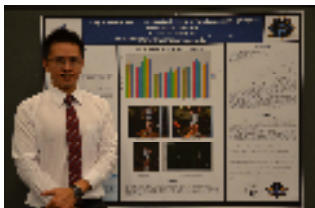




UK Strength & Conditioning Accreditation
Sunday December 15th, 2013
For information about the UKSCA and the
Accredited Strength and Conditioning Coach
process please visit www.uksca.org.uk



The Center of Excellence in Sports Science and Coach Education (CESSCE) will be hosting posters for its 8th annual Coaches College. The subject matter must deal directly or indirectly with the enhancement of competitive athletes. Posters can deal with advances in coaching, coaching methods, biomechanical, psychological, physiological or sports medicine aspects. Posters will be accepted on the basis of study summaries submitted by e-mail. The deadline for acceptance is November 1st, 2013. Summaries should be concise, and contain sections dealing with: purpose/introduction, methods, results and discussion. Summaries should be limited to 2-3 pages (12 pt font). An example is provided below. Incomplete studies without data will not be accepted. The summaries will be published on the CESSCE website www.sportscienceed.com.

Awards will be given in the following categories:

Coaching/Coach Education	Sport Science
1st place - \$100	1st place - \$100
2nd place - \$50	2nd place - \$50

Outstanding Student Poster- \$100

For more information about the call for papers please visit
www.sportscienceed.com or call
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Thank you to our Sponsors!



For travel and lodging information please visit our website:
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Eighth Annual

Coaches & Sport Science College

Theory to Execution:
Football & Division 1 Sports
December 13-14, 2013

**UK Strength & Conditioning
Accreditation offered**
December 15, 2013

**Center of Excellence
Sport Science & Coach Education
East Tennessee State University
www.sportscienceed.com**

Schedule

Speakers

Registration

Friday December 13th, 2013

8:00-8:45am- Registration & Breakfast
8:45-9:00- Welcome- Dr. Mike Ramsey
9:00-10:00- Training Principles & Theory- Dr. Mike Stone
10:00-10:15- Break & Posters
10:15-11:00- General concepts of Modern Periodization- Dr. Guy Hornsby
11:00-12:00- Periodization for Football- Coach Margaret Stone & Ben Gleason
12:00-1:15- Lunch –Coach Carl Torbush
1:15-2:45- Lessons from Rugby- Clive Brewer
2:45-3:00- Break & Posters
3:00-4:30- Speed Training – Dr. Brad DeWeese
4:30-5:00- Round Table
6:30- Banquet—Speaker TBD

Saturday December 14th, 2013

7:30-8:00am- Registration & Breakfast
8:00-8:10- Welcome- Dr. Mike Ramsey
8:10-9:30- Mental Toughness?- Dr. Bill Sands
9:30-9:45- Break
9:45-10:45– Sports Medicine Considerations in the NCAA- Brian Johnston
10:45-11:45 Sport Nutrition- Dr. Brad DeWeese
11:45-12:45- Lunch
12:45-2:15- Squats A-Z- Dr. Satoshi Mizuguchi & Dr. Kimi Sato
2:15-2:30- Break
2:30-3:30- Pulling Movements A-Z- Dr. Mike Stone
3:30-5:00- Hands-On Learning Squatting & Pulling Movements- Dr. Stone, Dr. Hornsby, Dr. Mizuguchi, Clive Brewer

Sunday December 15th, 2013

UKSCA Certification- Clive Brewer

Dr. Michael Stone

The program coordinator for the PhD program in Sport Physiology and Performance. He is also the sport science lab coordinator. With a research interest in strength-power training and sports performance, Dr. Stone was formerly the head of physiology for the USOC.

Margaret Stone

Two-time Olympian and distinguished strength and conditioning coach. She was the first female head strength and conditioning coach working with football at a D1 university. Currently the Director of the Center of Excellence for Sport Science and Coach Education as well as the Olympic Training Site at ETSU.

Ben Gleason

Currently pursuing his PhD in sport performance at ETSU where he is the assistant strength and conditioning coach for Men’s Basketball. He played offensive line at the University of Memphis and served as a full-time strength and conditioning coach at Hampton University before arriving at ETSU.

Dr. Guy Hornsby

Guy Hornsby is currently a Visiting Professor of Exercise Physiology in the Department of Health and Human Performance at the College of Charleston. Dr. Hornsby recently received his PhD in Sport Physiology and Performance from East Tennessee State University. While at ETSU he served as an applied sport scientist and strength and conditioning coach. His research interests deal with optimally managing the training process for competitive athletes.

Clive Brewer

Clive is the Head Strength and Conditioning Coach for the Widnes Vikings Rugby League club where he is responsible for all aspects of conditioning of the players at the club, and also directs and delivers the sports science programs with the players. He was also the Lead S&C coach for Scotland Rugby League in the 2013 World Cup. Currently the Vice-Chair of the UK Strength & Conditioning Association (UKSCA).

Dr. Brad DeWeese

Assistant professor in the Exercise and Sport Science Department at East Tennessee State University. Prior to his appointment Dr. DeWeese served the United States Olympic Committee as the Head Sport Physiologist for the Winter Division at the Olympic Training Center in Lake Placid, New York.

Dr. Bill Sands

Former Director of Education for the National Strength and Conditioning Association in Colorado Springs, CO. He has served as the Director of the Monfort Family Human Performance Research Laboratory at Colorado Mesa University. He is also the former Recovery Center Leader, Head of Sport Biomechanics and Engineering and Senior Physiologist for the U.S. Olympic Committee in Colorado Springs, CO. His primary service and research interests lie in athlete recovery, high-performance training, strength and power performance and wilderness emergency medicine.

Brian Johnston

Entering his tenth year as Assistant Athletic Director for Sports Medicine and is in his last year of the Sport Physiology and Performance doctoral program. A former graduate of the NATA-approved Athletic Training curriculum, Johnston has been associated with East Tennessee State University for several years.

Dr. Satoshi Mizuguchi

Second-year assistant professor in the Exercise and Sport Science department. He was the first graduate from the ETSU doctoral program in Sport Physiology and Performance. His primary interest is the use of vertical jump height in athletes’ performance monitoring. Currently one of the Olympic Training Site weightlifting coaches.

Dr. Kimi Sato

Faculty member in the Exercise and Sport Science department. He received his PhD in exercise science with a concentration in biomechanics at the University of Northern Colorado. His primary research interest is to identify specific sports injuries from physical capabilities and anthropometry measurements.

Full Conference	\$275
One Day Only	\$150
Student Rate <u>Per Day</u> (Student ID Required)	\$75
UKSCA Accreditation	\$400

Total

*Fee is nonrefundable but may be applied to future events

*A \$25 fee will be charged to those who register online after December 1, 2013

*A \$25 fee will be charged to those who register at the door

Groups of 5 or more are eligible for a discount rate of \$250 per person (only applicable for full conference)

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Organization

CEUs applying for: NATA NSCA CSCCa

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