

STRENGTH OF NUTRITION: TRAIN HARDER AND RECOVER FASTER

CSCCA PRE-CON

May 7, 2014
2:00 pm - 5:45 pm

Downtown Salt Lake City Marriott
Deer Valley Rooms 1-3

MC and Host

RANDY BIRD MS, RD, CSSD, CSCS

DIRECTOR OF SPORTS NUTRITION, UNIVERSITY OF VIRGINIA
CPSDA President

2:00 pm - 2:45 pm

KEITH BAAR PHD

ASSOCIATE PROFESSOR, UNIVERSITY OF CALIFORNIA, DAVIS
Using timed feeding to maximize muscle response to training

2:45 pm - 3:30 pm

RUSTY JONES, MS

FORMER HEAD STRENGTH & CONDITIONING COACH FOR THE CHICAGO BEARS,
BUFFALO BILLS AND PITTSBURGH PENGUINS
Improved athletic performance through applied nutrition

3:30 pm - 3:45 pm

BREAK

3:45 pm - 4:30 pm

KIM STEIN PHD

SENIOR PRINCIPAL SCIENTIST, GATORADE SPORTS SCIENCE INSTITUTE
No access to an RD? Practical sports nutrition tools for the SCC

4:30 pm - 5:45 pm

HOT TOPICS PANEL

Moderated by Randy Bird

- Keith Baar, Ph.D.
- Rusty Jones, MS
- Kim Stein, Ph.D.
- Scott Sehnert, MS, RD, CSSD, CSCS
SPORTS DIETITIAN, AUBURN UNIVERSITY
- Allison Maurer, MS, RD, CSSD, CSCS
SPORTS DIETITIAN, UNIVERSITY OF TENNESSEE

6:00 pm

EXHIBIT HALL OPENS

All attendees are invited to the Gatorade booth to ask questions or
network with the Pre-Con presenters and CPSDA members

Click [HERE](#) to register.

Attendees will receive 3.5 CEUs.

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