

# Friday

## June 10, 2016

- 6:00am – 7:45am**      **Registration & Check-In - Kennedy Sports + Recreation Center**
- 7:45am – 8:00am**      **Doug Smith, MS, RSCC'E, CSCS, NSCA-CPT, NASM-PES, USAW Senior, Clinic Director; Juniata College, Strength Coordinator**
- 8:00am – 8:55am**      **Tony Decker, MS, CSCS, Susquehanna University, *Head Strength & Conditioning Coach and Fitness Center Director***  
*"Utilizing Partial Movements in Training the Injured Athlete"*
- Leo Totten, Totten MS, USAW 5 (Senior International Coach, Owner, Totten Training Systems, LLC**  
*"The Snatch - Not Just for Weightlifters Anymore"*
- 9:00am – 9:55am**      **Tom Swaldi DPT, ATC, CSCS, Star, Inc. Physical Therapy and Fitness,**  
*"Proprioception after Knee Injury"*
- Cory Watts, MS, RSCC, CSCS, USA-1, Haverford College *Head Strength & Conditioning Coach and Fitness Center Director***  
*"Adjustable Workout System"*
- 10:00am – 10:55am**      **Martin A Fees, MS, PT, CSCS, Rehabilitation Specialist & Co Owner of Go Sport Physical Therapy in Gettysburg**  
*"The use of NMES is prevalent in physical therapy"*
- Scott Bennett, MS, RSCC, CSCS, Radford University Head Strength & Conditioning Coach**  
*"Year Long Baseball Training"*
- Hand-On Session**  
**Dave Brixius, CSCS, Owner of - Explosive Sports Performance**  
*"Run Like Barry"*
- 11:00am – 11:55am**      **Andy Bosak, Ph.D., CSCS, HFS. Liberty University, Exercise Science Professor and Director of Exercise Science Master's Degree Program Liberty University**  
*"Utilizing Sport Science Technology to Improve Athletic Performance."*
- Tyler Carpenter, MS, SCCC, USAW, HKC, FMS Level II, and Luke Tipple, M.S., CSCS, USAWS, S.C.C.C, The Ohio State University Strength and Conditioning, *Olympic Sports Strength and Conditioning Coaches***  
*"Yearly Template of Training for the Olympic Sports Athlete"*
- Hand-On Session**  
**Todd Barnes, MS, CSCS, NASM-PES, Head Strength & Conditioning Coach/Fitness Director Arcadia University**  
*"Mobility Circuits for Soccer"*
- 12:00pm – 12:55pm**      **Lunch / Ellis Dining Hall**
- 1:00pm – 1:55pm**      **Darin Thomas, MS, CSCS - Muhlenberg University, Strength and Conditioning Director**  
*"A Strength and Conditioning Program to Develop Young Athletes"*
- Hand-On Session**  
**Eric Mitchell, CSCS, USATF Level 1 – CO-Owner Parsi Speed School, Owner**  
*"Proper warm-up techniques for acceleration, top speed, change of direction and strength"*
- 2:00pm – 2:55pm**      **James F. Cerullo, PhD, ATC, CSCS, Lecturer and Internship Coordinator**  
**Department of Health and Fitness, SUNY Oneonta, Oneonta, NY**

*“Variations of the Squat: Kinematics to Consider”*

**Hand-On Session**

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

**3:00pm – 3:55pm**

**Jerry Shreck, MS, ATC/L, NCSF-CPT, Bucknell University Strength Coordinator**  
*“Assessing the Risk and Preventing ACL Tears”*

**Hand-On Session**

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

**4:00pm – 4:55pm**

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

**Hand-On Session**

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

**5:00pm – 5:55pm**

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

**Hand-On Session**

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

**6:00pm – 6:55pm**

**Christopher Costa, MS, Owner Assist Performance, Haddonfield, NJ**  
*“Energy Systems in Hockey”*

**Hand-On Session**

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

## **Cookout & Social**

# Saturday June 11, 2016

6:00am – 6:55am

Breakfast / Ellis Dining Hall

7:00am – 7:55am

Kate Decker, CSCS, USAW, USA Track and Field Coach, ART Provider, FST Provider-Level III-Medical, NCTMB, MMP, Contracted Advanced Muscle Therapist, Philadelphia Eagles  
*"Understanding Fascia," Affects on Performance and Injury Return*

8:00am – 8:55am

Alan DeGennaro, MS, ATC, CSCS, Carnegie Mellon University Strength and Conditioning Coordinator and Ben Swogger  
*"Examining Relationships Between Bunkie Testing and Athletic Injury"*

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

9:00am – 9:55am

Will Peveler, Ph.D., Northern Kentucky University Assistant Professor of Exercise Physiology  
*"Resistance Training for Endurance Athletes: Research and Practical Application"*

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

10:00am – 10:55am

Robert A. Panariello, MS, PT, ATC, CSCS, Founding Partner, Chief Clinical Officer, Professional Physical Therapy Bridging the Medical  
*"Performance Training Gap during the Sports Rehabilitation and Performance"*

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

11:00am – 11:55am

Craig M. Newton, MS, CSCS, Instructor - Wellness Department / Exercise Sciences at the Community College of Baltimore County  
*"Macronutrient Needs for Athletes"*

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

12:00pm – 12:55pm

Timothy Harvey, MS, CSCS -Mercyhurst University, Coordinator of Exercise Science Mercyhurst University  
*"Selected Performance Enhancing Substances in Exercise and Sport – Dietary and Pharmacologic"*

**Juniata College**  
**Pennsylvania State Strength & Conditioning Clinic**  
**June 10-11, 2016**  
**Registration Form**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

**Certifications:**

\_\_\_ Other – Open to anyone interested in Sports Performance Enhancement

\_\_\_ NSCA – TBA CEU's

\_\_\_ BOC – TBA Total Category A CEU's

\_\_\_ Pennsylvania Act 48 (Health & Physical Education Teachers) – TBA Contact Hours (Additional \$50.00 fee)

**Package Options:**

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

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

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

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

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

**General Information**

**Where:** Juniata College, Huntingdon, PA

**When:** June 10 & 11, 2016

**Who Should Attend:**

Strength & Conditioning Coaches  
Athletic Trainers / Physical Therapists  
Sport Coaches  
Athletic Administrators  
Personal Trainers and Fitness Instructors  
Athletes interested in Sport Specific Strength & Conditioning  
Pennsylvania Health & Physical Education Teachers

**Refund Policy:**

Full refund less \$50 if postmarked by 5/23/16.  
50% refund if postmarked after 5/23/16 and before 6/3/2016. No refund after 6/3/16.  
All refund requests must be made in writing.

Make Checks Payable to Juniata College and mail to:

Juniata College  
Attention: Conferences and Events Office  
1700 Moore Street  
Huntingdon, Pennsylvania 16652-2196

**Phone Registration:**

Conferences & Events Office  
814-641-3605 or 814-641-3606

Payment Options: _____ Check _____ Cash
Credit Card Option: <input type="checkbox"/> Visa <input type="checkbox"/> Master Card <input type="checkbox"/> Discover <input type="checkbox"/> American Express
Name on Card: _____
Card Number: _____
Expiration Date: _____