Approved Continuing Education Presentations

Commonwealth of Pennsylvania
Department of State Bureau of Professional and Occupational Affairs

Pennsylvania Physical Education Teachers
Act 48
Robert A. Panariello MS, PT, ATC, CSCS is a Founding Partner and the Chief Clinical Officer at Professional Physical Therapy

“Strength Training for the Overhead Athlete: Guidelines for Injury Prevention and Performance Training Success”

**Abstract**
The enhancement of an athlete’s physical qualities is an important factor for ensuring optimal overhead athletic performance. With athleticism and skill being equal, the stronger and more powerful athlete has a distinct advantage over their weaker opponent. Often associated with the training of the overhead athlete (i.e. baseball pitchers, throwers, volleyball players, etc.) is the concern by both sport coaches and parents for the incorporation of overhead strength and power exercises with regard to possible injury to the shoulder complex and more specifically the rotator cuff musculature. This presentation will provide the attendee with the biomechanics of the shoulder complex as related to overhead exercise performance, exercises to incorporate during overhead training as well as the exercise modifications necessary for various shoulder pathologies. Also included will be guidelines for arm deceleration training and overhead program design to avoid excessive muscle fatigue to assist in injury prevention and result in optimal athletic performance.

**Educational Need and Professional Practice Gap Analysis**
Associated with the training of the overhead athlete (i.e. baseball pitchers, throwers, volleyball players, etc.) is the concern of overhead strength and power exercises with regard to possible injury to the shoulder complex and more specifically the rotator cuff musculature. Although the need for specific training protocols for the overhead athlete is recognized, shoulder injuries still are a major problem and concern in overhead sports.
The participate will be able to design an appropriate overhead exercise program with modifications for various shoulder pathologies addressing excessive shoulder complex fatigue for assisting in injury prevention and optimal athletic performance

**Learning Outcomes**
Upon completion of this presentation:
- The attendee will be able to demonstrate an understanding of the biomechanics of the shoulder complex during overhead exercise performance training
- The attendee will be able to demonstrate an understanding of appropriate overhead exercise implementation and program design, with modification when necessary for various shoulder pathologies
- The attendee will be able to incorporate an arm deceleration training program for the overhead athlete
- The attendee will be able to design an overhead athletic enhancement training program while avoiding excessive shoulder complex fatigue to assist in injury prevention and optimal athletic performance

**Biography**
Robert A. Panariello MS, PT, ATC, CSCS is a Founding Partner and the Chief Clinical Officer at Professional Physical Therapy with more than 180 facilities in 5 states and the 20,000 square foot state of the art Professional Athletic Performance Center located in Garden City, New York. He is a former Division I Collegiate, Professional Football, and Professional Soccer Head Strength and Conditioning Coach. He has studied the science and performance enhancement training of weightlifters and national sport athletes in Bulgaria, the former Soviet Union and former East Germany. Rob was the recipient of the 2016 NSCA Sports Medicine/Rehabilitation Specialist of the Year Award, the 2015 AASPT Sports Physical Therapy Lynn Wallace Clinical Educator Award, and the prestigious NSCA Presidents Award in 1998. He has more than 60 peer reviewed Sports Medicine/Sports Rehabilitation research and Strength and Conditioning journal, book chapter, and book publications. He lectures nationally on the related topics of sports rehabilitation and the performance enhancement training of athletes.
Andy Bosak, Ph.D., EP-C, CSCS, *D  
Professor and Director, Exercise Science Graduate Program  
Dept. of Health Professions

**TOPIC**

“Strength Training and Conditioning for the Elementary and Middle School Athlete”

**Topic:** (1 Category A CEU)

**EDUCATION DELIVERY METHOD FOR PRESENTATION**

This presentation will be interactive seminar-style lecture to occur during a traditional 50-55min time period with approximately 5min for questions. Verbal participation in the form of questions and statements from the session attendees will be strongly encouraged.

**Abstract**

The performance of collegiate and high school athletes is important to sports performance professionals. However, an area of great interest is the performance of elementary and middle school athletes. With some strength training and conditioning performance centers and summer sport camps geared towards younger athletes, many career and research opportunities have become available working with pediatric athletes. While pediatric athletes can train hard, training these athletes poses interesting challenges as they are not just “little high school or collegiate” athletes. This presentation is intended for strength training and conditioning coaches, exercise and sport science specialists, athletic trainers, physical therapists, and chiropractors who are interested in various aspects (i.e. strength training and conditioning, physiology, etc.) associated with training elementary and middle school athletes. Since interest is increasing in regards to how sports science can improve pediatric athletes’ performance, more research is needed that will assist coaches and pediatric athletes in meeting the demands of their sport, but with a focus on trying to avoid overtraining and burnout later in their athletic careers.
Educational Need and Professional Practice Gap Analysis

Youth strength programs too often are developed on the premises that it is crucial that elementary and middle school athletes are trained in a somewhat similar manner as high school athletes, but do not take into account the importance of training program differences due to the demands of their sport as well as their physiological capabilities and potential adaptations to training.

Conference attendees will be able to design a strength training program for elementary and middle school athletes that improves performance while remaining within the safety barriers of the Pediatric athlete, avoiding overtraining and burnout.

Learning Outcomes

1. Understand that physiological capabilities of pediatric athletes and how to design training programs for these unique athletes.

2. Understand and evaluate specific assessment tests for the pediatric athlete population.

3. Learn about the challenges and barriers to successfully conducting pediatric athlete research studies and designing fitness programs for elementary and middle school athletes.

Biography

Andy Bosak, Ph.D., EP-C, CSCS, *D is a professor and director of the Exercise Science Graduate Programs in the Department of Allied Health Professions at Liberty University. Dr. Bosak earned a Bachelor of Science degree in Physical Education (Emphasis: Exercise Science) and a Master of Science degree in Physical Education (Emphasis: Exercise Physiology) from Western Kentucky University, and completed a Doctorate of Philosophy degree in Human Performance/Kinesiology (Emphasis: Exercise Physiology) at the University of Alabama. Dr. Bosak holds the CSCS and EP-C certifications from the National Strength and Conditioning Association and the American College of Sports Medicine respectively.

Dr. Bosak’s research interests include: 1) evaluating the recovery aspects from sport and occupational performance, 2) improving athletes’ and emergency service workers’ performance, 3) assessing athletes’ and sports officials’ physiological changes pre, post, and during the sporting seasons, 4) analyzing the prevalence of low back pain in physically demanding occupations, and 5) evaluating the physiological responses to and the metabolic costs of exergaming. Dr. Bosak has presented his research and related works at various state, regional, national, and international conferences with over 120 primary presentations and over 80 co-author presentations. Dr. Bosak previously served as a sports scientist for the Professional Referee Organization (PRO) and as an occupational performance specialist with the fire cadets of the Lynchburg City Fire Department. Currently, Dr. Bosak resides in Goode, VA with his wife and five children and serves as a Director and Head Coach for the Trinity Soccer Club.
Abstract
Why are there so many injuries in sport? And, in general, why will the numbers never change? This presentation attempts to answer those questions and will describe a holistic framework to view injury in sport. We will discuss the pillars of injury prevention and the factors coaches control versus the factors athletes’ control. The presentation will also present a strategy professionals can use to prevent various injuries in sport.

Educational Need and Professional Practice Gap Analysis
With the advances made in performance and injury prevention training of athletes in the many various sports, there is not significate decrease in none contact sports injury numbers. Participates of “The Structure of Injury in Sport: A Holistic Framework” will be able to develop a holistic program that accounts for fatigue-resistance with the goal of reducing sports injury.

Learning Outcomes
1. To understand the different pillars of injury and performance and how they interact.
2. To be able to list the factors of fatigue-resistance and how to train to them.
3. To understand when and how to screen athletes to reduce the likelihood of injury or re-injury.
4. To understand various strategies coaches, athletic trainers, and physical therapist can use to prevent various injuries.

Biography
Alan DeGennaro was named the full-time strength and conditioning coach for Carnegie Mellon Athletics in 2011. The University of Pittsburgh graduate has worked in many venues including the National Football League (NFL) and University of Pittsburgh Medical Center.

DeGennaro returns to Pittsburgh after spending three seasons as the assistant strength and conditioning coach with the Cleveland Browns. Prior to his stint in the NFL, DeGennaro worked in the Pittsburgh and Western Pennsylvania area, coaching speed development programs to high school and amateur athletes.

DeGennaro earned his bachelor's degree in athletic training from the University of Pittsburgh in 1997 and earned his master's degree in kinesiology in 1999 from the University of Tennessee. At Tennessee, he worked with the strength and conditioning staff for the Vols’ football program from 1998-99 while attending graduate school.

The Altoona, Pa. native then joined the University of Pittsburgh staff as an assistant strength and conditioning coach for two seasons before directing the sports performance program at the University of Pittsburgh Medical Center from 2001-03. From 2004-05, DeGennaro worked at Velocity Sports Performance, also located in Pittsburgh.
Tony Decker, Director of Speed, Strength and Conditioning at Coastal Carolina University, MS, CSCS, USAW Sr. Coach, USATF Coach

“Planning, Purpose and Coaching”
Developing Your Program and Protocol Philosophies”

**Topic:** (1 Category A CEU)

**Abstract**
In this presentation we will look at and discuss various models and plans in designing thorough programs in training the athlete with a specific purpose geared toward maximizing performance and minimizing the risks of injury. Also to be discussed will be how these plans and models apply to rehab and reconditioning the athlete who is working toward returning to play. Awareness will be brought forth toward energy system demands, muscle balance, muscle working ratios and the specific implementation of appropriate volume and intensity. Discussions will include Wave Principles, Stair Models, Block Application and other forms of periodization concepts to avoid overtraining while gaining the desired physiological responses appropriate for various sports. Also included, will be the integration of corrective movements so that traditional training principles will not be compromised. Whether involved with in-season, off-season or the rehabilitating athlete, these principles will be valuable in proper short and long term planning in helping the athlete reach their goal or return to play.

