



# 2024 NATIONAL CONFERENCE

## MONDAY, MAY 6TH










|   |  |   |
|---|--|---|
| 9:00 am to 12:00 pm<br>1:00 pm to 7:30 pm | <b>REGISTRATION OPENS</b>  | CC - Concourse 103  |
| 7:00 - 9:00 am                            | <b>PRACTICAL EXAM ADMINISTRATION REVIEW</b><br>MSCC Check In and Breakfast at 6:45 am<br>Breakfast Buffett begins at 6:45 am<br>MSCC only  | Omni Hotel -<br>FT Worth Ballroom 4-5   |
| 8:30 - 9:00 am                            | <b>CHECK-IN PRACTICAL</b><br>SCCC Candidates only  | Omni Hotel -<br>2nd Floor Registration Desk   |
| 9:15 am - 1:00 pm                         | <b>PRACTICAL EXAM</b><br>SCCC candidates & invited MSCC only<br>Lunch served immediately following testing - MSCC ONLY   | Omni Hotel -<br>Texas Ballroom A-J  |
| 12:45 pm - 2:45 pm                        | <b>SPEED NETWORKING</b><br>This is a pre-registered event for CSCCa members only.  | Omni Hotel -<br>Texas Ballroom A-J  |
| 3:15 - 4:45 pm                            | Michael Curtis, Randy Bird, Eric Freese<br><i>Strategies for Optimizing Load Management to Maximize Performance and Prevent Overtraining</i><br><b>GATORADE PRE-CON</b><br>ALL are welcome, please register in Whova | <br>CC -<br>Ballroom C |
| 5:00 pm                                   | <b>EXHIBIT HALL OPEN</b>   |   |
| 5:30 - 7:00 pm                            | <b>OPENING COACHES/EXHIBITORS SOCIAL</b><br>Food served 5:30-7:00 pm<br>ALL are welcome, please register in Whova  | CC -<br>Exhibit Hall B-F  |
| 7:30 pm                                   | <b>EXHIBIT HALL CLOSED</b>   |   |

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|--------------------|--|---|---|
| 6:30 – 8:00 am     | The Omorpho Gravity Training Session featuring the G-Vest <b>OMORPHO</b>   | <b>EARLY BIRD WORKOUT</b><br>CSCCa Swag Giveaway - Center Stage   | CC - Exhibit Hall B-F   |
| 6:45- 7:50 am      | Joel Tudman  | <b>MINORITY S&amp;C BREAKFAST</b>   | CC - 202A-D   |
| 7:00 am – 4:00 pm  | <b>INTERVIEW ROOM AVAILABLE</b><br>Sign up on the door to reserve your spot to hold interviews.  |   | CC - 102A-D   |
| 7:30 am – 4:00 pm  | <b>REGISTRATION OPEN</b><br>Last day to check-in.  |   | CC - Concourse 103  |
| 8:15- 9:15 am      | Francis Neric & Brian Biagioli<br><i>Ensuring a Safe Future: ATHLETEALIVE2025 - A Student Athlete Safety Initiative</i><br>CC - Ballroom C               | Andrea Hudy<br>Co-Presenters: Paige Leonard & Jui Shah<br><i>Connections Through Chaos</i><br>CC - Ballroom B               | Brandon Hummer, Ryan Gearheart, Jordan Nilson<br><i>Development of the Mentor/Mentee Relationship and the Evolution of the Internship Program</i><br>CC - 201A-C        |
| 9:30 – 10:10 am    | Gift Card Giveaway   | <b>TEAM MEETING</b><br>"Business Meeting"   | CC - Ballroom B   |
| 10:00 am – 5:00 pm | <b>EXHIBIT HALL OPEN</b>   |   | CC - Exhibit Hall B-F   |
| 10:20 – 11:30 am   | Scott Sinclair<br><i>50,000 Foot View of Georgia Football S&amp;C</i>  | <b>KEYNOTE</b>  | CC - Ballroom B   |
| 11:00 – 1:30 pm    |  | <b>BRUNCH</b><br><i>Master Chats with Gatorade, Eleiko, Mondo, and Build Your Base</i>                                      | CC - Exhibit Hall B-F   |
| 1:40 – 2:40 pm     | Emily Nolan<br><i>Going Pro – Key Considerations for the Collegiate S&amp;C Coach Preparing Male Basketballers to go Professional</i><br>CC - Ballroom C | Jimmy Radcliffe<br><i>Plyometric Concepts and Speed Development</i><br>Platinum Sponsor Learning Lab<br><br>CC - Ballroom A | Karin Werth, Tredell Dorsey, Whitney Rodden, Lorenzo Guess<br><i>Challenges Facing the Strength and Conditioning Professional</i><br>CC - Exhibit Hall B-F Center Stage |
| 2:50 – 3:50 pm     | Michael Waller<br><i>Armor Plating the Shoulder Girdle: Injury Prevention and Return to Play</i><br>Platinum Sponsor Learning Lab<br>CC - Ballroom A     | Pat Ivey, Michelle Diltz, Missy Mitchell-McBeth, Rob Glass<br><i>The Future Strength Coach</i><br>CC - Ballroom C           | Lauren Link<br><i>Supplements &amp; Sports Performance: An Update on the Science and Application</i><br>CC - 201A-C   |
| 4:00 – 5:00 pm     | Christopher Virtue<br>Co-Presenters: Indiana Strength Staff<br><i>45 + 45 = 135</i><br>CC - Ballroom C   | Taylor Lorbecki<br><i>Developing the Human Weapon System</i><br>Platinum Sponsor Learning Lab<br>CC - Ballroom A            | Gio Grassi<br><i>Using GPS Tracking Data to Help Mitigate Hamstring Injuries</i><br>CC - Ballroom B   |
| 5:15 – 6:15 pm     | <b>MSSC POWER HOUR</b><br>MSSC Only  |   | CC - Exhibit Hall B-F Center Stage  |
| 5:15 – 6:30 pm     | <b>INDUCTEE PHOTOS</b><br>2024 MSSC Inductees Only   |   | Omni Hotel - Stockyard 3  |
| 6:30- 7:00 pm      | <b>MSSC GROUP PHOTOS</b><br>MSSC Only  |   | Omni Hotel - Stockyard 1  |
| 7:00 – 9:00 pm     | <b>MSSC DINNER &amp; CEREMONY</b><br>Everyone is welcome, please register before.  |   | Omni Hotel - Texas Ballroom A-J   |
| 9:00 pm            | <b>MSSC RECEPTION</b>  |   | Omni Hotel - Texas Ballroom Foyer   |



