6:00am – 7:45am  Registration & Check-In - Kennedy Sports + Recreation Center

7:45am – 8:00am  Doug Smith, MS, RSCC‘E, CSCS, NSCA-CPT, NASM-PES, USAW Senior, Clinic Director; Juniata College, Strength Coordinator

8:00am – 8:55am  Tony Decker, MS, CSCS, Susquehanna University, Head Strength & Conditioning Coach and Fitness Center Director  
"Utilizing Partial Movements in Training the Injured Athlete"
 Leo Totten, Totten MS, USAW 5 (Senior International Coach, Owner, Totten Training Systems, LLC  
"The Snatch - Not Just for Weightlifters Anymore"

9:00am – 9:55am  Tom Swaldi DPT, ATC, CSCS, Star, Inc. Physical Therapy and Fitness,  
"Proprioception after Knee Injury"
 Cory Watts, MS, RSCC, CSCS, USA-1, Haverford College Head Strength & Conditioning Coach and Fitness Center Director  
"Adjustable Workout System"

10:00am – 10:55am  Martin A Fees, MS, PT, CSCS, Rehabilitation Specialist & Co Owner of Go Sport Physical Therapy in Gettysburg  
“The use of NMES is prevalent in physical therapy”
 Scott Bennett, MS, RSCC, CSCS, Radford University Head Strength & Conditioning Coach  
“Year Long Baseball Training”
 Hand-On Session  
Dave Brixius, CSCS, Owner of - Explosive Sports Performance  
“Run Like Barry”

11:00am – 11:55am  Andy Bosak, Ph.D., CSCS, HFS. Liberty University, Exercise Science Professor and Director of Exercise Science Master’s Degree Program Liberty University  
“Utilizing Sport Science Technology to Improve Athletic Performance.”
“Yearly Template of Training for the Olympic Sports Athlete”
 Hand-On Session  
Todd Barnes, MS, CSCS, NASM-PES, Head Strength & Conditioning Coach/Fitness Director Arcadia University  
“Mobility Circuits for Soccer”

12:00pm – 12:55pm  Lunch / Ellis Dining Hall

1:00pm – 1:55pm  Darin Thomas, MS, CSCS - Muhlenberg University, Strength and Conditioning Director  
“A Strength and Conditioning Program to Develop Young Athletes”
 Hand-On Session  
Eric Mitchell, CSCS, USATF Level 1 – CO-Owner Parsi Speed School, Owner  
“Proper warm-up techniques for acceleration, top speed, change of direction and strength”

2:00pm – 2:55pm  James F. Cerullo, PhD, ATC, CSCS, Lecturer and Internship Coordinator Department of Health and Fitness, SUNY Oneonta, Oneonta, NY
“Variations of the Squat: Kinematics to Consider”

Hand-On Session
William Maher, NSCA-CPT, Certified Kettlebell Instructor, Fitness Instructor
“Hands-on Kettlebell Training Workout”

3:00pm – 3:55pm
Jerry Shreck, MS, ATC/L, NCSF-CPT, Bucknell University Strength Coordinator
“Assessing the Risk and Preventing ACL Tears”

Hand-On Session
Andy Bosak, Ph.D., CSCS, HFS, Liberty University, Exercise Science Professor and Director of Exercise Science Master's Degree Program Liberty University
“TRX and other Suspension Training Systems: Equipment for both Resistance Training and Aerobic Conditioning”

4:00pm – 4:55pm
Cam Davidson, MS, CSCS, SCCC, USAW, Penn State University, Strength and Conditioning Coordinator
“A Simple and Effective Implementation of Postural Restoration Concepts into the Training Program”

Hand-On Session
Michael R. Rankin, MS, CSCS, Drexel University, Director of Strength & Conditioning
“Lightning Fast Agility with Ladders and Hoops”

5:00pm – 5:55pm
WE Buckley, PhD, MBA, LAT, ATC, Coordinator Athletic Training and Sports Medicine Graduate Education & John Vairo, MEd, ATC – Penn State University & Doctoral Student, Thomas Newman
“The Effects of Prophylactic Ankle Bracing on Dynamic Reach Distance and Obstacle Performance in Military Cadets”

Hand-On Session
Joe Chaitkin, M.S., C.S.C.S., FMS, Master CKI, Professor at West Chester University
“Kettlebell and Metabolic Conditioning”

6:00pm – 6:55pm
Christopher Costa, MS, Owner Assist Performance, Haddonfield, NJ
“Energy Systems in Hockey”

Hand-On Session
Jedd Johnson, CSCS - DieselCrew.com, Wyalusing PA
“Training for Strongman Competition”

