

D-N-D Sports Performance Rehabilitation and Injury Prevention

Conference presented by Lehigh Valley Orthopedic Institute

2023 Speakers List

**Robert A. Panariello MS, PT, ATC,
CSCS, Director of Wellness,
Performance, and Innovation at
the Carolina Panthers,
USA Strength and Conditioning
Coaching Hall of Fame**

**Topic: “Rehabilitation and Athletic
Performance Enhancement
Training of Hamstring Injuries”**



Abstract

Common soft tissue injury in sports involving sprinting, cutting, and jumping is the hamstring strain. Hamstring strains are exceedingly common in athletics and contribute to a significant amount of morbidity and time lost from sport. A major dilemma with hamstring strains is the high incidence of re-injury. This presentation

will provide the attendee with the risk factors of hamstring injuries as well as a rehabilitation approach for the athlete's optimal return to play. Also addressed will be a systematic approach with regard to the enhancement of the physical qualities necessary for the prevention of hamstring injury and/or prevention of recurrent hamstring injury.

Presentation Objectives:

1. Attendees will explain about common soft tissue injury in sports involving sprinting, cutting, and jumping
2. Attendees will describe rehabilitation of hamstring injuries, enabling the athlete's optimal return to play.
3. Attendees will set-up a systematic approach in rehabbing hamstring injury.

Biography

Robert is the Director of Wellness, Performance, and Innovation at the Carolina Panthers (NFL). He is also a Founding Partner and the Chief Clinical Officer at Professional Physical Therapy with more than 180 facilities in 5 states. He is a former Division I Collegiate, Professional Football, and Professional Soccer Head Strength and Conditioning Coach. He has studied the Science and Performance Enhancement Training of weightlifters and national sport athletes in Bulgaria, the former Soviet Union and former East Germany. Rob was the recipient of the 2016 NSCA Sports Medicine/Rehabilitation Specialist of the Year Award, the 2015 AASPT Sports Physical Therapy Lynn Wallace Clinical Educator Award, and the prestigious NSCA Presidents Award in 1998. He has more than 60 peer reviewed Sports Medicine/Sports Rehabilitation research and Strength and Conditioning journal, book chapter, and book publications.

**Mike Gentry, Ed.D., CSCS,
RSCC*E**
**USA Strength and Conditioning
Coaching Hall of Fame**

**Topic: “Staying competitive
during the age of the Portal.”**



Biography

Mike Gentry is an example of the second generation of strength and conditioning coaches who expanded the principles and foundations provided by such pioneers as Father Lange, Alvin Roy, and Boyd Epley. After gaining valuable experience in weight-based programs at the University of North Carolina and East Carolina University, he became head strength coach for football at Virginia Tech in 1987 under Frank Beamer. For the next 29 years, training facilities under Gentry expanded over ten-fold and Tech became a national football power with an enviable win/loss record. His success eventually led to even greater responsibilities as Associate Athletics Director for Athletic Performance.

Presentation

Former East Carolina University and Virginia Tech Strength and Conditioning Coach Mike Gentry will share how his over thirty years in the coaching industry have prepared him for the challenges of coaching today's athletes. Training methods, assessment and motivational strategies will be discussed.

**ANDREA HUDY, MS, MBA,
CSCS*D, RSCC*E, Director of
Sports Performance (Women's
Basketball) University of
Connecticut
NSCA Coach of the Year 2013**

**Topic: "UConn WBB High
Performance-Risks of early
Specialization"**



Presentation

UConn WBB High Performance-Risks of early specialization; the use of technology in weight room, on the court, and at home; yearly training considerations; load management; ACL reduction techniques; goals for the future.

Biography

In 27 seasons of collegiate strength and conditioning coaching, Hudy has trained 51 former student-athletes who have gone on to play in the NBA and 21 who have gone on to play in the WNBA. Hudy spent the past two seasons as Head Coach of Basketball Strength and Conditioning at Texas. In her role with the Longhorns, she oversaw the strength and conditioning program from both the men's and women's basketball programs and was the primary sport performance coach for the men's basketball team. Prior to Texas, Hudy spent 15 years as the strength and conditioning coach for Kansas men's basketball. In her time with the team, the Jayhawks produced 35 NBA Draft picks, including 11 Lottery selections, and won the 2008 NCAA Championship.