**Educational Need and Professional Practice Gap Analysis**
There are many performance sports injury program models applied for rehab and reconditioning of athletes who are working toward returning to play. Participates will be able to discuss the advantages of programs based on the Wave Principle, Stair Model, and Block Application Awareness.
Learning Outcomes

1. Learn concepts in program design and rehab protocols regarding volume of work, total tonnage, muscle balance and working ratio’s.
2. Also, develop a systematic plan to incorporating corrective exercises and preventative movements.

Biography

Coach Tony Decker is the Director of Speed, Strength and Conditioning at Coastal Carolina University and a 4x Coach of the Year.

Coach Deck has served as Director of S&C with 5 NCAA College Hall of Fame Coaches and is the former Head Strength Coach of University of Delaware, Temple University and University of Virginia. He has trained over 200 past or current professional football players and more than 10 NFL 1st round draft picks.

With a Dual-Purpose Master’s Degree in Sports Medicine and Strength & Conditioning, and 17 years college teaching experience he utilizes his combined background to assist his athletes’ improvements in strength and speed while reducing injuries and enabling them to come back faster and stronger from injuries.

Deck is a Local, Regional and National Speaker and provides consults to aid teams, athletes, coaches and sports medicine staffs.

While at the college level he has worked with men and women from 22 sports and in the private sector Tony has worked with athletes in the NFL, Olympics, MLB, MLS, USATF, NBA, and high school.
Jeremy Shreck, BS, ATC/LAT, CSSCA, CSCS, WSSC, NCSF-CPT  
Head Strength & Conditioning Coordinator, Bucknell University

“Being Proactive In Training Baseball Pitchers for the Reduction of Pitching Related Injuries”  
**Topic:** (1 Category A CEU)

**Education Delivery Method for Presentation**
This presentation will be interactive seminar-style lecture to occur during a traditional 50-55min time period with approximately 5min for questions. Verbal participation in the form of questions and statements from the session attendees will be strongly encouraged.

**Abstract**
This presentation is designed to get into specific details on evaluating a pitcher’s movement pattern and then how to prescribe specific exercises or mobility stretches to address the athlete’s weakness or imbalance. Being able to access the athlete’s weakness or imbalance is a vital part of the training process in lowering the percentage chance of injuries particularly to the elbow and shoulder of the throwing arm.  
The presentation will go into details on the methods of identifying weaknesses of the body and how to address them with specific exercises. It will also highlight proactive objectives to prevent common injuries pitchers occur.

**Educational Need and Professional Practice Gap Analysis**
There has been numerous research studies regarding the training protocols addressing reduction of Baseball Pitchers shoulder and arm injuries. Participates be able the identify the physical muscular imbalances that contribute to injury Associated with arm movement speed and deceleration, helping in the development of training programs that reduce the likely hood injury in the overhead athlete.
Learning Outcomes

- Attendees will learn what to identify as a weakness or imbalance when evaluating their athletes movement patterns with weight and non-weighted.
- Session attendees will be presented with the presenter’s pitcher’s program which focuses on deceleration mechanics to maximize acceleration techniques which ultimately tries to train athletes to move better and reduce the likely hood injury.
- Attendees will be able to ask questions in regards to any portion of the presentation and be provided precise answers to their questions with the hope the attendee can take away information that will benefit their athletes training in a positive manner.

Biography

Coach Shreck is the Head Strength & Conditioning Coach and Fitness Facilities Coordinator at Bucknell University in Lewisburg, Pennsylvania. Jerry is also the Head Strength Coach for Bucknell’s club power lifting team. The following is a list of certifications and professional memberships that Coach Shreck is currently involved in.

- National Athletic Trainers Association (NATA), Certified/Licensed Athletic Trainer (ATC/LAT)
- National Strength and Conditioning Association (NSCA-CSCS)
- National Council of Strength & Fitness (NCSF-CPT)
- Westside Special Strengths Certified (WSSC)
- Member of the National Athletic Trainers Association (NATA)
- Member of the National Strength and Conditioning Association (NSCA)
- Member of Collegiate Strength & Conditioning Coaches Association (CSSCA)
- Member of the National Council of Strength and Fitness (NCSF)
- Member of Anti-Drug Athletes United Power Lifting Association (ADAU)
- Member of Eastern Athletic Trainers Association (EATA)
- Member of Pennsylvania Athletic Trainers Society (PATS)
Kate Decker, Founder of Institute of Athletic Movement
CSCS, USATF & USAW Coach, FSS Level 3-Medical, ART Provider, Founder/Owner of Athletic Development and Performance Training

“What you don’t know about fascia could be hurting your team. Fascial restrictions, repetitive motions and their effects on sports performance and return from injury.”

**Topic:** (1 Category A CEU)

In this hands-on the correlation between fascial restrictions and decreased performance will be addressed. Case studies on fascial restrictions in athletes returning from injury will also be discussed.
You will learn: contributors to fascial restriction, what to be aware of as a strength, and sport coach and sports medicine professional; signs of fascial restrictions: what to look for and how to reduce these restrictions while working as a team.

This will be the first time Kate will share insight on some of these observations and corrections she has used with many of the Philadelphia Eagles, CCU, Temple Univ., UNC as well as with many professional/Olympic athletes from numerous sports in her business.

**Learning Outcomes**

1) Attendees will discuss contributors to fascial restriction
2) List and explain the signs of fascial restrictions:
3) Understand to reduce fascial restrictions This will be the first time Kate will share insight on some of these observations and corrections she has used with the
Biography
Kate is contracted with Coastal Carolina University as Performance Enhancement Specialist and University of North Carolina's Women's Basketball as Corrective Movement Specialist and is the Founder of Institute of Athletic Movement.

Decker was previously contracted with the Philadelphia Eagles for 9 1/2 years, in which time they made 7 Playoff Appearances and were 3x Division Champions. She also worked with numerous Eagles during their 2004 Super Bowl appearance.

She was Assistant Strength Coach at Temple University and was part of the team, with Coach Tony Decker, to help TU Football reach their first bowl game in 30 years. During this time she was also contracted with TU to assist with athletes recovering from injury by utilizing ART and FST techniques.

Kate was Founder/Owner of Athletic Development and Performance Training for 10 years, and is experienced with athletes of all levels & many sports including MLB, MLS, USATF, NBA, USL, High School, Collegiate & Adult Athletes, & Olympic Medalists of 7 Different Sports. She was also previous Assistant, then Director of NFL Combine Training at Velocity Sports Performance.

Decker holds 17 certifications including: Certified Strength & Conditioning Specialist, USA Track & Field Coach, USA Weightlifting Club Coach, Active Release Technique Provider, Fascial Stretch Specialist-- Level 3 Medical, and ACE Total Golf Performance & Injury Prevention. With her combined background in speed, strength & conditioning, sports and movement patterning and therapy she offers a unique way for athletes and teams to improve performance, reduce injuries, and get back on the field faster. Coach Kate continues to speak locally and regionally on these combined topics as well as on faith, goal setting and motivation.
Hey... What's Shakin'? The Use of Vibration Therapy in Athletes
Topic: (1.5 Category EBP CEU’s)

Abstract
In athletes engaged in strength and conditioning programs, does the addition of vibration therapy improve mobility/flexibility, strength, and power outcomes compared to strength and conditioning alone? P: Athletes engaged in strength and conditioning programs I: Vibration therapy C: No vibration therapy (strength and conditioning only) O: Mobility/flexibility, strength, and power

Educational Need and Professional Practice Gap Analysis
Educational Need: The use of vibration therapy (VT) can improve functional outcomes in athletes, but the application of VT in athletic training settings is relatively new. Because of the novelty of this technique, ATs may be unfamiliar with the clinical and functional use of VT as a therapeutic modality to improve outcomes in patients and athletes. Practice Gap: To date, few clinicians have been exposed to VT in a clinical setting, and therefore, a gap between knowledge and clinical practice exists. This presentation will help close the gap, discussing the evidence behind VT and the various clinical uses of VT, including safety and efficacy of VT in athletes already engaged in strength and conditioning programs.

Biography
Sasha Digges is the Founder & President of PEAK Physical Therapy & Sports Rehabilitation and CORE FITNESS Performance Training Center in Williamsburg, VA. He is a Licensed Physical Therapist, Certified Athletic Trainer, and Certified Strength & Conditioning Specialist. He currently practices as both a physical therapist and sports performance specialist.
Sasha is a practitioner of Trigger Point Dry Needling and an instructor for Kinetacore. He is also certified and instructor for Functional Movement Screen (FMS) and a practitioner of the Selective Functional Movement Assessment. Sasha has been involved in sports medicine/rehabilitation and sports enhancement since 1995. He has trained and rehabilitated non-athletes to athletes ranging from professionals, Olympians, collegiate, and high school to the everyday athletic warriors. His physical therapy specialty includes spine, sports medicine, trigger point dry needling and manual therapy, while his training focus tends to address pre-habilitation, swimmers, and field sports.
“Does Low Level Laser Therapy Decrease Muscle Damaging Mediators after Performance in Soccer Athletes versus Sham Laser Treatment?”

Topic: (1 Category A CEU)

Abstract

Clinical Scenario: Low-Level Laser Therapy (LLLT) has been a controversial topic for its use in athletic recovery, mainly due to the inconsistency in research regarding the timing of application for this modality. Articles on LLLT have assessed its effectiveness in untrained humans through pain scales, functional scales, and blood draws; and has been found capable in non-athletic rehabilitative use. The controversy lies with LLLT use in the recovering athlete, who needs to perform at peak levels on a day-to-day basis. Not only do athletes need to perform at high levels, but each sport is unique in the metabolic demands placed on the athletes’ bodies; this is where the timing of LLLT is controversial. Timing of this modality can alter chemical mediators of the inflammatory process and inhibit damaging enzymes; more specifically blood lactate (BL) and creatine kinase (CK). Clinical Question: Does low level laser therapy decrease muscle damaging mediators after performance in soccer athletes versus sham treatment?

