillespie | Sorinex**

**Title:** *Masters Roundtable: Training Today's Athlete in These Chaotic Times*

**Type of Presentation:** Roundtable | MSCC Spotlight

**Learning Objectives:**

1. Teach while you coach
2. Love and encourage your athletes



**Mike Roussell | Build Your Base**

**Title:** *How to Use Nutrition to Manage Stress Loads in Student-Athletes for Improved Recovery and Performance*

**Type of Presentation:** Lecture | Nutrition

**Learning Objectives:**

1. To understand the impact of chronic stress (both physical and perceived) on markers of strength, performance, and recovery.
2. To understand how nutrition can be used to attenuate the negative effects of stress on the hermetic impact of exercise.
3. To be able to implement at least 3 nutrition strategies with athletes to better support the effects of stressors on physical performance and recovery.



**Narelle Sibte | (ASCA) Australian Strength and Conditioning Association**

**Title:** *Movement Matters*

**Type of Presentation:** Lecture | Mobility, Flexibility, and Stability

**Learning Objectives:**

1. *Philosophy towards training speed/agility/movement training*
2. *Problem solving approach drawing on footage of developmental elite athletes*
3. *Common movement inefficiencies and expanded knowledge of interventions for these problems*



**John Wagle | University of Notre Dame**

**Title:** *Strategic Sports Performance - Supporting Today's Student-Athlete*

**Type of Presentation:** Lecture | Work Capacity

**Learning Objectives:**

1. Discuss the High Performance Model, ranging from its present to recent applications
2. Discuss the design and implementation of an interdisciplinary approach to performance problem solving
3. Demonstrate the value of forming partnerships on and off campus in executing the HPM



**Donnie Maib | University of Texas**

**Title:** *Recovery, Rest, & Reset "How to Properly Care for Your Body While Training"*

**Type of Presentation:** Lecture/Hands-on | Recovery Methods/Routines

**Learning Objectives:**

1. Look closely at root causes of pain and performance
2. Provide simple and effective assessments and interventions
3. Cover practical tools to avoid greater problems down the road



**Bob Harmison | Director of Sports Psychology at JMU**

**Title:** *What is This Thing Called Athlete Mental Health?*

**Type of Presentation:** Lecture/Hands-on | Mental Health

**Learning Objectives:**

1. understand athlete mental health and existing on a continuum from illness to wellness



**Leo Totten | Totten Training**

**Title:** *Optimizing the Olympic Lifts in the Collegiate Setting*

**Type of Presentation:** Lecture/Hands-on | Power Development

**Learning Objectives:**

1. The coaches will understand the value of the Olympic Lifts and their variations providing the “why” to create more “buy in”.
2. The coaches will optimize the instructional strategies they are currently utilizing.
3. The coaches will teach and train their athletes to the level of their own knowledge, experience and comfort.



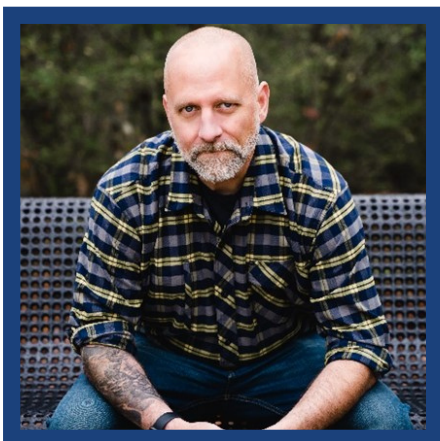
**Stephanie Mock | University of Pittsburgh**

**Title:** *Constructing a Sports Science Department From the Ground Up*

**Type of Presentation:** Lecture | Administration

**Learning Objectives:**

1. Educate coaches on the importance of a sports science department
2. Layout a clear roadmap on how to communicate with administration
3. Provide a clear roadmap to continue to add layers to the performance team / build out a sports science department



**Dave Houser | Unique Advantage**

**Title:** *Principles Based Planning - Strengthening Your Financial Program*

**Type of Presentation:** Roundtable | Finance

**Learning Objectives:**

1. Provide knowledge and a viewpoint no advisor from college is giving.
2. Preventing injuries applies to finances, too.
3. There will be times in a career that unexpected changes happen; how to be prepared.





**Dan Baker | (ASCA) Australian Strength & Conditioning Association**

**Title:** *Using high-intensity aerobic conditioning to improve the Maximal Aerobic Speed (MAS) and sports performance of field sport athletes*

**Type of Presentation:** Lecture | Speed Development

**Learning Objectives:**

1. Recent research on the relationship between Maximum Aerobic Speed (MAS) and playing level and success markers for a few field sports such as soccer and rugby.
2. Changes in MAS then relate to reduction in fatigue markers from games and training despite athletes covering greater distances, greater high-speed distances and greater involvements in games
3. High intensity, time-efficient drills and a progression plans appropriate to a college-aged athletes across pre-season time frames will be detailed.