In 2017, the National Strength and Conditioning Association (NSCA) honored Hudy with the Impact Award, given to an individual whose career has greatly contributed to the advancement of the national or international strength and conditioning or fitness industries. In the summer of 2014, her book, *Power Positions*, was published. In January 2013, she was named the National College Strength and Conditioning Coach of the Year by the NSCA for her dedication to improving athletic performance with safe and effective science-based pr

**Frank Velasquez Jr., M.Ed., ATC,
CSCS'R – Allegheny Health
Network, Director Sports
Performance**

**Topic: “Strength Training for
Skeletal Alignment”**



Abstract

Life happens and over time it can lead to muscular imbalances that may pull our skeleton “OUTTA WHACK” This may become a Tilted Pelvis, Depressed Shoulders, Winging Scaps, Valgus Knees, Rotated Hips, Kyphotic Humps and/or Lordotic Curves. These skeletal asymmetries can result in pain, dysfunction, poor performance and trips to the physician. Learn how to design programs for your clients that will improve skeletal alignment. Putting the body in a position to reduce the pains, increase function, strength train with intensity and COMPETE LIKE A CHAMPION!

Presentation Objectives:

1. Session attendees will learn how to identify skeletal asymmetries
2. Session attendees will learn stretches and exercises to help improve skeletal alignment
3. Session attendees will learn how to build strength training programs that will maintain skeletal alignment, protect joints, reduce the risk for injury and put the client in the best position to enhance performance.

Biography

Frank is the Director of Sports Performance at Allegheny Health Network (AHN). AHN Sports Performance & Physical Therapy has locations at Cool Springs in Bethel Park (South Hills of Pittsburgh) and at Wexford Plaza in Wexford, PA (North Hills of Pittsburgh).

Frank is a Certified Athletic Trainer and a Certified Strength & Conditioning Specialist who has over 25 years of experience working with youth, high school, college, and professional athletes, including 16 years in professional baseball and nine years with the Pittsburgh Pirates as their Head Strength & Conditioning Coach.

Jay DeMayo, MS, CSCS, University of Richmond, Strength & Conditioning

**Topic: “Progressing to and
through your Jumping Exercises ”**



Presentation

In this presentation attendees will: 1) understand what reverse engineering actually means, 2) have a firm understanding of how this idea has impacted our programming of jumping exercises, 3) identify exercises that have a positive impact later training means and how to program them accordingly 4) be able to utilize the step by step approach to progressing exercise towards a goal that we follow (or a modified version of it).

Biography

Jason came to Richmond from Indiana State, where he was a graduate assistant during the 2002-03 academic year. The Fairport, N.Y. native played on the soccer team at SUNY-Cortland. Jay DeMayo has been the Head Strength and Conditioning Coach for Men's and Women's Basketball at the University of Richmond since October 2005. Jay is a graduate of the State University of New York College at Cortland where he was a two-year starter on the Men's Soccer team.

Prior to taking over the responsibilities of Men's and Women's Basketball at UR Jay worked with every team on campus as the Assistant Strength and Conditioning Coach. During his tenure at Richmond, Coach DeMayo has worked with five All-Americans, and 10 Atlantic 10 championship teams. Presently Jay is also responsible for the dry land training for NOVA Aquatics LLC, one of the top youth swim clubs on the eastern seaboard where he has coached over twenty athletes who have qualified for Olympic Trials.

**Philip Vande Berg, MS, ATC, Sr.
Associate Athletic Trainer Adjunct
Instructor, Drexel University
Athletics**

**Topic: “The Diabetic Athlete:
Training and Rehabilitation
Considerations”**



Abstract

This session will include information related to training and rehabilitation of student-athletes with Type 1 and Type 2 diabetes. We will look at diagnosis, muscular response, effect of different exercise on glucose levels, and rehab considerations for injured student-athletes. Additional topics such as continuous glucose monitors, insulin pumps, etc. may be discussed

Presentation Objectives:

1. This presentation will be an interactive seminar-style lecture to occur during a traditional 50-55 min time period with approximately 5 min for questions. Verbal participation in the form of questions and statements from the session attendees will be strongly encouraged

Biography

Phil Vande Berg is Senior Associate Athletic Trainer, at Drexel University in Philadelphia, PA. He arrived in University City in Fall 2004 and has been responsible for wrestling, men's soccer, and most recently the golf and men's lacrosse teams.

