

2019 CSCCa National Conference Itinerary

Wednesday, May 8th- Friday, May 10th, 2019

WEDNESDAY, MAY 8th

Kansas City Convention Center and Downtown Kansas City Marriott Hotel

TIME	SESSION A	TIME	SESSION B
8:00 - 11:00am	MSCC Breakfast, Meeting, and Practical Exam Administration Review <p style="text-align: center;">***For Master Strength & Conditioning Coaches Only***</p> <p style="text-align: right;">Sponsored by Firstbeat Technologies</p>		
11:15am - 12:15pm	MSCC Luncheon (for Practical Exam Administrators Only) <p style="text-align: right;">Colonial Ballroom</p>		
12:00 - 12:30pm	SCCC Exam Check-in: All candidates for the practical portion of the SCCC Certification Examination must arrive by 12:00 p.m. <p style="text-align: right;">Marriott Hotel Truman A/B</p>	Afternoon Hotel check-in begins mid-afternoon as rooms are available	<p style="text-align: right;">Colonial Ballroom</p>
12:45 - 5:00pm	SCCC Exam - Practical Portion <p style="text-align: right;">Marriott Hotel Imperial Ballroom</p>	2:00 - 5:00pm Pre-Conference Symposium: <p style="text-align: center;">Building Blocks for SCC Success</p> <p>The Comprehensive Approach to the Complete Athlete</p> <ul style="list-style-type: none"> • Bryan Doo, MS, CSCS <p>The Latest in Sleep and Casein Research</p> <ul style="list-style-type: none"> • Ian Rollo, PhD <p>Louisville's Vision: Building a Strong Health Performance Team</p> <ul style="list-style-type: none"> • Pat Ivey - Associate AD for Student-Athlete Health and Performance • Matt Summers – Sr. Director of Sports Medicine/Football • Mike Sirignano – Head Strength & Conditioning for Football • Emily Artner – Football Sports Dietitian <p style="text-align: right;">Hosted & Sponsored by Gatorade</p>	<p style="text-align: right;">Marriott Hotel Basie AA1/BB1</p>
5:00 - 6:00pm	Visit Exhibit Hall		
6:00 - 8:00pm	<p style="text-align: center;">Exhibitor/Coaches Opening Social</p> <p style="text-align: right;">Bartle Exhibit Hall D</p>		