Summary of Key Findings: In 3 studies, LLLT was performed either pre-performance, post-performance, or pre- and post-performance and evaluated at least one of three chemical mediators respectively: blood lactate (2 of 3) and CK (2 of 3). In each article, BL and CK showed a significant decrease (p<0.05) when performed either pre-performance or post-performance versus the control group. The greatest decrease in these mediators was noticed when laser was performed post performance. Clinical Bottom Line: LLLT either at 10J, 30J, or 50J performed at a minimum of 2 locations on the rectus femoris, vastus lateralis, and vastus medialis bilaterally for 10 seconds each is significant in decreasing blood serum levels of BL and CK when performed pre or post-exercise. Strength of recommendations: All 3 articles that applied LLLT to soccer athletes obtained a Physiotherapy Evidence Database score of ≥8/10
Educational Need and Professional Practice Gap Analysis

Low-Level Laser Therapy (LLLT) has been a controversial topic for its use in athletic injury recovery, mainly due to the inconsistency in research regarding the timing of application for this modality. This presentation will demonstrate to the attendee the value Low Level Laser use in injury recovery associated with Soccer.

Learning Outcomes

- Review of Low Level Laser Therapy
- Physiological responses with Low Level Laser Therapy
- Evaluation of current research in Low Level Laser Therapy with soccer athletes
- How Creatine Kinase and Blood Lactate are affected by Low Level Laser Therapy and why it is important to recovery
- How to utilize Evidence Based Practice implications, as it pertains to Low Level Laser in Soccer recovery

Biography

- Jordan Bettleyon has been a part of the Methodist University Athletic Training staff since August 2018. He is primarily responsible for the women’s soccer and men’s baseball teams.
- Jordan is a native of Pennsylvania where he attended Bloomsburg University for his master’s degree in athletic training and bachelor’s in exercise science. While in school, Jordan was the President of the Bloomsburg Sports Medicine Association and was a research intern for the DoD and NCAA through the Grand Alliance Care Consortium for concussion research.
- Prior to full-time employment at Methodist, Jordan worked for Star Physical Therapy and Fitness in Marion Heights (Pa.) as an Athletic Trainer. He assisted in the care of post-surgical patients as well as being contracted to a local high school for event coverage and treatment of athletes.
- Jordan is a Certified Athletic Trainer, a Certified Exercise Physiologist through the American College of Sports Medicine, and a member of the National Athletic Trainers’ Association.
Abstract
The purpose of this presentation is to examine the current literature on the physiological adaptations of endurance training. There are many adaptations that occur due to the applied stimulus of endurance training. These adaptations result in improved transport and utilization of oxygen as well as an overall improvement in oxidative energetics. The primary adaptations that will be covered are adaptations to: muscle fiber, capillaries, myoglobin, mitochondria, energy systems, stroke volume, heart rate, cardiac output, and blood composition. As a coach or athlete it is important to understand the adaptations that occur due to endurance training so that you can appropriately develop a training plan and effectively monitor progression. This presentation will not only discuss the adaptations to endurance training, but also their practical application.

Educational Need and Professional Practice Gap Analysis
Current literature and research on the physiological adaptations of endurance training improved address transport and utilization of oxygen as well as an overall improvement in oxidative energetics.
After attending the presentation the participant will understand the practical applications of endurance training for enhancing performance and preventing injury by gaining the ability of recognizing symptoms of overtraining.
Learning Outcomes

• Develop an understanding of adaptations to endurance performance.
• Identify key markers for adaptation.
• Gain knowledge on how to monitor progression.
• Identify the symptoms of overtraining as they relate to endurance adaptations; primarily resting heart rate.

Speakers Biography

Education
• Ph.D. University of Alabama
• M.S. Western Kentucky University
• B.A. Western Kentucky University

Dr. Will Peveler serves as a Professor in Exercise Science at Liberty University. He has an extensive background in the sports of cycling, running, triathlon, and mixed martial arts. He is the author of The Complete Book of Road Cycling and Racing (McGraw-Hill, 2009) and Triathlon Training Fundamentals (Globe Pequot Press, 2013). He recently signed a contract to publish a book series (Train Like a Pro) with Rowman & Littlefield. Dr. Peveler is also a Gulf War Veteran who served on active duty as a Navy Diver and as an Army Diver and Drill Sergeant in the reserves.

Professional Memberships

• American College of Sports Medicine (ACSM)
• Southeast American College of Sports Medicine (SEACSM)
• National Strength and Conditioning Association (NSCA)

Achievements

• Author of three books
• Over 15 peer-reviewed research publications
Dr. John Vairo
Associate Teaching Professor
Clinical Associate Professor of Orthopedics & Rehabilitation
Program Director | Clinical Education Coordinator, Athletic Training Major

“The Anterior Cruciate Ligament Reconstruction (ACLR)”
Topic: (1.5 Category EBP CEU’s)

Abstract
Anterior cruciate ligament reconstruction (ACLR) is a common postoperative condition encountered by sports health specialists. The procedure aims to restore mechanical stability to the knee joint, and facilitate a patient’s return to pre-operative levels of physical activity. Two of the most established, and commonly utilized ACLR methods employ autografts comprised of the ipsilateral patellar tendon (PT) or hamstring tendons (HT), specifically from the semitendinosus and gracilis. Factors that lend to selecting between these two specific graft choices continues to be a commonly published topic in sports medicine, and rehabilitation literature. A previous Critically Appraised Topic (CAT) focusing on premature knee osteoarthritis (OA) outcomes demonstrated a lesser incidence with the use of a HT compared with the PT autograft in physically active patients approximately five-to-seven years following ACLR. However, the evidence is now approximately a decade old, and requires reanalysis as suggested by the authors of the prior related CAT, while also accounting for if this phenomenon persists through a longer post-operative timeframe, and in those individuals that specifically engaged in sports. This is an important clinical consideration for sports health specialists given the prevalence of ACL injuries in young physically active populations. Therefore, this contemporary contribution intends to serve as a follow-up to the preceding CAT in an effort to update the clinical bottom line, and strength of recommendation taxonomy, which is necessary for continuing to bolster scientific endeavors for advancing related clinical practice standards, and promoting efficacious patient education that serve as the bases of proper decision making.
Educational Need and Professional Practice Gap Analysis

Anterior cruciate ligament reconstruction (ACLR) is a common postoperative condition encountered by sports health specialists. The procedure aims to restore mechanical stability to the knee joint, and facilitate a patient's return to pre-operative levels of physical activity. Two of the most established, and commonly utilized ACLR methods employ autografts comprised of the ipsilateral patellar tendon (PT) or hamstring tendons (HT), specifically from the semitendinosus and gracilis. Factors that lend to selecting between these two specific graft choices continues to be a commonly published topic in sports medicine, and rehabilitation literature. A previous Critically Appraised Topic (CAT) focusing on premature knee osteoarthritis (OA) outcomes demonstrated a lesser incidence with the use of a HT compared with the PT autograft in physically active patients approximately five-to-seven years following ACLR. However, the evidence is now approximately a decade old, and requires reanalysis as suggested by the authors of the prior related CAT, while also accounting for if this phenomenon persists through a longer post-operative timeframe, and in those individuals that specifically engaged in sports. This is an important clinical consideration for sports health specialists given the prevalence of ACL injuries in young physically active populations. Therefore, this contemporary contribution intends to serve as a follow-up to the preceding CAT in an effort to update the clinical bottom line, and strength of recommendation taxonomy, which is necessary for continuing to bolster scientific endeavors for advancing related clinical practice standards, and promoting efficacious patient education that serve as the bases of proper decision making.

Learning Outcomes
1. Long-term trends for knee osteoarthritis with ACL reconstructed physically active patients that engage in sporting activities
2. Applicability of tools used to critically appraise the quality of scientific investigations for influencing clinical practice
3. Calculation, and use of health statistics to infer the impact of empirical data on critical decision making
4. Limitations associated with current research studies exploring this phenomenon, and future directions for determining influential factors underpinning disparities between surgical approaches

Biography
John L Vairo's research agenda incorporates an interdisciplinary approach to sports medicine focusing on health-related quality of life and human performance in physically active persons.

Department
- Kinesiology - KINES
- Athletic Training

Education
- Ph.D., 2012, Kinesiology/Athletic Training and Sports Medicine, The Pennsylvania State University
- M.S., 2003, Health and Rehabilitation Sciences: Sports Medicine, University of Pittsburgh
- B.S., 2000, Kinesiology/Athletic Training Option, The Pennsylvania State University
Specializations
- Neuromusculoskeletal pathokinesiology of the knee, hip, shoulder and spine
- Physical rehabilitation and orthopaedic manual therapy interventions
- Methodology of physical preparation and task-specific training

Grants and Research Projects
Dr. Vairo's focal areas of interest include musculoskeletal well-being in healthy, injured and post-operative athletic populations as well as the efficacy of sport rehabilitation and performance enhancement techniques using an evidence-based practice approach.
Dr. James Cerullo  
Jim Cerullo, Ph.D., ATC, CSCS Program Director, Assistant Professor – Athletic Training Department of Health and Human Performance Alfred University

“The Effects of Whole Body Vibration on Counter-Movement Jumping Ability”  
Topic: (1 Category A CEU)

EDUCATION DELIVERY METHOD FOR PRESENTATION  
This presentation will be a traditional seminar style lecture to occur during a 50-55 minute time period with approximately 5 minutes for questions.

Abstract  
Strength and conditioning specialists and athletic trainers use a variety of exercises to strengthen the lower extremity, both to enhance performance and rehabilitate from injury, respectively. Whole body vibration (WBV) is a modality that has evolved from treating bed ridden patients to being adopted as a strength training modality used among allied health professionals, strength coaches, athletes and fitness enthusiasts alike in the hopes of increasing jumping ability. The purpose of this presentation is to address the acute effects of WBV on counter-movement jump height. Additionally, the acute effects of WBV between genders will also be addressed. Understanding the different parameters specific to WBV i.e. duration, volume, and rest times, will enable practitioners to prescribe appropriate protocols supported by evidenced based research.