Prior to his work at Drexel he was the Head Athletic Trainer for the Camden Riversharks professional baseball team, and Staff Athletic Trainer at the US Olympic Training Center in Chula Vista, California. He has an MS in Kinesiology from Indiana University in Bloomington, IN, and a BA in Physical Education, Athletic Training Track from Franklin College in Franklin, IN.

**Andy Bosak, Ph.D., EP-C, CSCS,
Professor and Director, Exercise
Science Graduate Program
Dept. of Health Professions,
Liberty University**

**Topic: "Training Considerations
for Optimal Sport Performance for
the Adolescent Athlete"**



Abstract

The conditioning and performance of collegiate and professional athletes is important to sports performance professionals, yet an area of great interest is the performance of adolescent (ie. elementary, middle, and high school) athletes. While adolescent athletes can train hard, training these athletes poses interesting challenges as they are not just “miniature collegiate/professional” athletes. The focus of this presentation will be on how adolescent athletes can be trained in a somewhat similar manner as collegiate athletes, but also with important training program differences due to the

demands of their sport as well as their physiological capabilities and potential adaptations to training.

Presentation Objectives:

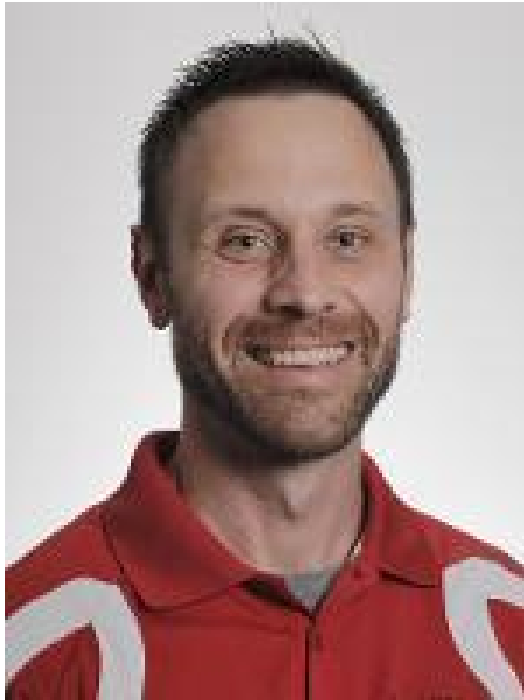
1. Understand the physiological capabilities of adolescent athletes and how to design training programs for these unique athletes.
2. Discuss and analyze overtraining and under-recovery issues for adolescent athletes.
3. Recognize and evaluate the challenges and barriers to successfully conducting adolescent athlete assessment.

Biography

Andy Bosak, Ph.D., ACSM-EP, CSCS, *D is a professor and director of the Exercise Science Graduate Programs in the Department of Allied Health Professions at Liberty University. Dr. Bosak earned a Bachelor of Science degree in Physical Education (Emphasis: Exercise Science) and a Master of Science degree in Physical Education (Emphasis: Exercise Physiology) from Western Kentucky University, and completed a Ph.D. in Human Performance/Kinesiology (Emphasis: Exercise Physiology) at the University of Alabama. Dr. Bosak previously served as a sports scientist for the Professional Referee Organization (PRO) and as an occupational performance specialist with the fire cadets of the Lynchburg City Fire Department. Dr. Bosak resides in Goode, VA with his wife and six children and he currently serves as a varsity and academy soccer coach in the local area.

**Alan DeGennaro MS, ATC, CSCS,
Director of Strength &
Conditioning, Carnegie Mellon
University**

**Topic: “Anatomy Revisited:
Implications for Posture,
Rehabilitation, and Performance”**



Abstract

This presentation will explore various aspects of our anatomy and how we can more effectively improve our posture, rehabilitation and performance programs with a deeper understanding.

Presentation Objectives:

1. Importance of the upper trapezius in shoulder health, posture, and performance
2. Muscles involved in breathing and how their training can negatively or positively affect our performance
3. Movements and muscles important to running and sprinting and how they can be trained based on their anatomy
4. Muscle connection to Fascia. For example, the IT band's connection to the deep connective tissue and vastus lateralis
5. Anatomy of the abdominal wall and training implications.

