

## SYMPOSIUM SPEAKERS & ADVISORY COMMITTEE



### Symposium Speakers

**Jeremy Boone**  
Owner of Winning Leader  
"How to become a leader for young athletes"

**Jakob Davis**  
Owner & Operator  
The Nutrition Store, LLC.  
"Fundamentals of nutritional strategies & supplementation as coaches"

**Derek M. Hansen, CSCS**  
SPS Performance Consulting  
"Sprint mechanics for performance and return to play"

**A.J. Kaschak MSED, USATF, SCA, USTFCCA**  
Assistant Track & Field Coach- Sprints & Relays  
UNC- Charlotte  
"Strength training personalization for speed based programs"

**Adam Lane CSCS, USA-1&2, FMS, USATF-1, HSSCS**  
Head Strength & Sports Performance Director  
Decatur Central High School  
"Strength and power development for the in-season basketball player"

### Advisory Committee

**Stefanie Cox, MS, ATC**  
Educational Coordinator  
Sports Medicine Institute

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

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

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

**Blake Scribner, SSC-II, USAW-II, ACSM**  
Internship Coordinator/ Performance Coach  
Sports Medicine Institute

**Scott Senger, MS, RSCC, CSCS, CSSE, ATC**  
Director of Strength and Conditioning  
Broome High School

**Mike Srock, NASE, USAW-III**  
SCACA Hall of Fame  
NHSSCA Hall of Fame  
SCHSSCA Hall of Fame

## 8<sup>TH</sup> ANNUAL STRENGTH & CONDITIONING SYMPOSIUM



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Sports Medicine  
Institute

Sports Performance

9768 Warren H, Abernathy Highway  
Spartanburg, SC 29301

Saturday, February 5, 2022



Speed | Power | Agility | Strength | Endurance

**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 programming and movements.

**Target Audience**

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

**Registration**

Fee includes handout materials, certificate of attendance.

Continuing Education Credit

**NSCA:**

Applied for 0.5 CEU Category A.

**CSCCa:**

Collegiate Strength & Conditioning Coaches Association (CSCCa) approved ##### CEU certified individuals attending this event. (PENDING APPROVAL)

**NASE:**

CEUs apply toward certifications renewal.

**CSCCa CEU**  
APPROVED



**Athletic Trainers:**

Spartanburg Regional Sports Medicine is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 5 Category A hours/CEUs.

**Others:**

A certificate of attendance for 5 hours will be awarded.

**For more information on program content or registration contact:**

**Matt Lyden**

Phone: 864-560-5104

Email: mlyden@srhs.com

**Gary Hazelwood**

Phone: 864-560-5699

Email: ghazelwood@srhs.com



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