Educational Need and Professional Practice Gap Analysis  
Whole body vibration (WBV), a modality for increasing lower extremity strength in bed ridden patients is now being used in improving the jumping ability in athletics. The attendee will gain knowledge of the various training protocols for incorporating (WBV) for performance enhancement and there effects on athletes of different gender.
**Learning Outcomes**

1) Session attendees will discuss the proposed mechanisms WBV may have on enhancing performance.

2) Session attendees will be able to determine the efficacy of WBV in promoting jump height based upon a comparison of different parameters used.

3) Session attendees will gain knowledge on the differences in WBV protocols and the effects on gender and performance to assist them in making an informed decision when prescribing WBV as a modality.

**Biography**

Dr. James Cerullo has an extensive background in sports medicine and strength and conditioning. He is a NATA-BOC Certified Athletic Trainer, a NSCA Certified Strength and Conditioning Specialist, and has served as an Invited Volunteer Athletic Trainer for the US Olympic Committee at the Chula Vista Elite Athlete Training Center in California. His clinical experience includes working as Head Athletic Trainer at Case Western Reserve University, Head Athletic Trainer for the US Olympic Luge Team, Head Athletic Trainer for the Senior National Luge Team, and Assistant Athletic Trainer for the University of Pittsburgh football team.
Dr. Justin R. Geissinger  
DPT Physical Medicine and Rehabilitation Specialist Physical Therapist

“Lumbopelvic Posture and its influence on Hip Strength”  
*Topic: (1 Category A CEU)*

**EDUCATION DELIVERY METHOD FOR PRESENTATION**

This presentation will be interactive seminar-style lecture to occur during a traditional 50-55min time period with approximately 5-10 minutes for Q+A. In addition to verbal presentation, examples of evaluations will be performed with audience participation.

**Abstract**

The hip is an amazing piece of biological architecture. With so many soft tissues connecting and intersecting in one area, there is tremendous potential for power generation as well as potential for injury. With today’s athletes becoming more sedentary than prior generations, it begs the question, do we need to change the way we evaluate and train our young athletes to make them more injury resistant for their sport and life in general. Does it really matter if a young athlete sits in a “slouched” position for many hours every day and then attempts to perform well in every workout in the afternoon? Many in the medical community consider “sitting the new smoking”. Is there some truth to that statement? Could the postures that we as a culture adopt for prolonged periods of time truly influence not only athletic potential but also the musculoskeletal health of our bodies for life? In this lecture, we will first review the musculoskeletal anatomy of the lumbar spine, pelvis and hips. Next we will look at ways to objectively evaluate movement quality of the lumbar spine and hips while in the gym or clinic setting. Finally we will review current literature about pelvic position's influence on muscle activation. As further proof for the theory that postural education can influence strength generation, I will share the findings of my case study looking at the mid-thigh pull strength in Division II baseball players before and after receiving postural training.

Educational Need and Professional Practice Gap Analysis

Many Studies on correct posture Lumbopelvic Posture is being reviewed when discussing hip strength and its relationship to pelvic positioning and lower back injury. The participant will review and understand the pelvic positioning and its influence on various injuries and how poor posture contributes to the pelvic positioning.

Learning Outcomes
1) Session attendee discuss and understand the Influence of Varying Hip Angle and Pelvis Position on Muscle Recruitment Patterns of the Hip Abductor Muscles During Exercise.

2) Able to compare Barbell Deadlift, Hex bar Deadlift and Hip Thrust exercise and there effect on Lumbopelvic Posture and its influence on Hip Strength.

3) Attendees will be shown proof for the theory that postural education can influence strength generation.

Biography
Dr. Justin R. Geissinger DPT is a male physical medicine and rehabilitation specialist in Lancaster, PA with over 7 years of experience. Dr. Geissinger graduated in 2012. He is licensed to practice by the state board in Pennsylvania. Dr. Gessinger specializes in physical medicine and rehabilitation are known as physiatrists; they treat a wide range of disabling conditions that inhibit the body’s function and cause pain. Physiatrists work with patients of all ages experiencing pain, weakness, or disability that prevents them from living the life they desire. They are committed to treating the whole individual, rather than just the problem area, to help improve their patients’ quality of life.
EDUCATION DELIVERY METHOD FOR PRESENTATION
This presentation will be interactive seminar-style lecture to occur during a traditional 50-55min time period with approximately 5-10 minutes for questions. Verbal participation in the form of questions and statements from the session attendees will be strongly encouraged.

Abstract
When an athlete is injured, they suddenly lose control of many aspects of their plan of care. Resting and following doctors’ orders can be very difficult for athletes who could once train at high levels without a challenge. The good news is that nutrition is a part of the injury treatment plan athletes are able to influence. Nutrition has a powerful and nourishing role in helping the body recover from an injury. Antioxidants help the body prevent muscle damage and may aide in injury recovery. Some antioxidants are naturally found within the body, but can also be consumed through food. Further evidence is needed to determine whether athletes, let alone injured athletes, are in need of higher amounts of antioxidants. Based on current evidence, increasing dietary antioxidants is preferred through food over supplements. Athletes are encouraged to eat a wide variety of the antioxidant rich foods shown below while also avoiding foods that can contribute to inflammation such as processed foods and those containing an excessive amount of saturated or trans-fat.

Educational Need and Professional Practice Gap Analysis
The Importance of proper nutrition and its contributions to sports performance and rehabilitation of sports related injury is well documented in numerous research and studies. The contribution of proper nutrition in prevention of sport related injury is just as relevant as performance and rehabilitation. Participates will understand the value of antioxidants in the prevention of muscle damage and their aide in injury recovery associated with sports injury.
Learning Outcomes
1) Session attendees will learn about the using nutrition to counter the negative impact of sports injury.
2) Session attendees will learn about the value of antioxidants in recovery.
3) Session attendees will learn about an anti-inflammatory diet.
4) Session attendees will learn about value nutritional supplements to be utilized during athletic injury.

Biography
Tanya Williams is a clinical, licensed dietitian and sports nutrition specialist, and owner of The Nutrition Specialist, LLC with over twelve years of experience in the field. She obtained her bachelors of science degree in chemistry from The State University of New York at Geneseo and her master's degree in nutrition sciences from The Pennsylvania State University at State College.

After completing her clinical dietetic residency with Geisinger Health System; she began her career with the Susquehanna Health System at the Williamsport Hospital, specializing in cardiac, rehabilitation, and pediatric nutrition. Three years out of residency, she started her own practice focusing her skills in the treatment of eating disorders and sport-specific nutrition therapy.

In addition to treating patients privately; her practice contracts Medical Nutrition Therapy (MNT) and/or Nutritional Programming (presentations, health fairs, etc.) to Bucknell University, Lycoming College, Bloomsburg University, The Outreach Athletic Training Team of Sports Medicine Department of Susquehanna Health System, the Bison Legend Wrestling Club, and local area high schools, clubs, and organizations. She has also served as nutrition counsel for Susquehanna University, the Eastern Lycoming YMCA and Bethesda Path Healing and Treatment Center.
Tom Swaldi MPT/DPT/ATC/CSCS

“Sacroiliac (SI) Dysfunction in the Athlete”

Topic: (1 Category A CEU)

Abstract
Sacroiliac dysfunction has been a controversial topic throughout the last few decades. The pathology has ranged from non-existent by some researches to a common occurrence in others findings. Physical Therapy has been inundated with many continuing education forums that approach this pathology with completely different views on treatment. We will discuss the many different clinical diagnostic techniques available including the sensitivity and specificity of each test. How to use such data in evaluating the athlete. This lecture will include a multi-faceted critical thought approach that myself and our facility have used over many years including manual, muscle energy, therapeutic exercise and modalities to treat SI dysfunction in the athletic population.

Educational Need and Professional Practice Gap Analysis
Sacroiliac dysfunction pathology has ranged from little to non-existent. Physical Therapy has been inundated with many continuing education forums that approach this pathology with completely different views on treatment. Attendees will be able to demonstrate how to use manual, muscle energy, therapeutic exercise and modalities to treat Sacroiliac Dysfunction

Presentation Objectives
1. What the different Clinical diagnostic test are for Sacroiliac Dysfunction.
2. How to use the various diagnostic test to evaluate Sacroiliac Dysfunction.
3. How to use manual, muscle energy, therapeutic exercise and modalities to treat Sacroiliac Dysfunction

**Biography**
Tom Swaldi MPT/DPT/ATC/CSCS is an experienced Physical Therapist who has served the local community for several years, building a strong rapport with area physicians. In addition to earning his Doctorate of Physical Therapy from Temple University, he is also a Certified Athletic Trainer, a Certified Strength and Conditioning Specialist and former Staff Certified Athletic Trainer for Drexel University. Tom has provided his services and has been an Athletic Trainer in this area for the past 6 years. His areas of expertise are:

- Orthopedics
- Sports Medicine
- Performance Training
- Strength & Conditioning
- Industrial Work Recovery
Topic: (1 Category A CEU)

Abstract
Manual therapy techniques have been well used in the treatment and rehabilitation of athletes for decades. The techniques have been used by physical therapists, athletic trainers and strength coaches more frequently now than previously. These techniques include: Myofascial release, Soft tissue mobilization, Massage, Reflexive Performance Reset, Active Release Technique, Reflexology and many others. The value of these techniques is still being discovered. The techniques are often easily applied with proper training. Many of these techniques produce positive results for the athlete and can be a valuable part of the rehabilitation and preparation. The applications are not intended to replace medical treatment but can support athletic wellness.

The intent of this presentation is to preview and demonstrate some of these techniques and describe how they can be incorporated into daily rehabilitation plans and athletic preparation. This is not a complete course in these techniques. The intent of the presentation is to increase the exposure of physical therapists, athletic trainers and strength coaches to these techniques that can be incorporated.
Biography

Todd Burkey enters his 17th year with the Youngstown State Athletic Department and his 10th as an assistant athletic trainer in 2018-19. He also spent seven years as the Guins' Strength and Conditioning Coordinator.