Biography

Alan DeGennaro was named the full-time strength and conditioning coach for Carnegie Mellon Athletics in 2011. The University of Pittsburgh graduate has worked in many venues including the National Football League (NFL) and University of Pittsburgh Medical Center. DeGennaro returns to Pittsburgh after spending three seasons as the assistant strength and conditioning coach with the Cleveland Browns. Prior to his stint in the NFL, DeGennaro worked in the Pittsburgh and Western Pennsylvania area, coaching speed development programs to high school and amateur athletes. DeGennaro earned his bachelor's degree in athletic training from the University of Pittsburgh in 1997 and earned his master's degree in kinesiology in 1999 from the University of Tennessee.

At Tennessee, he worked with the strength and conditioning staff for the Vols' football program from 1998-99 while attending graduate school. The Altoona, Pa. native then joined the University of Pittsburgh staff as an assistant strength and conditioning coach for two seasons before directing the sports performance program at the University of Pittsburgh Medical Center from 2001-03. From 2004-05

Tony Decker, M.Ed., CSCS, USAW
Sr. Coach, USATF Coach

**Director of Strength & Conditioning &
Department Chair, Chattanooga
Christian School andl Director Ed,
Institute of Athletic Movement
NSCA Coach of the Year 1998**

**Topic: “Metabolic Breakdown of Sport
for Program Design”**



Abstract

This topic will discuss an in-depth breakdown of various sports and their metabolic demands required in both practice and games. Common stressors will be targeted along with volume considerations to assist with training principles and program design.

Presentation Objectives:

1. Understand the demands and common stressors of various sports
2. Develop a plan for volume of work application for both in-season and off-season programs
3. Establish energy system guidelines for athlete preparation
4. Design modifications for the injured athlete and return to play

Biography

Tony Decker is a nationally sought-after speaker on Strength and Conditioning and Sports Medicine. He is a 4x College Strength Coach of the Year and the current Director of Strength and Conditioning and the Dept. Head for PE at Chattanooga Christian School.

Coach Decker is the former Director of Strength and Conditioning at the University of Virginia, University of Delaware, Susquehanna University, Temple University and Coastal Carolina University. Decker was an athletic trainer for over 20 years and has taught at the college level on topics such as rehab, program design, strength and conditioning and anatomy and physiology. He continues to present on these topics at Clinics and Symposiums around the country.

**Jeremy Shreck, BS, ATC/LAT,
CSCS*D, WBC, NCSF-CPT, RPR-1
Head Strength & Conditioning
Coordinator, Bucknell University**

**Topic: “Assessing the Risk &
Preventing ACL Tears”**



Abstract

This presentation is designed to get into specific details on evaluating an athlete's movement pattern and how to prescribe specific exercises or mobility stretches to address the athlete's weakness or imbalance. Being able to assess the athlete's weakness or imbalance is a vital part of the training process in lowering the percentage chance of injuries particularly to the knees (ACL) and ankles of the participating athlete.

The presentation will go into details on the methods of identifying weaknesses of the body and how to address them with specific exercises and movement skills in the form of deceleration to acceleration techniques. It will also highlight

proactive objectives to prevent common athletic injuries while training for maximal power output.

Presentation Objectives:

1. Attendees will learn what to identify as a weakness or imbalance when evaluating their athlete's movement patterns with weight and non-weighted jumping and deceleration mechanics.
2. Progressive ACL prevention program which focuses on deceleration mechanics to maximize acceleration techniques which reduce injury

Biography

Coach Shreck is the Head Strength & Conditioning Coach and Fitness Facilities Coordinator at Bucknell University in Lewisburg, Pennsylvania. Jerry is also the Head Strength Coach for Bucknell's club powerlifting team. He has coached the Men's Basketball team to several Patriot League Championships and a first-ever advance to the 2nd round of the NCAA tournament in 2005 and then repeated this significant feat again in 2006.

He has also been featured in Men's Health Magazine as the second-best men's basketball Cardio Challenges in the country. Coach Shreck was regularly featured in Real Solution's Magazine with Expert Training Tips and Injury Prevention Articles. He has also been featured in Training & Conditioning Magazine and most authored a chapter in Louie Simmons's book, Special Strength Development for All Sports.

