



Thank you to our sponsors!

**UK Strength & Conditioning  
Accreditation,**

Sunday December 19th, 2010

For more information about the UKSCA and the Accredited Strength & Conditioning Coach process please visit [www.uksca.org.uk](http://www.uksca.org.uk)

The Center of Excellence for Sport Science and Coach Education (CESSCE) will be hosting posters for its fifth 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. The deadline for acceptance is November 15<sup>th</sup> 2010 (no exceptions).

Awards will be given in the following categories:

***Coaching/Coach Education***

1<sup>st</sup> place - \$150

2<sup>nd</sup> place - \$75

***Sport Science***

1<sup>st</sup> place - \$150

2<sup>nd</sup> place - \$75

***Outstanding Student Poster- \$150***

For more information about the call for papers please visit [www.sportscienceed.com](http://www.sportscienceed.com) or call (423) 439-5796 or (423) 439-8479.

Online registration available,  
please see web site for details  
[www.sportscienceed.com](http://www.sportscienceed.com)



[www.performbetter.com](http://www.performbetter.com)

*What is Sport Science?  
How can it help Sport?  
How can it help me?*



**Fifth Annual  
Coaches & Sport  
Science College**

December 17<sup>th</sup>-18<sup>th</sup>, 2010

**UK Strength & Conditioning  
Accreditation offered**

December 19<sup>th</sup>, 2010



Presented by:



*Center of Excellence*  
**SPORT SCIENCE & COACH EDUCATION**  
*East Tennessee State University*

Online registration available,  
please see web site for details  
[www.sportscienceed.com](http://www.sportscienceed.com)

# Schedule

## Friday December 17th, 2010

7:30 – 8:00 – Registration

8:00 - 8:15 - *Introduction and Welcome* - **Meg Stone, Chris Ayres, etc.**

8:15 – 9:30 – *What is Sport Science?* – **Dr. Mike Stone**

9:30-9:45– Break

9:45 – 11:00 – *The Contribution of Sport Science to Sport:*

*Current and controversial issues* – **Dr. Greg Haff**

11:00 – 12:00 - *Evidence-Based Sport Medicine: what this means to the practitioner, coach and athlete* - **Dan Wathen**

12:00 – 1:00 Lunch

1:00 - 2:00 PM- Break Out - *Sport Specific Examples – How sport science, sport medicine and the sport can be interfaced*

**Baseball – Guy Hornsby, Brian Johnston, Tony Skole**

**Track and Field - Meg Stone, Dr. Mike Stone, Liz Schoen**

2:00 – 3:00 PM: Break Out - *Sport Specific Examples – How sport science, sport medicine and the sport can be interfaced*

**Soccer (Football) – Satoshi Mizuguchi, Andrew Swanson, Scott Calabrese, Howard Gray**

**Volleyball – Ashley Kavanaugh, Brian Johnston, Lindsey Devine**

3:00 – 4:30 PM – *Development of a Sport Science Program – from the club level to the national level: the United Kingdom*

*Experience* – **Clive Brewer**

4:30 - 4:45 – Break

4:45 – 5:30 Group Discussions - *From a Sport Science/Sport Medicine Perspective – how do you get students, athletes and coaches engaged in sport science/sport medicine?*

Moderator: **Dan Wathen, Dr. Mike Ramsey, Dr. Hugh Lamont, Dr. Jason Winchester, Dr. Greg Haff, Brian Johnston, Dr. R.J. Elbin, Meg Stone, etc.**

6:00 - 8:30 - *Banquet – Master of Ceremonies: Travis Triplett – awards, etc. – Chris Ayres, Head Department of KLSS, ETSU: the Evolution of Sport Science at ETSU*

## Saturday December 18th, 2010

7:30 am – 8:00 am – Registration

8:00 – 8:15 – *Introduction and Welcome* – **Meg Stone**

8:15 – 10:30 – *What makes “monitoring tests” meaningful? or What is this stuff you just gave me?* – **Dr. Hugh Lamont, Dr. Jason Winchester, Dr. Mike Ramsey**