Burkey is the athletic trainer for the men's basketball and women's golf programs. While serving as strength and conditioning coach, he developed strength and conditioning programs for all YSU sports and remodeled the Stambaugh Stadium strength complex to make it one of the most functional in the Horizon League and the Missouri Valley Football Conference. He also helped create a weight room in the Beeghly Center for use by the basketball programs as well as the swimming and diving and the volleyball teams.

Burkey is a National Strength and Conditioning Associated certified strength coach and NATA certified athletic trainer. As strength and conditioning coach, he produced 23 National Strength and Conditioning All-Americans -- including 11 football players (Montrial Thomas, 2001; Bruce Hightower, 2002; Pat Crummey, 2002; Anthony Barone, 2003; Jon Tekac, 2003; Mike Burns, 2004; Darius Peterson, 2004; Mike Roberts, 2005; Joe Juby, 2006; Jeff Koval, 2007 and Jason Perry, 2007). Under Burkey, four of the six overall football Strength and Conditioning records were established, and numerous new position records were eclipsed.

He headed the strength and conditioning program at North Ridgeville High School before becoming an athletic trainer at the Cleveland Clinic, where he worked before joining the YSU staff. He is a NATA Certified and Ohio Licensed Athletic Trainer and a NSCA Certified Strength and Conditioning Specialist. He also worked as an athletic trainer for Kolczun & Kolczun Sports Medicine.

A native of Greenford, Ohio, Burkey earned his degree from Youngstown State in Exercise Science in 1994 and earned a Masters in Sports Science from Ashland University in 2000. He was a student trainer on the National Championship teams in 1991 and 1993. Todd and his wife, Justine, have two daughters Kaylin and Raegan.
Abstract

1. Study pertinent history of cupping techniques:
   a. Cupping is one of the oldest and most globally practiced medical treatments in human history.
   b. This therapy dates back to as early as 3000 BC. The earliest written record describing cupping was found in Egypt in 1550 BC.
   c. It subsequently spread to many other countries. Cupping was widely used into the late 1800’s by European and American physicians.
   d. Differences due exist between how cupping is practiced in Eastern and Western cultures.

2. Address mechanical methods behind the therapy:
   a. This therapy employs negative pressure rather than tissue compression.
   b. By creating suction and negative pressure, this therapy has the potential to release rigid soft tissues, drain excess fluid and toxins (lactic acid, metabolites left behind from injury, etc.), loosen adhesions, lift connective tissues, and bring blood flow to stagnant skin and muscles (stubborn scar tissue, etc.).
   c. Mechanically, cupping increases blood circulation; whereas physiologically it activates the immune system and stimulates the mechanosensitive fibers, thus leading a reduction in pain.
   d. In theory, increases in circulation encourage angiogenesis and autolysis such that the body will begin to build a new microcirculatory network.
   e. Another benefit of negative pressure is that it feels good; the pulling action engages the parasympathetic nervous system and therefore allows a deep relaxation to move through the body.
3. Examine some of the therapeutic effects:
   a. Effects on skin
   b. Effects on muscle
   c. Effects on the circulatory system
   d. Effect on joints
   e. Effect on fascia
   f. Address precautions/contraindications

4. Discuss some of the current available evidence in the literature:
   a. See references below
   b. Presenter reserves the right to include additional materials as they become available

5. Consider the different types of cups and how material effects clinical use: a. Plastic
   b. Silicone
   c. Glass

6. Observe different dry cupping techniques (via embedded video and in-person demonstration) such as:
   a. Static cupping on static body
   b. Static cupping on dynamic body
   c. Dynamic cupping on static body

7. List some appropriate clinical applications of dry cupping using both plastic and silicone cups such as:
   a. Muscular soreness / pain
   b. Muscular tightness / stiffness

8. Conclusion
   a. What do we know – summation of theories, clinical applications, etc.?
   b. What don’t we know – gaps in science or research

Allot time for question-and-answer exchange

Educational Need and Professional Practice Gap Analysis

Negative Pressure therapy has become an increasingly important part of wound management. Over the last decade, numerous uses for this method of wound management have been reported including athletic injury recovery and prevention. Because this method is non-traditional it is not commonly practiced by athletic trainers.

Participants will be provided with evidence supporting the use of Negative Pressure Therapies and its practical use in athletic rehabilitation and injury prevention.
Educational Need and Professional Practice Gap Analysis
Myofascial Decompression / Cupping is one of the oldest and most globally practiced medical treatments in human history.
Attendees will discuss and understand a summation of theories, clinical applications and
What don’t we know – gaps in science or research

Learning Outcomes
1. Attendees will discuss pertinent history of cupping techniques:
2. Attendees will explain mechanical methods behind the therapy:
3. Attendees will list some of the therapeutic effects of Negative pressure therapies:
4. Attendees will discuss the current available evidence in the literature:
5. Attendees will Identify the different types of cups and how material effects clinical use:
6. Attendees will describe different dry cupping techniques (via embedded video and in-person demonstration) such as:

Biography
DOCTOR OF ATHLETIC TRAINING
A.T. Still University, Mesa AZ

MASTER OF SCIENCE IN EDUCATION, Athletic Training
Old Dominion University, Norfolk VA

BACHELOR OF SCIENCE, Athletic Training
College of Charleston, Charleston SC

SUPERVISORY CERTIFIED ATHLETIC TRAINER
The Basic School, Training and Education Command, USMC, October 2013 – Present
Lecture on a variety of topics to medical personnel, instructor staff, and entry-level officers. Instruction is delivered from one-on-one settings to 300+ personnel. Topics include: nutrition and hydration management; evaluation, triage, and treatment of field related injuries; athletic environmental considerations; physical training program design; mobility, proper biomechanics during load carriage, foam-rolling, and stretching; mission, skill-set, and function of athletic trainers. Special instructional assignments include providing educational support to the Naval Sports Medicine Physical Therapy Residency program
Kyle Kelleran, Ph.D., CSCS, TSAC-F, Bridgewater College  
Assistant Professor of Health and Human Science

“Acute-Chronic Workload Ratios and the Risk of Injury; is there Evidence to Support its Use?”  
Topic: (1 Category A CEU)

Abstract
The purpose of this presentation is to examine the current literature and application of acute-chronic workload ratios regarding its impact upon injury risk assessment. It is suggested that if the workload of a given workout or training block (acute) supersedes the average current training load (chronic) by too great a margin, the body may experience undue stress and be susceptible to injury. While the concept of monitoring the ratio of acute and chronic workloads in an effort to reduce the risk of injury is most commonly recognized in field sports such as soccer, we are currently seeing a resurgence of its use in weight training, among other applications. Factors such as session duration, rating of perceived exertion (RPE), volume, tonnage, etc. may be used to calculate acute-chronic workload ratios. This presentation will assess the validity and practicality of implementing the monitoring of acute-chronic workloads as part of a strength and conditioning program.

Educational Need and Professional Practice Gap Analysis
Current literature and application of acute-chronic workload ratios suggested that if the workload of a given workout or training block (acute) supersedes the average current training load (chronic) by too great a margin, the body may experience undue stress and be susceptible to injury.

Session participate will understand and discuss training volumes and how to calculate acute-chronic workload ratios that help reduce performance training injuries.

Learning Outcomes
1. Develop an understanding of acute-chronic workload ratios
2. Assess the validity and practicality of using acute-chronic workload ratios for strength and conditioning programs
3. Identify key components to be monitored that may be more relevant for performance and injury prevention in specific sports or situations
4. Gain knowledge on how to effectively implement the use of acute-chronic workload ratios

Biography
Kyle J. Kelleran, Ph.D., CSCS, TSAC-F,
Dr. Kelleran, now an Assistant Professor at Bridgewater College in Virginia has been working in the fitness field for over 10 years. Previously employed as a Fitness Specialist for the United States Navy, an Injury Prevention and Fitness Specialist at the Newport News Shipyard, and a personal trainer at a private fitness facility, Dr. Kelleran also served as a volunteer firefighter and EMT for 10 years. He is certified by the National Strength and Conditioning Association (NSCA) as a Certified Strength and Conditioning Specialist (CSCS) and Tactical Strength and Conditioning Facilitator (TSAC-F). His primary area of research focuses on occupational exercise physiology including parameters associated with handgun shooting accuracy. His secondary areas of research include athletic and clinical populations, particularly as it relates to strength and conditioning. Dr. Kelleran has presented his research and related works at various regional and national conferences.

Dr. Kelleran earned a Bachelor of Science degree in Sport & Exercise Science (Minor: Coaching) from Gannon University where he was also a two-sport athlete in swimming and water polo at the Division II level. Dr. Kelleran completed a Master of Science degree in Sport Studies (Concentration: Exercise Science) from Indiana University of Pennsylvania, and completed a Doctorate of Philosophy degree in Human Movement Science (Concentration: Applied Kinesiology) at Old Dominion University.

Dr. Kelleran currently resides in Rockingham, VA with his wife and two children.
Matthew Nein. MS, CSCS, RSCC*D, Coordinator of Sports Performance at Salisbury University

“Fluid Periodization and Managing the Modern Day Athlete”
Topic: (1 Category A CEU)

Abstract
Is training the Modern Day Athlete the same as it was 10 or 15 years ago? Today’s student athlete is immersed in a society based around perfection and being the best. This is causing mental health issues, high levels of stress, low sleep, and poor nutrition habits that are negatively impacting our athletes. With social media and technology of today our athletes having things pulling at them that athletes from a few years back never had. This presentation is designed to learn and implement new strategies to help combat these issues and still allow your athlete to optimally develop while in your training programs. Fluid Periodization and the methods that lay within its framework could not only be another tool in your tool box of programming, it might be the optimal programming method for your athletes.

Educational Need and Professional Practice Gap Analysis
Athletes are immersed in a society based around perfection and being the best, causing mental health issues, high levels of stress, low sleep, and poor nutrition habits that result in negative results.
Participates will discuss understand new training program strategies, (Fluid Periodization) that will help combat these issues while allowing for optimally develop.