**Leo Totten MS, USAW 5 (Senior International Coach, Owner, Totten Training Systems LLC
USA Strength and Conditioning Coaching Hall of Fame**

Topic: “Optimizing the Olympic Lifts in Any Setting”



Presentation

All athletes, and even the general population, can benefit from the many variations of the Olympic lift movements. The values of doing these lifts are numerous, ranging from strength and power, to cardiovascular and flexibility improvements, to functional core stability. Not everyone wants to do full snatches and full clean & jerks like weightlifters but there are many practical applications of utilizing variations or segments of the full movements to gain many of the same benefits. If you are new to these lifts or if you have been using them already, this session will help optimize your Olympic lift training in whatever your setting or environment.

Biography

USAW 5 (Senior International Coach). USA Weightlifting Hall of Fame. Named as one of the 65 Most Influential Strength Coaches of All Time. Head Coach, East Coast Gold Weightlifting Team. 21 time National Team Champions. SportsEdTV senior contributor. PLAE Academy contributor. NSCA Weightlifting SIG Executive Board. Has had over 30 years as Olympic weightlifting coach. Coach Tottne has spent over 30 years as clinician for USA Weightlifting. He is also a Level 1 and Level 2 instructor. Over 30 years training High School / College elite athletes. Over 30 years in Physical Education and Athletic Administration USA Coach and/or Team Leader. 2 Olympic Teams (1996 and 2004) 3 Pan Am Teams 5 World Teams 4 World University Teams.

**Kate Decker, Founder of Institute of Athletic Movement
CSCS, USATF & USAW Coach,
FSS Level 3-Medical, ART
Provider**

Topic: “Fascia restrictions and their effects on strength, speed, power and performance.”



Abstract

This discussion will focus on understanding fascial components in and out of sports, everyday life and sports performance and how to reduce certain restrictions to enhance biomechanics and athletic movements.

Presentation Objectives:

1. Learn the definition of fascia.
2. Understand ways fascial constrictions may occur.
3. Discern certain fascial planes and what restrictions can look like in biomechanics, speed, strength and sport
4. Learn exercises, stretches and running techniques to help reduce fascial restrictions and improve range of motion and biomechanics.

Biography

Kate Decker, CSCS, ART Provider, LMT, Life Coach is the Founder of Institute of Athletic Movement providing education, motivation, back to play assistance, and coaching of teams and athletes remotely or in-person. She is contracted as the Strength Coach for Covenant College Men's and Women's Basketball. Coach K Decker has worked with professional athletes from 9 sports including being contracted for 9.5 years with the Philadelphia Eagles. She has also assisted Olympic medalists from 7 sports and has also been contracted with UNC, USATF, CCU and Temple University hired by the sports performance or sports medicine departments. Her studies include mental health, psychology, mindset, nutrition, fascial stretching, fascial restrictions and injuries, fascial movement enhancement, exercise science, sports and medical massage therapy, age and sport applicable speed and strength development. She is recognized as a national speaker focused on motivation, health, sports performance, faith, and sports medicine, and is a Featured Speaker with WomenSpeakers.com. She sits on the Coach's Advisory Council for USA Football and is a standing member of Philanthropic Educational Organization. Kate is also a contributing author on health and sports performance related topics for Stroll Black Creek magazine.

**Sasha Digges, PT, ATC, CSCS,
Senior Physical Therapist**

**Topic: “Heart Rate Training: It’s
Beating...Now What?”**



Abstract

This topic is extremely important because heart rate is the foundation to all activities, movements, sports, and life. Life and Training has gotten to be more complex so a simple & inexpensive training method is needed for all individuals who would like to progress with their athletic endeavors. Heart Rate Training is easy to implement whether working with one person, a group, or one-self due to low cost and repeatability. This training method is also applicable to those who are not only in health & performance, but in Rehabilitation and Physical Therapy as well.

Presentation Objectives:

1. Is utilizing a heart rate training program a beneficial way to improve performance?
2. How do you determine your heart zones?
3. What zones or heart rate should one train at to improve endurance? Lactate Threshold?
4. How long do you train in each zone? Do you train in each zone?

Biography

Sasha Digges is the Founder & President of PEAK Physical Therapy & Sports Rehabilitation and CORE FITNESS Performance Training Center in Williamsburg, VA. He is a Licensed Physical Therapist, Certified Athletic Trainer, and Certified Strength & Conditioning Specialist. He currently practices as both a physical therapist and sports performance specialist.