10:30 – 10:45- Break

10:45 – 11:45 – *The Japan Institute of Sports Science: The interface between sport science and coaching.* – **Yoshi Ito**

11:45 – 12:45 – Lunch

12:45 – 2:15- *Wrestling: Lessons from Sport Science and Sport Medicine* – **Mike Favre**

2:15 – 2:30 – Break

2:30– 3:45 - *American Football: Lessons from sport science and sport medicine* – **Dr. Mike Stone, Dr. R.J. Elbin, Brian Johnston**

3:45 – 4:00 – Break

4:00 - 4:30 – Round Table – moderator: Dan Wathen

## Sunday December 19th, 2010

8:30– UKSCA Certification Exam

# 2010 Keynote Speakers

**Meg Stone**– Two-time Olympian and distinguished strength and conditioning coach. Director of the Center of Excellence for Sport Science and Coach Education.

**Dr. Mike Stone**– Director of the Exercise and Sport Science Laboratory at ETSU. Previous Head of Physiology for the USOC.

**Dr. Greg Haff**– Assistant Professor in Exercise Physiology at West Virginia University School of Medicine.

**Dan Wathen**– Former Head Athletic Training and Strength and Conditioning Coordinator at Youngstown State University.

**Clive Brewer**– Head of Human Performance for English Rugby League and the contracted strength and conditioning specialist at Wimbledon Tennis Championships.

**Dr. Hugh Lamont**– First-year faculty member at ETSU in the Department of KLSS. Previously the assistant professor for exercise science at the University of Mississippi.

**Dr. Jason Winchester**– First-year faculty member at ETSU in the Department of KLSS. Previously served as an Assistant Professor of exercise science and as the director of the Human Performance Laboratory.

**Dr. Mike Ramsey**– Associate Professor at ETSU, emphasis in Cardiovascular Physiology.

**Yoshi Ito**– Strength and Conditioning coach at the Japan Institute of Sports Science (JISS), Tokyo. Also oversees the physical development for several Japanese National squad athletes.

**Mike Favre**– Formerly the Strength and Conditioning Coach for the USOC, now the Head Strength and Conditioning Coach of Olympic Sports at the University of Michigan.

**Dr. R.J. Elbin**– First-year faculty member at ETSU in the Department of KLSS. He recently received his Ph.D. in kinesiology with a sport psychology concentration from Michigan State University.

**Brian Johnston**– Assistant Athletic Director for Sports Medicine at ETSU.

## Johnson City, TN Information

**Airports:** Tri-Cities Airport (20 minutes)

McGhee-Tyson Airport (Knoxville, TN, 2 hours)

Asheville Regional Airport (Asheville, NC, 1 hour)

**Hotels:**

*Carnegie Hotel:* www.carnegiehotel.com

Phone: (423) 979-6400 (Mention ETSU Coaches College)

*Hampton Inn:* Phone (423) 929-8000

**Please reserve your hotel room well in advance as this is the same weekend as ETSU graduation**

For other area information and list of hotels, please email Liz Schoen: Schoen@etsu.edu

# Registration

Full Conference \$275

One Day Only \$150

Student Rate Per Day \$75

(Student ID Required)

UKSCA Accreditation \$375

Total \_\_\_\_\_

\*Breakfast and lunch will be provided both days

\*Fee is nonrefundable but may be applied to future events

\* 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)\*\*

Name \_\_\_\_\_

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CEUs applying for: NATA NSCA



Conference to be held at the  
Millennium Centre

<http://www.millctr.com/>

Located directly behind the Carnegie Hotel

## REGISTER ONLINE

[www.sportscienceed.com](http://www.sportscienceed.com)

## Send Complete Forms To:

ETSU Center of Excellence for Sport Science  
and Coach Education

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