Learning Outcomes
1. Understand the make-up of the modern day athlete. What drives them? Readiness level? Nutrition? Sleep?
2. Define Fluid Periodization and the role it plays with the modern day athlete.
3. Develop a level of adaptability while working through daily scenarios and implementing a fluid periodization model.

**Biography**

Matthew was named the 2018 National Strength & Conditioning Association College Strength Coach of the Year, an award given annually to the top strength coach across NCAA DI, DII, DIII, and NAIA divisions. Matt is in his fifteenth year as the Coordinator of Sports Performance at Salisbury University. Matt's responsibilities include overseeing the training programs of 21 varsity teams, 3 graduate assistants, and an intern and volunteer staff of 10. During his tenure as Coordinator, Matt has had the opportunity to work with 12 National Championship teams, 8 individual National Championship athletes, and over 330 All-Americans. Matt was also a finalist for the NSCA College Strength Coach of the Year in 2016 & 2017. Since 2004, he has been certified as a Certified Strength & Conditioning Specialist (CSCS) by the National Strength and Conditioning Association (NSCA) and recently, garnered the distinction of a Registered Strength & Conditioning Coach (RSCC*D). Matt also serves on the NSCA Advisory Board for the State of Delaware and is the Chair for the NSCA Lacrosse Special Interest Group (SIG). While not training athletes, Matt manages all indoor recreational facilities and serves as an Adjunct Instructor in the Applied Health Physiology Department at Salisbury University.

Prior to coming to Salisbury University, Matt spent one season as a strength coach in the minor league system of the Toronto Blue Jays. He received his Master's Degree in Applied Health Physiology from Salisbury University in 2004, and Bachelor’s Degree in Physical Education from Towson University in 2002. While at Towson, Matt pitched for the Tigers Baseball Team for five seasons while serving as a captain in his final season with the squad.
Martin Fees, MS, PT, ATC, CSCS

“Using Visual Acuity Training for Performance Enhancement and Rehabilitation”

Topic: (1 Category A CEU)

Abstract
Visual training to enhance performance using the vestibular ocular reflex and neuromuscular reeducation.
The use of exercises and neuromuscular education can be applied to the visual component of performance. This talk will present an overview of the visual system, anatomy and physiology coupled with an explanation of the vestibular ocular reflex and its influence on performance. Exercises, reaction drills and reeducation tools will be covered and utilized in the hands on portion. In addition the use of these exercises in rehab and concussion protocols will be reviewed.

Educational Need and Professional Practice Gap Analysis
Visual training to enhance performance using the vestibular ocular reflex and neuromuscular reeducation can be applied to both rehab and concussion protocols.
Conference attendee will be able to use ocular reflex and neuromuscular reeducation exercises for rehab and concussion protocols and enhancement of sports performance.

Learning Outcomes
1. How vestibular ocular reflex and neuromuscular reeducation exercises for rehab and concussion protocols

2. How vestibular ocular reflex and neuromuscular reeducation can enhance sports performance

3. The exercises used for ocular reflex and neuromuscular reeducation
Biography

Marty has been practicing in the sports performance and healthcare fields since 1986 after graduating from Indiana University of Pennsylvania with a degree in Exercise Science and a minor in Nutrition. He continued his education at the University of Delaware with a Masters of Science in Physical Education in 1991. While working on his Masters he attained his ATC and CSCS. In 1993 Marty finished at the University of Delaware with a Masters in Physical Therapy. He has worked for several sports medicine clinics including co owner of Go Sport Physical Therapy in Gettysburg. Marty has interests in Weightlifting where he competed at the national level, orthopedic rehab and vertigo.
Tom Howley
Associate Director of Athletics for Athlete Performance, Cornell University

“Off season training for Ice Hockey”
Topic: (.1 CEU’s)

Biography
Tom Howley began his tenure at Cornell in July of 1995. Since that time, he has worked with numerous athletic teams to help improve performance, instill life-long work habits and develop a “culture of excellence” that enables student-athletes to succeed during their time at Cornell and beyond. Currently, he works with the football, men’s hockey, heavyweight rowing and women’s sailing teams.

During his time at Cornell, Howley has worked with over 130 NCAA All-Americans, 6 NFL players, 12 NHL players, 27 Major League Lacrosse players and 5 Olympic gold medalists. In addition, teams he has worked with at Cornell have won over 30 conference championships and played in 8 NCAA Final Four tournaments.

Prior to his arrival at Cornell, Howley was the assistant director of strength and conditioning at East Carolina University from 1991-1995. While there, the Pirates participated in two bowl games (1992 Peach Bowl and 1995 Liberty Bowl), qualified for the NCAA baseball regional tournament (1994) and played in the NCAA basketball tournament (1993).

Howley was a graduate assistant strength and conditioning coach at Auburn University from 1989-91, where he earned his master's degree in exercise physiology. The Tigers, the 1989 Southeastern Conference co-champions, were the 1990 Hall of Fame Bowl and the 1991 Peach Bowl champions, as Howley also served as an assistant coach with the special teams.

A 1988 graduate of Tulane University, Howley earned a Bachelor of Arts degree in history and was a three-year letterman and two year starting offensive lineman on the football team under Coach Mack Brown. The Green Wave played in the 1987 Independence Bowl his senior
year. He was the recipient of the New Orleans Quarterback Club Student-Athlete Award as a senior.

Howley is the author of the book “Complete Conditioning for Lacrosse” which was published in 2015. Since 1997, he has been the staff advisor for the Cornell University chapter of the Fellowship of Christian Athletes. He and his wife, Amanda, reside in Ithaca with their children Anna Corrine, Thomas and Jameson.
Description
Training the Olympic lifts has been documented to improve power, strength, flexibility and even cardiovascular/muscular endurance. Yet some strength coaches shy away from putting them into the training regime of their athletes saying they are too difficult to teach or that there isn’t enough time to teach these more complex movements. In this lecture, we simplify the Olympic lifts and break them down into bite size bits that are easily digestible for any strength coach to understand and implement.

Biography
- USAW 5 (Senior International Coach)
- Named as one of 65 Most Influential Strength Coaches of All Time
- Head Coach, East Coast Gold Weightlifting Team
  - 10 time National Men’s Team Champions
  - 7 time National Women’s Team Champions
  - Numerous national and regional champions
  - Numerous international qualifiers
- Totten Training Systems, owner, LLC 2012-current
- Elite Sports University, Director of Strategic Outreach, 2017-current
- Over 30 years as Olympic weightlifting coach
- Over 30 years as clinician for USA Weightlifting
- Over 30 years training High School / College elite athletes
- Over 30 years in Physical Education and Athletic Administration
- Two Olympic Teams / Three Pan Am Teams / Five World Teams
Caryn Robbins, CSCS, University of Louisville, Sports Performance Coach

“Weight Room Individualization Based on Force Expression Characteristics”

Topic: (.1 CEU’s)

Description
This presentation will begin with a brief review of the force characteristics of a vertical jump and how they relate to specific positions in various sports. It will then provide practical examples and suggestions for identifying the needs of an athlete when a force plate is not available, and how to program resistance training sessions in response to your findings.

Biography
Caryn Robbins came to Louisville in January 2019 and serves as a Sports Performance Coach, where she directly oversees programming and services for softball, women’s tennis, and women’s golf.

Within the staff’s Team of Teams approach, she leads the Speed unit and contributes to the Strength/Power team. She is also the social media and website coordinator for the department.

Prior to Louisville, Caryn served as a graduate assistant in Sports Performance at the University of Kansas, working directly with softball, women’s tennis, women’s golf, and diving, and assisted with baseball, men’s basketball, and women’s soccer. In addition to her coaching responsibilities, she oversaw the budget, helped design the mentorship program, and organized and analyzed the data collected daily from velocity-based training and force plate technologies. She also helped plan and execute the 2017 and 2018 Midwest Sports Performance Conference.
Caryn earned her bachelor’s degree in Exercise Science from Hofstra University in 2016 where she was a four-year letter winner on the softball team, and graduated with her master’s degree from the University of Kansas in May 2019. She is also a certified member of the NSCA.

Caryn is originally from Elizabethtown, PA. She currently enjoys cooking, fishing, and playing adult league sports over the summer with her fiancé, Colt.
Cam Davidson MS, SCCC, CSCS, AOLC, Penn State University, Assistant Director of Performance Enhancement

“In-season programming for volleyball and hockey”

Topic: (.1 CEU’s)

Description
Talking about how on one side with hockey, I am a full-service coach that provides everything from weight room sessions and on-ice speed and conditioning, to sport science data collection and presenting data to the athletes, and also to daily practice planning and how that's been helpful to our overall success. And compare that to womens volleyball where I am just involved with weight room sessions in-season. One is highly involved, one isn’t as involved, but both have been very successful.
Regardless of involvement in-season, how do you fit what the coach and athletes need and still be successful and do a great job.

Biography
How on one side it’s a full service deal with lifts, conditioning, on-ice work, heart rates, force plates, etc. On the other side, it’s just 20-30min of lifting twice a week. Will illustrate how there’s two sides of the spectrum, but how to still train effectively.
Cam Davidson enters his 10th year at Penn State and his sixth year working with the men’s hockey team in 2018-19. Prior to the 2016-17 season, Davidson was elevated to Assistant Director of Performance Enhancement.

Along with hockey, Davidson works with PSU’s women’s volleyball and track & field programs. During his time in State College, he has trained 10 Big Ten Championship teams including the 2016-17 men’s ice hockey team. Davidson has also trained four NCAA Championship women’s volleyball teams and 2018 Indoor National Champion David Lucas.
Davidson has helped train multiple All-Americans in each of his sports as well as student-athletes who have advanced to compete at the next level in their respective sport including 14
professional hockey players in the last six years. Davidson has also trained numerous Olympians including shot putters Darrell Hill and Joe Kovacs, and 2x indoor world champion and Olympian Ryan Whiting. In 2012, twenty-five percent of the shot put field at the USA Olympic Trials were trained by Davidson.

