19th Annual Juniata College Sports Performance Conference
Friday / June 21

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  *Leslie J. Bonci, MPH, RD, CSSD, LDN, is the owner of “Active Eating Advice-be Fit, Fed, Fearless”

“Sports Nutrition for Injury Prevention and Rehabilitation”

Joe Schoeleber, MS, CSCS, Mercyhurst University, Head Strength and Conditioning
“Combining Triphasic and 5-3-1 X's and O's Plus Results”

9:00am - 9:55am  *Robert A. Panariello, MS, PT, ATC, CSCS, Founding Partner, Chief Clinical Officer, Professional Physical Therapy

“Rehabilitation and Athletic Performance Enhancement Training of Hamstring Injuries”

Leo Totten, Totten MS, USAW 5 (Senior International Coach, Owner, Totten Training Systems, LLC
“Olympic Lifts: Faults and Corrections”

10:00am - 10:55am  *Tanya Williams MS, CSSD, RD, LDN, RYT-200, Owner Clinical Dietitian, & Sports Nutrition Specialist

“RED-S; Relative Energy Deficiency Syndrome”

Paul “Babe” Mayer MS, Mayer Sports Training Center
"The Principles of Functional Movement Training”

11:00am - 11:55am  *Sasha Digges – MS Physical Therapy

“Blood Flow Restriction”

Greg Werner, MS, MSCC, RSCC*E, CSCS, SCCC, Virginia Tech Women’s Basketball Head Strength & Conditioning Coach
“Using Super-Sets and Complexes in Your Programing”

Hands-On Session
Jeremy Golden, MS, CSCS, USAW, Assistant Director of Athletic Performance at the University of New Mexico
“Speed and Conditioning for Basketball Players”

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

1:00pm - 1:55pm  *Mike Craven - True Fitness Solutions - ISSA Personal Trainer Cert,

“What we are not doing to Prevent Heat Stroke”

Scott Bennett, MS, RSCC, CSCS, SCCC, Radford University Head Strength & Conditioning Coach
“Teaching progressions for fundamental Lifts”

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

2:00pm - 2:55pm  *Dr. Savannah Bailey, DAT, LAT, ATC, CSCS, CES, CCT

“Negative Pressure Therapies”

Darin Thomas, MS, CSCS - Muhlenberg University, Strength and Conditioning Director
“A Strength & Conditioning Program for Developing Young Athletes”
Hands-On Session
Todd Barnes, MS, CSCS, NASM-PES, Head Strength & Conditioning Coach/Fitness Director
Arcadia University
"Performance Monitoring Techniques for Volleyball.

3:00pm - 3:55pm
Bryan Miller, MS, CSCS, Annapolis Naval Academy, Associate Strength and Conditioning Coach / Sports Science Coordinator
"Stiffness and Elasticity for Sprinting and Injury Prevention"

Rob Oviatt, MS, MSCC
“Summer Conditioning for Football with Discipline and Toughness”

Hands-On Session
*Frank Velasquez Jr. ATC, CSCS’R, Allegheny Health Network, Director Sports Performance
“Scapular Strength Options for Improved Posture and Shoulder Care”

4:00pm - 4:55pm
*Will Peveler, Ph.D., Liberty University Assistant Professor of Exercise Physiology
“Strength and Conditioning for Combat Sports”

Michael R. Rankin, MS, CSCS, Drexel University, Director of Strength & Conditioning
“Training for Sports – More Similarities than Differences”

Hands-On Session
Franko Alexander, M.S. CSCS RSCC, Alexander Strength Development, LLC
Owner/ Head Strength & Conditioning Coach
“Baseball Strength & Conditioning”

5:00pm - 5:55pm
*Tom Swaldi DPT, ATC, CSCS, Star Physical Therapy & Fitness
“Temporomandibular Joint Dysfunction in the Athletic Population”