# 2024 NATIONAL CONFERENCE

## WEDNESDAY, MAY 8TH

|                   |  |  |  |
|-------------------|--|--|--|
|                   | <b>REGISTRATION CLOSED</b><br>No registration check in available   |  |  |
| 6:00 - 6:40 am    | Jerry Palmeiri   | <b>FCA BREAKFAST</b><br>Continental Breakfast  | <br>CC - 102  |
| 6:30 - 8:00 am    | <b>EARLY BIRD WORKOUT</b><br>CSCCa Swag Giveaway (Gifts Cards & Conference Registration) - Select Exhibitor Booths   |  | CC - Exhibit Hall B-F  |
| 6:45 - 7:50 am    | Marla Gladstone  | <b>FEMALE S&amp;C BREAKFAST</b>  | <br>CC - 202A-D   |
| 8:00 am - 2:00 pm | <b>INTERVIEW ROOM AVAILABLE</b><br>Sign up on the door to reserve your spot to hold interviews.  |  | CC - 102A-D  |
| 8:15 - 9:15 am    | Ian Bonder & Andrew Shim<br><i>Microdosing: From Theory to Practical Application</i><br><br>CC - 201A-C  | Jeanne Rankin, Greg Adamson, John Spurlock, Clare Quebedeaux<br>2023 CSCCa Salary Survey: Findings and Where We Go From Here as a Profession<br><br>CC - Ballroom B  | Torre Becton & Sam Contorno<br><i>Texas Football In-Season Training Load Monitoring</i><br><br><br>CC - Ballroom C |
| 9:00 am           | <b>EXHIBIT HALL CLOSES</b><br>Exhibit Hall opened from 6:30 am - 9:00 am   |  |  |
| 9:25 - 10:35 am   | Jerry Palmeiri<br><i>Lessons Learned from a Career in Coaching</i>   | <b>KEYNOTE</b>   | <br>CC - Ballroom B   |
| 10:45 - 11:45 am  | TJ Greenstone<br><i>Programming and Periodization: Considerations to Maximize Your Olympic Style Lifts</i><br><br><br>CC - Ballroom A | Kaz Kazadi<br>Co-Presenters: TCU Staff<br><i>Gone in 30 Seconds: The Myth of Transitions</i><br><br><br>CC - Ballroom C                 | Zach Witherspoon<br><i>Get it to the Game - Applied Sports Science for Football</i><br><br>CC - Ballroom B   |
| 11:55 - 12:55 pm  | Clare Quebedeaux<br><i>Optimizing the Transfer Portal</i><br><br><br>CC - Ballroom B  | Dr. Kim Schwanbenbauer<br><i>The Female Athlete: Unique Nutritional Challenges and Practical Recommendations</i><br><br><br>CC - 201A-C | Dr. Earnest Fingers<br><i>The Most Powerful Difference Makers: Making Culture and Mindset the Competitive Advantage!</i><br><br>CC - Ballroom C  |
| 1:05 - 2:05 pm    | Scott Livingston<br><i>Exploring Specific Movement Attributes</i><br><br><br>CC - Ballroom A  | Dr. Andreas Stamatis<br><i>Mental Toughness for Strength Coaches: Practical Applications through Pressure Training</i><br><br>CC - 201A-C  | Cullen Carroll<br><i>Working for the Weekend: In-season Return to Performance Methods</i><br><br>CC - Ballroom C   |
| 2:10 pm           | <b>CONFERENCE ADJOURNED</b>  |  |  |