THURSDAY, MAY 9th

Kansas City Convention Center and Downtown Kansas City Marriott Hotel

TIME	SESSION A	TIME	SESSION B	TIME	SESSION C
6:30 - 8:00am	Breakfast on Your Own			6:30 - 8:00am	VISIT EXHIBIT AREA FOR EARLY BIRD WORKOUT Bartle Exhibit Hall D
8:00 - 9:25am	Session 1a: "University of Texas Football Strength & Conditioning," Yancy McKnight, SCCC, University of Texas Grand Ballroom 2501 A&B	8:00 - 9:25am	Session 1b: "The Performance Team--Bridging the Gap Between the Weight Room and the Training Room," Marci Hoppa, SCCC, & Julie Martin, ATC, Mississippi State University Grand Ballroom 2501 C	8:00 - 8:40am (1st Session) 8:45-9:25am (2nd Session)	Session 1c: Rotating Presentations (Choose 2) Option 1: Baseball: "Tubing, Thrower's 10 & Poles: More to Baseball Than This," Thomas Rohling, MSCC, Samford University (E&F) Option 2: Soccer: "Louisville Men's Soccer," Jason Dierking, MSCC & Kyle Voigt, University of Louisville (G&H) Great Hall 3501 Exhibit Hall Open
9:35 - 10:05am	2019 CSCCa National Conference Welcome & Announcements Grand Ballroom 2501 A&B	9:35 - 10:05am	NO SESSION Grand Ballroom 2501 C	9:35 - 10:05am	NO SESSION Bartle Exhibit Hall D
10:15 - 11:15am	Session 2a: "What 3rd Party Testing of Dietary Supplements Is and Why it is Important to Athletes," Brian Jordan, NSF Certified for Sport Grand Ballroom 2501 A&B	10:15 - 11:15am	Session 2b: "Michigan Basketball S&C," Jon Sanderson, MSCC, University of Michigan Grand Ballroom 2501 C	10:15 - 11:15am	Session 2c: Choice of one 1-hour Presentation Option 1: Hands-on Presentation: "Medicine Ball/Upper & Lower Body Plyometrics," Michael Boyle, MBSC (A-D) Sponsored by Perform Better Option 2: "Keys to Conditioning: Utilizing Data Driven Prescription to Prepare Athletes for Competition," Kevin Cronin, Colorado College (E&F) Sponsored by Firstbeat Technologies Option 3: "Applications of Velocity-Based Strength Training," Dr. Tyler Williams, Samford University (G&H) Great Hall 3501 Bartle Exhibit Hall D
11:15am - 12:45pm	BRUNCH IN EXHIBIT AREA Co-Sponsored by Keiser & CSCCa Bartle Exhibit Hall D				
12:45 - 2:10pm	Session 3a: "Speed and Power- Everything Old is New Again," Michael Boyle, Mike Boyle Strength and Conditioning, MBSC Grand Ballroom 2501 A-C Sponsored by Perform Better	12:45 - 1:25pm (1st Session) 1:30-2:10pm (2nd Session)	Session 3c: Rotating Presentations (Choose 2) Option 1: Hands-on: "Challenging Today's Collegiate Athlete," Steve Rhoads (A-D) Sponsored by All American Iron Option 2: "Developing the Strength Coach for Autonomy and Longevity in the Field," Scott Bennett, MSCC, Radford University (E&F) Option 3: "Positive Ways to Develop Mental Toughness," Eihan Reeve, MSCC, University of Tennessee Chattanooga, & Joey Batson, MSCC, Clemson University (G&H) Great Hall 3501 Exhibit Hall Open	12:45 - 1:25pm (1st Session) 1:30-2:10pm (2nd Session)	Session 3c: Rotating Presentations (Choose 2) Option 1: Hands-on: "Challenging Today's Collegiate Athlete," Steve Rhoads (A-D) Sponsored by All American Iron Option 2: "Developing the Strength Coach for Autonomy and Longevity in the Field," Scott Bennett, MSCC, Radford University (E&F) Option 3: "Positive Ways to Develop Mental Toughness," Eihan Reeve, MSCC, University of Tennessee Chattanooga, & Joey Batson, MSCC, Clemson University (G&H) Great Hall 3501 Bartle Exhibit Hall D
2:20 - 3:30pm	Session 4a: Health & Safety Presentation: "Preventing Exertional Illnesses and Incidents in Athletes"--Panel Discussion Dr. Michael Waller, Arkansas Tech University; Panel Moderator Panel Participants: Michael Johnson, SCCC, Oregon State University Isaiah Castilleja, Metropolitan State University Bret Miguez, SCCC Clare Buckman, SCCC, University of Central Arkansas Karin Werth, MSCC, University of Florida Grand Ballroom 2501 A-C	2:20 - 3:30pm	NO SESSION Great Hall 3501	2:20 - 3:30pm	NO SESSION Exhibit Hall Open Bartle Exhibit Hall D
3:40 - 5:05pm	Session 5a: "The Art of Relearning as a Strength Coach," Dan John, Strength & Conditioning Consultant Grand Ballroom 2501 A-C Sponsored by Perform Better	3:40 - 4:20pm (1st Session) 4:25-5:05pm (2nd Session)	Session 4c: Rotating Presentations (Choose 2) Option 1&2: Hands-On Presentations: Bud Charniga (A-D) Squatting: 3:40-4:20pm Overhead Lifts: 4:25-5:05pm Sponsored by Dynamic Fitness Option 3: "Safe Return to Training During Transition Periods," Don Decker, MSCC, New Mexico State University; Rob Glass, MSCC, New Oklahoma State University; Zach Witherspoon, SCCC, New Mexico State University (E&F) Option 4: "Barriers that Face Today's S&C Coaches," Jennifer Jones, MSCC, Purdue University (G&H) Great Hall 3501 Exhibit Hall Open	3:40 - 4:20pm (1st Session) 4:25-5:05pm (2nd Session)	Session 4c: Rotating Presentations (Choose 2) Option 1&2: Hands-On Presentations: Bud Charniga (A-D) Squatting: 3:40-4:20pm Overhead Lifts: 4:25-5:05pm Sponsored by Dynamic Fitness Option 3: "Safe Return to Training During Transition Periods," Don Decker, MSCC, New Mexico State University; Rob Glass, MSCC, New Oklahoma State University; Zach Witherspoon, SCCC, New Mexico State University (E&F) Option 4: "Barriers that Face Today's S&C Coaches," Jennifer Jones, MSCC, Purdue University (G&H) Great Hall 3501 Bartle Exhibit Hall D
7:30 - 9:30pm	MSCC DINNER & CEREMONY Sponsored by Gatorade Marriott Hotel Imperial/ Colonial Ballroom				