Curt Lamb, MS, CSCS, USAW, Head Strength and Conditioning Coach
Strength Coach New Zealand Men's Lacrosse - Limestone College, Assistant Athletic Director for Sports Performance;
“Conditioning for Lacrosse”

Hands-On Session
Dave Brixius, CSCS, Owner Explosive Sports Performance
“A.D.R. Speed System for Training the Female Athlete”

6:00pm - 6:55pm
*Robert Taylor, Jr., CSCS, CCS, PES, CES, CSES, NSCA-CPT, NSPA-CP
“Dissipating Sub-Concussive Forces”

Cam Davidson MS, SCCC, CSCS, AOLC, Penn State University, Assistant Director of Performance Enhancement
“Performance Training for Penn State Men’s Hockey”

Hands-On Session
Todd Hamer MS, CSCS – George Washington University Strength Coordinator
“Starting at Square one with a New School’

7:00pm
Grip Contest
Jedd Johnson, CSCS, DieselCrew.com, Wyalusing PA

Cookout & Social
19th Annual Juniata College Sports Performance Conference
Saturday / June 22

6:00am - 6:45am  Breakfast / Ellis Dining Hall

7:00am - 7:55am  *Andy Bosak, Ph.D., CSCS, HFS, Liberty University, Exercise Science Professor and Director of Exercise Science Master's Degree Program Liberty University
“Assessment and Strength training and Conditioning for Professional Firefighters”

8:00am - 8:55am  *Alan DeGennaro, MS, ATC, CSCS, Carnegie Mellon University Strength and Conditioning Coordinator
“Expanding the Strength-Aerobic Method: Implications for Health, Performance, and Injury Prevention”

William Hicks, RSCC’E, CSCS, Syracuse University, Assistant Athletics Director/Athletic Performance (Olympic Sports)
“From Football to Olympic Sports Training”

9:00am - 9:55am  *Kate Decker, CSCS, USAW & USATF Coach, FST Level 3 Medical Specialist, ART Provider Institute of Athletic Movement Founder/Director of Athletic Movement Contracted with CCU Football & UNC Women’s Basketball InstituteOfAthleticMovement.com
“Demonstrations of Active Release Technique and Fascial Stretch Therapy combined with Postural and Movement Observations for both the Injured and Non-Injured Athletes”

Brandon Hourigan, MS, CSCS, Wake Forest University Head Strength Coach
“Developing a Football Specific Strength and Conditioning Program- A practical approach for the High School Football Coach”

10:00am - 10:55am  *Todd Burkey, MS, ATC - Youngstown State University, Athletic Trainer & Strength Coach
“RPR (Reflexive Performance Reset)”

Jay DeMayo, MS, CSCS, University of Richmond, Strength & Conditioning
“Performance Program for Swimming and Diving”

11:00pm-11:55pm  *Jerry Shreck, MS, ATC/L, NCSF-CPT, Bucknell University Strength
"Identifying Weak Links, Movement Pattern Awareness, & Corrective Exercise For Maximal Results and Reduction of Injuries"

"Year round training for Power Sports (Basketball and Volleyball)"

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

1:00pm - 1:55pm  *Tony Decker, MS, CSCS, Coastal Carolina University Director of speed, Strength & Conditioning
“Partial Movement Teaching Progressions for the Injured or Restricted Athlete”

Caryn Bailey, CSCS, University of Kansas Sports Performance Assistant Coach
“In-Season Training for the Softball Athlete”

2:00pm - 2:55pm  *Timothy N. Harvey MS, ATC, Mercyhurst University, Assistant Professor in the Sports Medicine Department, Erie PA
“Pharmacology: How Common Medications act and interact with the body during Exercise”
Bobby Fisk, MS, CSCS, New Jersey Institute of Tech
“Year Round Training for Collegiate Men's Soccer - Progressions and Variations for Speed and Strength

3:00pm - 3:55pm

*Stuart Singer [ssinger@wellperformancecoach.com]
"The Core Psychological Principles of the Performance Environment"