

Juniata College
Pennsylvania State Strength & Conditioning Clinic
Friday, June 15, 2012

6:30am – 7:45am	Registration & Check-In - Kennedy Sports + Recreation Center <u>Brumbaugh Academic Center</u>
7:45am – 8:00am	Doug Smith, MS, RSCC'E, CSCS, NSCA-CPT, Clinic Director; Juniata College, Strength Coordinator
8:00am – 8:55am	Dick Hartzell Jump Stretch Inc. “Band Workouts and Routines for Training and Rehabilitation” Tanya Williams MS, RD, LDN, RYT-200 - Clinical Dietitian & Nutritionist Specialist – Bucknell University “Sports Nutritionist”
9:00am – 9:55am	Jay DeMayo, CSCS - Richmond University, Basketball Strength & Conditioning “Specialized Exercises II”. Stacy Bishop PhD, CSCS, Exercise Physiology Ph.D. Candidate at the University of Alabama "Mixed Martial Arts - Research; Past, Present and Future"
10:00am – 10:55am	Joe Fondale MS, CSCS / Strength and Conditioning staff at the U.S. Naval Academy “Weight training for Speed Enhancement”. Lori & Tom Swaldi DPT, VCS; Tom Swaldi DPT, ATC, CSCS - Star Physical Therapy “Concussion Rehabilitation”
11:00am – 11:55am	Frank Valasquez / Former Pittsburgh Pirate Strength Coordinator “Comprehensive Shoulder Care for the Throwing Athlete” Alan DeGennaro MS, - Strength and Conditioning Coordinator – Carnegie Mellon University “Injury Prevention / Building Durability?” Dick Hartzell Jump Stretch Inc. Hands on Session “Band workouts and routines for Training and Rehabilitation” Cameron Davidson MS, SCCC, CSCS, USAW -Penn State University Strength Coach Hands on Session “Olympic lifts in the Weight Room”
12:00pm – 1:00pm	<u>Lunch / Ellis Dining Hall</u>
1:00pm – 1:55pm	Todd Burkey, MS, ATC - Youngstown State University Athletic Trainer & Strength Coach “Developing Work Capacity” Paul “Babe” Mayer MS - Pennsylvania College of Technology; Mayer Sports Training Center, Director “Foundations of Movement” Lori & Tom Swaldi DPT, VCS; Tom Swaldi DPT, ATC, CSCS - Star Physical Therapy Hands on Session “Concussion Rehabilitation” William Maher - NSCA-CPT - Certified Kettlebell Instructor

**Hands on Session
“Kettlebell Training”**

2:00pm – 2:55pm

**Buddy Morris / Former Univ of Pittsburg & NFL Cleveland Browns
Strength Coordinator
“Four Key Points of Training”**

**Michael R. Rankin, CSCS Director of Strength & Conditioning
Drexel University
“Sports Specific Training for Wrestling”**

**Martin A Fees, PT, CSCS Rehabilitation Specialist & Co Owner of Go Sport
Physical Therapy in Gettysburg
Hands on Session
"Weight Training Modifications and Neuromuscular Progressions for
Athletes Recovering from Injury"**

**Todd Hamer MS, CSCS - Robert Morris University Strength Coordinator
Hands on Session
“Teaching the Power Movements in the Weight Room”**

3:00pm – 3:55pm

**Brandon Hourigan / Bowling Green State Univ Strength & Conditioning
“Learning the Clean”**

**Darin Thomas, MS, CSCS - Notre Dame University, Department of Physical Education
“Training the Multi-Purpose Athlete”**

**Paul “Babe” Mayer MS - Pennsylvania College of Technology; Mayer Sports Training
Center, Director
Hands on Session
“Training the Core”**

**John Keller, CSCS, University of Pennsylvania- Strength Coach
Hands on Session
“Maui Thai Kick Boxing”**

4:00pm – 4:55pm

**William Hicks, MS, CSCS, Syracuse University Strength Coordinator
"Syracuse Football Strength & Condition Program Desig**

**Rob Panariello, PT, ATC, CSCS - - Owner Professional Orthopedic Sport
Physical Therapy / Professional Athletic Performance Center, NY.
“How Much Strength is too much?”**

**Todd Barnes MS, CSCS, NASM-PES - Head Strength & Conditioning
Coach - Arcadia College
Hands on Session
“In-Season Flexibility Workouts for Recovery”**

**Tanya Williams MS, RD, LDN, KYT-200 & RYT-200 / Bucknell University
Hands on Session
"Kirpalu Yoga: Sport-Specific Class"**