FRIDAY, MAY 10th

Kansas City Convention Center and Downtown Kansas City Marriott Hotel

TIME	SESSION A	TIME	SESSION B	TIME	SESSION C	SESSION D	
6:30 - 8:00am	VISIT EXHIBIT AREA FOR EARLY BIRD WORKOUT Breakfast on Your Own	6:30-7:00am	VISIT EXHIBIT AREA FOR EARLY BIRD WORKOUT	6:30 - 8:00am	VISIT EXHIBIT AREA FOR EARLY BIRD WORKOUT Breakfast on Your Own		
		7:00-8:00am	Female Strength & Conditioning Coaches' Breakfast and Meeting Sponsored by Gatorade Grand Ballroom 2501 D				
8:00 - 8:50am	Session 6a: "What Do You Want Your Legacy to Be?" Lee Kemp, Keynote Speaker, Educator, Author and Former Olympian Grand Ballroom 2501 A&B	8:00 - 8:50 am	Session 3b: "Championship Communication," Betsy Butterick, The Coaches' Coach & Communication Specialist Grand Ballroom 2501 C	8:00 - 8:50am	Session 5c: Choice of one 1-hour Presentation Option 1: "The Progression of Building a Positive Culture," Zach Houghton, University of South Florida (E&F) Option2: Hands-on Presentation: "Basics of Kettlebells," Dan John, S&C Consultant (G&H) Sponsored by Perform Better Great Hall 3501	Session 1d: Roundtable Discussion- "The Cares and Concerns of the Small College S&C Professional," Moderator: Robert Basile, MSCC, St. Johns University; Keith Ferrara, SCCC, Adelphi University; James Prendergast, SCCC, Hofstra University Great Hall 3501 A-D	Exhibit Hall Open Bartle Exhibit Hall D
9:00 - 10:00am	Session 7a "Developing Speed for Team Sport Athletes," Mike Young, Athletic Lab Sports Performance Training Center Grand Ballroom 2501 A&B	9:00 - 10:00am	Session 4b "Training Load and Recovery in College Basketball," Sean Conaty, SCCC, Eastern Michigan University Sponsored by Firstbeat Technologies Grand Ballroom 2501 C	9:00-10:00 am	Session 6c: Choice of one 1-hour Presentation Option 1: "Seeking Mentorship as a Young Strength & Conditioning Coach," Shannon Phillips, SCCC, UCONN (E&F) Option 2: Hands-on Presentation: "Quick Lifts," Kerri O'Brien & Adam Timm (G&H) Sponsored by Eleiko Great Hall 3501	Session 2d: Roundtable Discussion- "Olympic Sports Strength & Conditioning": Golf: Lance Sewell, MSCC, Texas State Swimming/Diving: Bryan Karkoska, MSCC, Auburn University Wrestling: Gary Calcagno, MSCC, Oklahoma State University Volleyball: James Krumpus, MSCC, University of Arizona Great Hall 3501 A-D	Exhibit Hall Open Bartle Exhibit Hall D
10:10 - 11:10am	Session 8a: "Hamstring Injuries: Rehabilitation and Performance Enhancement Training," Rob Panariello, Professional Physical Therapy Grand Ballroom 2501 A&B	10:10 - 11:10am	Session 5b: "Systems Based Thinking (Assess, Intervene, Monitor)," Andrew Althoff, SCCC, Baylor University Grand Ballroom 2501 C	10:10-11:10 am	Session 7c: "Basketball Training- Does Style of Play Change the Plan?" Steve Orris, MSCC, Nova Southeastern University Great Hall 3501 E&F	Session 3d: A Roundtable Discussion- "The Cares and Concerns of the Young Strength and Conditioning Coach," Moderator: Michael Naperalsky, SCCC, University of Louisville Great Hall 3501 A-D	Exhibit Hall Open Exhibit Hall Closes at 10:30 am Bartle Exhibit Hall D Exhibit Hall Closed
11:20am-12:20pm	Session 9a "The "No Talent" Code," Lewis Caralla, SCCC, Georgia Tech University Grand Ballroom 2501 A&B	11:20am - 12:20pm	Session 6b: "Making It Easier to Work with Sport Coaches," Dr. Andy Gillham, Owner of Ludus Consulting Grand Ballroom 2501 C	11:20-12:20 pm	Session 8c: "Upper-, Lower-, and Total Body Power: A Practical Approach," Dr. Michael Waller, Arkansas Tech University Great Hall 3501 E&F	Session 4d: Roundtable Discussion- "The Cares and Concerns of the Female S&C Coach," Anna Craig, SCCC, University of Texas at Austin Great Hall 3501 A-D	
12:30 - 1:30pm	Session 10a NO SESSION Grand Ballroom 2501 A&B	12:30 - 1:30pm	Session 7b: "Structuring Your Staff Mentorship," Stephen Rassel, SCCC, Toronto Blue Jays Grand Ballroom 2501 C	12:30-1:30 pm	NO SESSION	NO SESSION	
1:30pm	Conference Adjourned						