Cookout & Social
Saturday
June 11, 2016

6:00am – 6:55am  Breakfast / Ellis Dining Hall

7:00am – 7:55am  Kate Decker, CSCS, USAW, USA Track and Field Coach, ART Provider, FST Provider-Level III-Medical, NCTMB, MMP, Contracted Advanced Muscle Therapist, Philadelphia Eagles

   “Understanding Fascia,” Affects on Performance and Injury Return

   Todd Hamer MS, CSCS - Robert Morris University Strength Coordinator
   “Training Athletes at the Low D1 Level”

8:00am – 8:55am  Alan DeGennaro, MS, ATC, CSCS, Carnegie Mellon University Strength and Conditioning Coordinator and Ben Swogger

   “Examining Relationships between Bunkie Testing and Athletic Injury”

   Jeremy Golden, MS, CSCS, Providence College Strength and Conditioning Coach
   “Off-Season Training Program for the Collegiate Basketball Player: Individualization, Volume Management”

9:00am – 9:55am  Will Peveler, Ph.D., Northern Kentucky University Assistant Professor of Exercise Physiology

   “Resistance Training for Endurance Athletes: Research and Practical Application”

   Keith Klahold, MS, ATC, CSCS Wilkes University, Fitness Facility Coordinator/Strength and Conditioning Coach
   “In-season Training for Wrestling”

10:00am – 10:55am  Robert A. Panariello, MS, PT, ATC, CSCS, Founding Partner, Chief Clinical Officer, Professional Physical Therapy Bridging the Medical

   “Performance Training Gap during the Sports Rehabilitation and Performance

   Jay DeMayo, MS, CSCS, Head Strength Coach Men & Women’s Basketball University Richmond
   “Programming: the reality of how it is set up”
   “Enhancement Training of the Athlete”

11:00am – 11:55am  Craig M. Newton, MS, CSCS, Instructor - Wellness Department / Exercise Sciences at the Community College of Baltimore County

   “Macronutrient Needs for Athletes

   Dave Polcha, CSCS, Clinical Exercise Physiologist Somerset Hospital, Somerset
   “Applying Organized Strength and Conditioning to the High School setting and the immediate impact it can have”

12:00pm – 12:55pm  Timothy Harvey, MS, CSCS -Mercyhurst University, Coordinator of Exercise Science Mercyhurst University

   “Selected Performance Enhancing Substances in Exercise and Sport – Dietary and Pharmacologic”

   Ryan P. Cidzik, MS, CSCS, RSCC, USAW- University of Buffalo
   “Neck Testing & Training Methods for Football”
Juniata College
Pennsylvania State Strength & Conditioning Clinic
June 10-11, 2016
Registration Form

Name ________________________________________________________________________________________
Address ______________________________________________________________________________________
City ______________________________________________________  State______________   Zip___________
Phone __________________________    Fax ___________________ Email   _____________________________

Certifications:
   ___ Other – Open to anyone interested in Sports Performance Enhancement

   ___ NSCA – 1.6 CEU’s

   ___ BOC – 16 Total Category A CEU’s

   ___ Pennsylvania Act 48 (Health & Physical Education Teachers) – 16 Contact Hours (Additional $50.00 fee)

Package Options:

   ___ Overnight Package – $290.00 (Thursday & Friday Night Lodging- On campus, double occupancy)
      *Includes Two Day Registration, 3 Meals, Clinic Material, T-shirt, 2 Night Lodging
      (Roommate Preference: __________________)

      ***Limited single rooms available: Additional cost of $50.00)

   ___ 2 Day Package - $245.00 (No Overnight Lodging)
      *Includes Two Day Registration, 3 Meals, Clinic Material, T-shirt

   ___ 1 Day Package - $160.00 (Registration for Friday or Saturday Conference) Circle day attending
      *Includes One Day Registration, 2 Meals, Clinic Material, T-shirt

ON-LINE REGISTRATION:  http://www.juniata.edu/services/conferences/campsconf.html

General Information
Where:  Juniata College, Huntingdon, PA
When:  June 10 & 11, 2016
Who Should Attend:
   Strength & Conditioning Coaches
   Athletic Trainers / Physical Therapists
   Sport Coaches
   Athletic Administrators
   Personal Trainers and Fitness Instructors
   Athletes interested in Sport Specific Strength & Conditioning
   Pennsylvania Health & Physical Education Teachers

Refund Policy:
   Full refund less $50 if postmarked by 5/23/16.
   All refund requests must be made in writing.

Make Checks Payable to Juniata College and mail to:
Juniata College
Attention: Conferences and Events Office
1700 Moore Street
Huntingdon, Pennsylvania 16652-2196

Phone Registration:
   Conferences & Events Office
   814-641-3605 or 814-641-3606

Payment Options:  ________Check  _______Cash
Credit Card Option:
   □ Visa  □ Master Card  □ Discover  □ American Express

Name on Card: _____________________________
Card Number: _____________________________
Expiration Date: _______________________