5:00pm – 5:55pm

**Tony Decker, MS, CSCS – Co-Owner Athletic Development & Performance
“Training the Four Phases of Speed”**

**Tim Lang MS, CSCS / Mark Feldner – Former Texas Rangers & DePaul University
“An progressive, efficient, competitive jumping program for the high school
Basketball Player”**

**Jim Smith, CSCS Diesel Crew Corning New York
Hands on Session
“Training for Strongman Events”**

Hands on Session
“Training for Strongman Events”
Joe Schoeleber, MS, CSCS - MVP Sports Training & Fitness, President
"Developing Super Speed, Strength and Skills with Bands"

6:00pm

Cookout & Clinic Social

Saturday
June 16, 2012

6:00am – 6:55am

Breakfast / Ellis Dining Hall

Brumbaugh Academic Center - Lecture Hall 101

7:00am – 7:55am

Jon Clancy Head Strength and Conditioning Coach Marist College
"Women's lacrosse: Strength and Conditioning considerations for women's fastest growing sport."

Tony Tridico, MS, CSCS, NSCA Pennsylvania State Director -Youngsville High School
"Sport Specific Training and the High School Culture: Huge Problems!!"

8:00am – 8:55am

Lon Record MS, Villanova University – Strength and Conditioning Coordinator
“Managing Training and Recovery for In-Season Basketball”

Jim Cerullo, Ph.D., ATC, CSCS/ Assistant Professor John Carroll University
Physical Education and Exercise Science
“Vibration Training”

9:00am – 9:55am

Ryan P. Cidzik, MS, CSCS, RSCC, USAW- University of Memphis University
"Neck Testing and Training Methods for Football."

Andy Bosak, Ph.D., CSCS, HFS - Exercise Science Assistant Professor and Exercise Physiology Laboratory Director at Georgia Southwestern State University
“An Analysis of Various Alternative (Vs. Traditional) Forms of Resistance Training”

11:00am – 11:55am

Al Johnson, MS, CSCS, MSCC, NASE- Northwestern University – Assistant Director of Sports Performance for Football
“Football Program Design”

Mr. Greg Ryan, MS, CSCS - Department of Kinesiology University of Alabama
“High School / Collegiate Baseball Training

12:00pm – 12:55pm

Lunch / Ellis Dining Hall

1:00pm – 1:55pm

Tim Beltz, MS, CSCS – University of Pittsburgh Basketball Strength Coordinator
‘Heart Rate Variability in Training’

WE Buckley, PhD, ATC & John Vairo, MS, ATC – Penn State University
“Functional Movement Skills”

2:00pm – 2:55pm

Jerry Shreck BS, ATC/L, NCSF-CPT - Bucknell University Strength Coordinator
“Bucknell University Lacrosse Strength & Conditioning Program”

3:00pm – 3:55pm

Will Peveler, Ph.D. Assistant Professor of Exercise Physiology- Northern Kentucky Univ.
“Muscle fiber nomenclature and motor unit recruitment”

4:00pm – 4:55pm

Doug Smith, MS, RSCC'E, CSCS, NSCA-CPT, Clinic Director; Juniata College, Strength Coordinator
Hands on Session
‘Teaching Progression of Power Cleans’

Juniata College
Pennsylvania State Strength & Conditioning Clinic
June 15-16, 2012
Registration Form

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Fax _____ Email _____

Certifications:

- ____ Other – Open to anyone interested in Sports Performance Enhancement
____ NSCA – 1.8
____ BOC - NATA – 18
____ PA Act 48/Physical Education Teachers / 18
____ Approved by the New Jersey Department of Education for Professional Development

Package Options:

____ Overnight Package – \$250.00 (Thursday & Friday Night Lodging- On campus, double occupancy)
*Includes Two days Registration, 4 Meals, Clinic Material, T-shirt, 2 Night Lodging
(Roommate Preference: _____)

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

____ 2 Day Package - \$ 210.00 (No Overnight Lodging)
*Includes Two days Registration, 4 Meals, Clinic Material, T-shirt

____ 1 Day Package - \$130.00 (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 15 & 16, 2012

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 &

Refund Policy:

Full refund less \$50 if postmarked by 6/01/12. 5
6/08/12. All refund requests must be received by

Make Checks Payable to Juniata College and made payable to
Juniata College
Attention: Conferences and Events Office
1700 Moore Street

Payment Options: _____ Check _____ Cash

Credit Card Option:

☐ Visa ☐ Master Card ☐ Discover ☐ American Express

Name on Card: _____

Card Number: _____

Expiration Date: _____

Huntingdon, Pennsylvania 16652-2196

Phone Registration:

**Conferences & Events Office
814-641-3604 or 814-641-3606**