Prior to working at Penn State, Davidson was the director of strength and conditioning at the College of Charleston from 2007-09. At Charleston, he designed and implemented strength and conditioning programs for all 19 intercollegiate teams.

Davidson began his coaching career at his alma mater, the University of Wyoming, where he wrestled from 2001-02. Davidson went on to earn his master’s degree from Marshall University in 2006, while working with many of its athletic teams. In 2006-07, he served as an assistant basketball strength coach at Clemson.
Greg Werner, MS, RSCS”E, CSB, SCCC, Virginia Tech University
Women’s Basketball Strength and Conditioning Coordinator,
Senior Director, Strength and Conditioning

“It’s more about the Janes and Joes than The X’s and O’s.”
Topic: (.1 CEU’s)

Description
As a strength & conditioning coach sometimes we get enamored, rightly so, with the science of
athletic development, but, unfortunately we lack development with our people skills. The central
focus of helping an athlete develop in strength and conditioning needs to stem from, first and
foremost, the athlete. The coach-athlete relationship can make or break a S&C program.

This presentation will discuss and cover:
- Coach Werner’s 34 years of S&C experience in connecting with athletes, coaches and
  administrators
- Creative ideas for helping athletes make progress through hard training sessions
- Ways to build a team
- Culture building
- Building confidence
- Building trust
- Building discipline
- Building accountability
- What’s your Creed

Biography
Greg Werner became the head strength and conditioning coach for Virginia Tech women's
basketball in May 2016. He is responsible for the year-round development of the Hokies in all
areas of athleticism and injury prevention. Werner was head strength and conditioning coach for most of Kenny Brooks’ 14-season head coaching tenure at JMU. Prior to Tech, Coach Werner was the head strength and conditioning coach for women’s basketball at Auburn University for one season where he helped the Tigers move up several spots in the SEC standings and make it to the NCAA tournament where they won their opening round game and had a 20-win season. For twenty years Werner was the head strength and conditioning coach at James Madison. He began that role in 1995 after working as an assistant in the program the previous three years. While at JMU, Werner directed the program for all sports. He was inducted into the JMU Athletic Hall of Fame in 2014 with the 1994 NCAA national champion field hockey team. Before working at JMU, Werner was an assistant strength and conditioning coach for one year at the University of The Pacific in Stockton, California where he worked with football, volleyball, baseball, softball, tennis, swimming and water polo, and additionally taught classes in the sport sciences department. Werner received his master’s degree in kinesiology with a concentration in exercise science from JMU in 1994. He became interested in the science of speed, strength and conditioning while earning his bachelor’s degree in human performance with an emphasis in exercise science at Austin Peay State University (’91). While at APSU he worked as an assistant strength coach for two years.
Michael R. Rankin, MS, CSCS, Drexel University
Director of Strength & Conditioning

“Collegiate Strength & Conditioning - Managing the Unimaginable”
Topic: (.1 CEU’s)

Description
When it comes to collegiate strength & conditioning there is more to master than just the science of intelligent training.
*Identify methods for budgeting & facility design
*Identify methods for scheduling, staffing, & internships
*Identify methods to communicate with coaches, performance team, & administration

Biography
Michael Rankin is the Head Strength and Conditioning Coach for Drexel University. Michael is responsible for eighteen varsity teams and more than 450 student athletes. Since Michael’s arrival at Drexel he has coached an All-American as well as professional athletes in Basketball, Soccer, Softball, Lacrosse, and Cheerleading. Michael himself has become a National Champion as a Dragon Boat Racer in 2004. Michael was also named 2007 National Strength and Conditioning Coach of the Year.

Michael is certified through the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist as well as a Certified Personal Trainer. In addition, Michael is also certified by USA Weightlifting as a Club Coach and Sports Performance Coach, Level 1 USA Track and Field, Jump Stretch Inc., RKC, and YogaFit Level 1.
Rob Oviatt, MS, MSCCA

“Complacency and Entitlement. The Enemy of Success”

Topic: (.1 CEU’s)

Description
Identifying, and Overcoming, Entitlement and Complacency A slide presentation on the dynamics of Entitlement and Complacency, and how it can be identified, and then fixed, or prevented on a sports team or coaching staff.

Biography
Master of Education, June 1983
University of Mississippi at Oxford
Bachelor of Science in Physical Education, August 1980
University of Alabama at Tuscaloosa

HONORS
President of the Collegiate Strength & Conditioning Coaches Association, 2004-2008
USA Strength & Conditioning Hall of Fame Inductee, 2003
Admiral Ulysses Grant Sharp Award Recipient, 2003 Holiday Bowl
Master Strength & Conditioning Coach Award Recipient, 2001
Member of the Collegiate Strength & Conditioning Coaches Association’s Board of Directors, 2001- Present
Southeastern Conference (SEC) Football Strength Coach of the Year, 1997 and 1998

WORK EXPERIENCE
Head Football Strength Coach
University of Montana at Missoula, December 2009 – January 2014
Assistant Athletic Director and Head Football Strength Coach
Director of Strength and Conditioning and Head Football Strength Coach
Louisiana State University at Baton Rouge, January 1999 – January 2000
**Head Football Strength Coach**  
University of Kentucky at Lexington, January 1995 – December 1998

**Director of Strength and Conditioning and Head Football Strength Coach**  
Oregon State University at Corvallis, July 1985 – December 1994

**Professional Internship**  
Lenin Institute of Sport at Moscow, Soviet Union, May 1988 – June 1988

**Graduate Assistant Strength Coach**  
University of Houston, December 1983 – July 1984  
Rob Oviatt was born and raised in Wooster, Ohio. He received his Bachelor’s degree in Physical Education from the University of Alabama, while at the same time serving as a volunteer assistant in the weight room during the tenure of the legendary Paul "Bear" Bryant. Following graduation, Rob enrolled at the University of Mississippi where he received a Master's degree in Education. While at Ole Miss, he also volunteered as a strength coach in Athletics, and, taught Weight Training classes in the Department of Physical Education. He is currently the Head Strength Coach for Football at the University of Montana. Previously, for 8 years, Rob was the Head Football Strength & Conditioning Coach at Washington State University, while holding the title of Assistant AD for Physical Development. Prior to that, he also served as the Head Strength Coach at LSU, Kentucky, and Oregon State. In 1988, he, and a group of fellow strength coaches, traveled to the Soviet Union and Czechoslovakia in order to study strength training abroad. His collegiate career has spanned 28 years. Rob was an original founding Board member of the Collegiate Strength & Conditioning Coaches Association. In addition, he served as the organization's President for 4 years, and Vice President for 1. Rob was voted SEC Strength Coach of the year in both 1997 & 1998. In 2001, Rob was honored by the CSCCa with the award of Master Strength Coach. This is the organization's highest award. In 2003, Rob was inducted into the USA Strength & Conditioning Hall of Fame. That year he was also recipient of the Admiral Ullyses Grant Sharp award at the Holiday Bowl football game luncheon. This award was secretly voted on by members of the Washington State football team. In addition, he traveled to Omiya, Japan in January of 2009 to conduct a series of speed and agility clinics for Japanese coaches. Rob is happily married to wife Kathleen, who is a certified Bikram Yoga instructor. They originally met while students at Ole Miss. In addition, Rob is the proud father of 4 children, Lindsay, Allison, April, and William.
Scott Bennett, MS, RSCC, CSCS, SCCC, Radford University
Head Strength & Coach

“Creating and Integrating a Sports Performance/Medical Model”
Topic: (.1 CEU’s)

Description
How to have a synergistic relationship between Sports medicine and Sport Performance to
enhance the student athlete experience

Biography
With over 25 years of experience in the strength and conditioning field, Scott Bennett was named
Radford University’s head strength and conditioning coach on October 1, 2012. He was
promoted to Assistant AD for Sport Performance in July 2015. Prior to RU, Bennett was up the road in Harrisonburg, Va. working as the senior assistant
strength and conditioning coach for the James Madison Dukes. Bennett was directly responsible
for programming baseball, softball, volleyball, and men’s tennis. He was also in charge of
mentoring student interns, graduate assistants, and volunteers.

Prior to his position at JMU, Bennett was the head strength coach at three other institutions—the
University of Southern Mississippi, the University of Wyoming and Marshall University.
As a professional, he has risen to the top of the strength and conditioning field. Bennett is part of
the NSCA’s (National Strength and Conditioning Association) Coaches Registry at the Emeritus
level—the highest level awarded in the field.

Perhaps the honor standing out the most in his impressive list of accolades is his accreditation as
a Master Strength and Conditioning Coach with the Collegiate Strength and Conditioning
Association (CSCCa) since 2006. At the time, there were only 62 certified at this level in the
world.

This honor paved the way for Bennett’s election to the CSCCa Board of Directors, a position he
served for two terms. His involvement with the association allowed him to be chosen as the first
strength coach to be invited as an ex officio member of the NCAA Committee for Competitive
Safeguards and Medical Aspects of Sports.
In addition to his numerous certifications in the strength and conditioning field, Bennett was voted by the American Football Quarterly as the College Division Strength Coach of the Year in 1996 and was nominated for the NSCA Strength Coach of the Year in 2002.
Todd Hamer MS, CSCS, General Manager of Union Fitness in Pittsburgh

“Metabolic specific training in the weight room and Movement specific training in the weight room”
Topic: (.1 CEU’s)

Description
The attendees will see how each of these areas will have a different impact on performance as well as injury rates.
Basic overview of energy systems will be discussed.
Newtonian Laws and physics will be discussed.
Planes of motion and bio-mechanics will be discussed.

Biography
Todd Hamer, a 20-year veteran in the collegiate strength and conditioning field, has been named Director of Strength and Conditioning at George Washington University, Director of Athletics and Recreation Tanya Vogel announced on Aug. 20.