**Bennie Wylie | University of Southern California**

**Title:** *Connecting the Performance Team: Leaning into Relationships, Expertise, and Collaboration for Athletes*

**Type of Presentation:** Panel | Nutrition

**Learning Objectives:**

1. Better understand the interdisciplinary collaboration between dietitian and strength coach
2. Practical examples and how to apply collaboration in the overall development of athletes.
3. How interdisciplinary views can optimize athlete success.



**Rachel Suba | University of Southern California**

**Title:** *Connecting the Performance Team: Leaning into Relationships, Expertise, and Collaboration for Athletes*

**Type of Presentation:** Panel | Nutrition

**Learning Objectives:**

1. Better understand the interdisciplinary collaboration between dietitian and strength coach
2. Practical examples and how to apply collaboration in the overall development of athletes.
3. How interdisciplinary views can optimize athlete success.



**Chad Workman | University of Louisville**

**Title:** *High Intensity Interval Training (HIIT): Application for Team Sports*

**Type of Presentation:** Lecture | Energy System Development

**Learning Objectives:**

1. Understanding the HIIT training methods and variable manipulation.
2. Programming principles of HIIT
3. Periodization and HIIT



**Emily Schilling | University of Illinois**

**Title:** *In-season Volleyball: Unifying Strength Training & Sport Practice*

**Type of Presentation:** Lecture | Strength Development

**Learning Objectives:**

1. Strength coach and sport coach merging stress to fall on same day
2. Manage stress in the weekly chaos & unpredictability of team sport
3. Encourage S&C performance coaches to adopt a unique strategy to in-season training



**Rodney Hill | University Of Arkansas**

**Title:** *Make Your Force Plate Work For You*

**Type of Presentation:** Lecture | Performance Technology Implementation/Usage/Results

**Learning Objectives:**

1. How a force plate works
2. Interpreting data
3. How it works with other technology



**Kenna Smoak | United States Military Academy**

**Title:** *A Plane Plan for Baseball - How to Incorporate Rotation into the Weightroom*

**Type of Presentation:** Lecture | Mobility, Flexibility, Stability

**Learning Objectives:**

1. Application of the barbell lifts for upper and lower body
2. Abdominal bracing, anti rotation, and single leg strength
3. Incorporating rotation in and out of season



**Bill Gillespie | Sorinex**

**Title:** *Training Application for Power Sports*

**Type of Presentation:** Lecture | Power Development

**Learning Objectives:**

1. Strength/weaknesses of velocity based training
2. New exercises to improve performance



**Gabe Sanders | Research Directs**

**Title:** *Data collection, analysis, and framing the season as an experiment.*

**Type of Presentation:** Roundtable | Research/Publishing

**Learning Objectives:**

1. Identify basic principles of scientific writing
2. How to structure a manuscript for peer-review
3. Do's and Don'ts of scientific writing



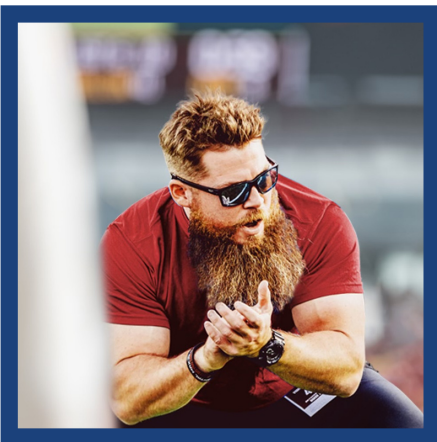
**Corey Peacock | Research Directs**

**Title:** *Data collection, analysis, and framing the season as an experiment.*

**Type of Presentation:** Roundtable | Research/Publishing

**Learning Objectives:**

1. Identify basic principles of scientific writing
2. How to structure a manuscript for peer-review
3. Do's and Don'ts of scientific writing



**Lucas White | Boise State University**

**Title:** *Conjugate Adapted: Practical Application for the College Weight Room*

**Type of Presentation:** Lecture | Power Development

**Learning Objectives:**

1. Overall structure and how other coaches can implement it in their environment
2. How to structure for different training periods (winter/summer, spring/fall camp, in-season, Devo)
3. Blending to complement fieldwork



**Ryan Metzgar | University of Tennessee**

**Title:** *In-Season Resistance Training for Collegiate Women's Soccer*

**Type of Presentation:** Lecture | Strength Development

**Learning Objectives:**

1. Which movement and strength boxes to check with while training in-season
2. Readiness Testing and Monitoring
3. Agile approach during the competitive season