Hamer comes to GW after spending the last 12 years at Robert Morris University, where he was responsible for training and overseeing student-athletes in more than 20 sports as the Director of Strength and Conditioning.

“Todd fully embraces and embodies our department’s mission and values,” said Director of Athletics and Recreation Tanya Vogel. “His extensive background aligns perfectly with Associate Athletics Director Chris Hennelly. The two will work together to continue our steadfast commitment to student-athlete health and well-being while bolstering our efforts to improve human performance.”

Prior to his stint at Robert Morris, Hamer was an Assistant Strength and Conditioning Coach at George Mason (2004-07). That was preceded by strength and conditioning positions with Marist College, The Citadel and VCU.

Hamer earned his bachelor of science in exercise science at Penn State University in 1999,
and completed a masters in sports leadership at VCU in 2002. He is certified with the National Strength and Conditioning Association and is a Strength and Conditioning Specialist with Distinction, while also holding a membership with the Collegiate Strength and Conditioning Coaches Association. A nominee for the NSCA 2018 Strength Coach of the Year, Hamer is also a regular contributor to training websites and magazines.
“Low Major, High Performance: Maximizing Results with Minimal Resources in College Basketball”

**Topic: (.1 CEU’s)**

**Description**
Coach Hays will discuss his attempts at implementing a "high performance" program with Coppin State University Men's Basketball, and the challenges faced while doing so at the low-major level. The presentation is intended to be comprehensive, covering protocols ranging from performance training & to return-to-play, to meals, supplementation & hydration, to his efforts to establish an extended "performance network" around the program. In this presentation Coach Hays intends to provide a detailed overview while sharing both his successes & failures during his first two seasons as the Director of Basketball Performance at Coppin State.

**Biography**

Director of Basketball Performance in November 2019 after serving as a Performance Coach in the Los Angeles Dodgers’ minor league system.

Prior to working with the Dodgers, Hays was a performance fellow at the University of Louisville where he worked closely with the women’s basketball program, assisting in all aspects of strength & conditioning.

Hays got his Master of Exercise Science from George Washington University in May 2017 and concurrently assisted the Colonials’ basketball programs and created the ‘Fuel for Success’ nutritional program for men’s basketball, as well as speed and agility programming for women’s basketball.

After playing three years of men’s basketball at Slippery Rock University where he was a two-year captain and played in two NCAA Tournaments, Hays volunteered as a Strength & Conditioning coach at the Saint James School in Hagerstown, Md.
Rob Oshinskie, CSCS, CCS, CC, SPC, BOLC/AOLC

“Getting Real Strong One Leg at a Time for the High School Athlete”

Topic: (.1 CEU’s)

Description
Coaching young athletes can be VERY rewarding. But, most high school strength coaches have to balance great programming with busy weight rooms, limited equipment and athletes who have undeveloped biomotor foundations. Coach Rob is going to outline the results of his 20 years of one leg strength programming and the science that supports it. He will also help you see how you can improve weight room efficiency and safety while improving athleticism and not compromising strength in bi-lateral movements.

Biography
- B.A. in Pre-Med/Biology from Bucknell University, 1993
- Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association
- CCS Certified from the National Strength Professionals Association
- USA Weightlifting Conditioning Coach and Sports Performance Coach
- American Council on Exercise
- The advice of great friends and industry giants like Lee Taft, Leo Totten, Bobby Handerahan, John Davies, Tim Griesser, Mike Clark, Ethan Reeve, and John Philbin
- And of course The School of Hard Knocks

I had the great fortune of being born the son of Barb and Ed Oshinskie in 1970 and spent the first 23 years of my life in Shamokin, Pennsylvania. My journey to Bucknell University began and ended on a path toward Orthopedic Medicine. I felt that orthopedic training coupled with exercise expertise and athletic experience would be a powerful combination. It probably would have been but my life was directed on a different path. I chose to take a year off to work prior to entering medical school. During 1993-1994 I attended numerous sports performance and fitness conferences that greatly impacted my career plans. I realized that, just like orthopedics, I could help people and be hands on.
Mary Beth George, MS, CSCCa (SCCC), NSCA (CSCS & RSCC), USAW (Sports Performance Coach, University of Pittsburgh, Assistant Head Strength and Conditioning Coach (VB, GYM, MDIVE, WDIVE)

“Load management in micro-lift sessions for in-season volleyball”  
Topic: (.1 CEU’s)

Biography
Coach George joined the Strength and Conditioning staff at the University of Pittsburgh in July of 2013. Mary Beth primarily works with the Volleyball, Men’s and Women’s Swimming and Diving, and Tennis teams.

Mary Beth has trained NCAA and ACC champion divers, Dominic Giordano and Meme Sharp. She was also a part of Volleyball’s 2016 NCAA post-season appearance and Women’s Soccer 2015 campaign that boasted the team’s first ACC wins. 
Previously, Coach George spent the spring of 2013 as an Assistant Strength and Conditioning Coach at Villanova University, working with both Football and the Olympic Sports.

Mary Beth George served two years as a Graduate Assistant for Strength and Conditioning and Recreation Facility Management at Salisbury University. Before that, she completed internships at the National Strength and Conditioning Association and at the University of Louisville. Mary Beth also spent a short time as a Strength and Conditioning Coach at the Fountain Valley School of Colorado and St. Mary’s High School, both in Colorado Springs, Colorado.

Coach George earned a Master’s degree in Applied Health Physiology from Salisbury University in 2012 and a Bachelor’s degree in Sports Management from Denison University in Ohio in 2009. She is certified through the CSCCa (SCCC), the NSCA (CSCS & RSCC), and USAW (Sports Performance Coach
Jeremy Golden, MS, CSCS, University Virginia, Women’s Assistant Basketball Strength Coach

“Training the Elite Level Golfer”
Topic: (.1 CEU’s)

Description
An examination of an integrated approach to training a competitive golfer. Why strength and power rule in the training of a golfer. Why everyone needs to speak the same language. In other words, why communication with golf coaches, PT’s, chiropractors and doctors is so vital to the overall success of the program.

Biography
Jeremy Golden was named the strength and conditioning coach for the Virginia Women’s Basketball team in July of 2019.

Golden, the former head strength and conditioning coach for the WNBA’s Los Angeles Sparks, has spent over a decade working with various NCAA Division I athletes before arriving at Virginia.

Most recently, Golden worked as the assistant director of athletic performance at the University of New Mexico, where he worked with Lobos Women Basketball and Softball programs. Before that, Golden worked as the director of sports performance at Santa Clara University. He also spent six years as an assistant strength and conditioning coach at Cornell, and one year working with the Friars’ women’s basketball team at Providence College. Golden has also made collegiate stops at Colgate University (Hamilton, N.Y.), and the University of Texas, El Paso. Additionally, Golden spent time as the head strength and conditioning coach for the Albuquerque Thunderbirds of the NBA Development League (now the NBA G-League).

A certified strength and conditioning specialist and registered strength and conditioning coach (RSCC*D) through the National Strength and Conditioning Association, Golden also serves as a board member with the NSCA’s Basketball Special Interest Group.

As a junior in college, Golden walked-on and played football at the University of Tulsa while earning a Bachelor of Arts degree in mass communication, which he received in 1999. Golden then went on to earn a master’s of science degree in physical education and sports administration from the University of New Mexico in 2003.
Dave Brixius, CSCS, Founder and Owner of Explosive Sports Performance and Speed and Agility Institute

“Must Train areas for all Female Athletes”

Topic: (.1 CEU’s)

Description
This hands on presentation will focus and go over 2 areas of the body females must focus on to help mitigate injuries and improve athletic performance. We will go over basic exercises that can be done as a warm-up or part of a workout.

Biography
Dave Brixius, the owner of Explosive Sports Performance, is a graduate of Bishop McDevitt High School and Marywood University. Dave holds a Bachelor of Science degree in Health and Physical Education with a concentration in strength and conditioning. He is also certified by the National Strength and Conditioning Association as a Strength and Conditioning Specialist (CSCS). Dave specializes in designing individual and group programs to train athletes to improve their strength, speed and overall conditioning. In addition to helping players prepare for all levels of competition by developing their physical skills, he also helps develop the mental skills that are needed to ensure success.

Dave has served as trainer for the Harrisburg Heat professional indoor soccer team, leading to their successful run as the American Conference Champions in 2000. He currently assists with training the Harrisburg City Islanders, helping them win the USL-2 Championship in 2007. Dave also worked with Messiah College Men’s and Women’s NCAA soccer teams, helping the men’s team toward their Championship wins in 2008, 2009 and 2010, 2012 and helping the women’s team toward their Championship wins in 2008, 2009, 2011, 2012.
Eric Mitchell, CSCS, Co-Owner of the Parisi Speed School

"Linear Speed Re-thought"

   Topic: (.1 CEU’s)

Description

Biography

Eric Mitchell, Co-Owner of The Parisi Speed School at United Sports, who is a graduate of Juniata College, and was a standout football player and also a nationally ranked sprinter on the Men’s Track Team. Eric is a NSCA Certified Strength and Conditioning Specialist (CSCS) and a USATF Level 1 Sprint Coach. Eric has been training athletes for over 20 years, and in that time, has developed speed camps and clinics for a variety of sports, including: Football, Field Hockey, Soccer, Baseball, Softball, Basketball, Tennis, Lacrosse, and Track. He has been involved in specialized football combine training for high school (college tests) and college players (NFL tests) for over 10 years. Eric is committed to developing the total athlete through both physical and mental training.

Eric Mitchell has been in the strength and conditioning industry for 27 years. Eric has trained athletes since 1996 and has operated a Parisi Speed School since 2006. Eric has worked with numerous NFL, MLB and many Professional Tennis Players as well as thousands of kids aged 7 to 18. Eric is also part of the Parisi Master Coaching Team. Eric became part of Training for Warriors in 2010. Eric is TFW Level 1 and Level 2 Certified. Eric's passion is helping others achieve their own inner greatness. Eric also champions children who have survived Shaken Baby Syndrome. Eric raises funds to help the caregivers of these Little Warriors.