Sasha is a practitioner of Trigger Point Dry Needling and an instructor for Kinetacore. He is also a certified instructor for Functional Movement Screen (FMS) and a practitioner of the Selective Functional Movement Assessment.

**Will Peveler, Ph.D., Liberty
University Assistant Professor of
Exercise Physiology**

**Topic: “Training in a Hot
Environment”**



Abstract

The purpose of this presentation is to examine the current literature on training in the heat. The acute physiological response to training in the heat greatly differs in relation to a thermoneutral environment. Training in the heat reduces the athlete's ability to perform and greatly increases the likelihood of the development of a heat related illness. It is vital that both the coach and athlete understands the signs and symptoms of heat related illnesses in order to prevent an occurrence or reduce the severity. This presentation will also discuss optimal methods for reducing the risk of developing a heat related illness as well as basic treatment. The physiological adaptations that occur during the acclimation period will also be discussed as it is

one of the most effective ways for reducing the risk of the development of a heat related illness.

Presentation Objectives:

1. Develop an understanding of the acute physiological response to training in the heat.
2. Identify the basic signs and symptoms of heat related illnesses.
3. Acquire knowledge on the prevention and treatment of heat related illnesses
4. Understand the importance of acclimation

Biography

Dr. Will Peveler serves as a Professor in Exercise Science at Liberty University. He has an extensive background in the sports of cycling, running, triathlon, and mixed martial arts. He is the author of *The Complete Book of Road Cycling and Racing* (McGraw-Hill, 2009) and *Triathlon Training Fundamentals* (Globe Pequot Press, 2013). He recently signed a contract to publish a book series (*Train Like a Pro*) with Rowman & Littlefield. Dr. Peveler is also a Gulf War Veteran who served on active duty as a Navy Diver and as an Army Diver and Drill Sergeant in the reserves.

**Tanya Williams MS, CSSD, RDN,
LDN, University Dietitian, Eating
Disorder & Sports Nutrition
Specialist Bucknell University**

**Topic: “Gut Issues and the
Athlete”**



Abstract

Although abdominal trauma can be a source of distress for the gastrointestinal (GI) system, simple athletic participation also can be associated with a variety of GI complaints and disorders. 30% to 70% of athletes experience some type of GI disturbance, particularly runners, cyclists, and weightlifters. GI disturbances in athletes have been attributed to several physiologic changes that occur naturally with athletics. The evaluation, and subsequent treatment, of an athlete with GI concerns should start in the same manner as the general evaluation for anyone with an abdominal issue. However, it will be important to determine whether the athlete's GI symptoms are due to exercise or whether the exercise is uncovering an as yet undiagnosed GI process.

Presentation Objectives:

1. Session attendees will learn the most common “gut issues” seen in the athletic population.
2. Session attendees will learn about the value of a medical nutritional assessment to properly diagnose the most common athletic gut issues.
3. Session attendees will learn about the value of specific dietary prescriptions (adjustments) to treat the most common athletic gut issues.
4. Learn the nutritional supplements that are associated with increased gut issues in athletes and those used to help decrease gut issues in athletes

Biography

Tanya Williams is a clinical, licensed dietitian and sports nutrition specialist, and owner of The Nutrition Specialist, LLC with over twelve years of experience in the field. She obtained her Bachelor of Science degree in chemistry from The State University of New York at Geneseo and her master's degree in nutrition sciences from The Pennsylvania State University at State College.

After completing her clinical dietetic residency with Geisinger Health System; she began her career with the Susquehanna Health System at the Williamsport Hospital, specializing in cardiac, rehabilitation, and pediatric nutrition. Three years out of residency, she started her own practice focusing her skills in the treatment of eating disorders and sport-specific nutrition therapy.

Tom Swaldi, MPT, DPT, ATC, CSCS
Co-Owner of Star Physical Therapy And
Fitness

**Topic: "Returning an Athlete to
Play with Non-Surgical ACL Tear"**



Abstract

With ACL tears continuing to be a main concern in athletic injury there are many decisions to be made when an athlete decides to continue to play without surgery after ACL tear. There are many decisions to be made before giving advice to this athlete. What is the criteria to return to play with a non-surgical ACL tear? Are all athletes the same in making this decision? What does the research say? What is the best way to protect an athlete upon their return? All these questions need to be answered before advising an athlete on returning to the sport. This will all be discussed in this lecture.

Learning Objectives

1. The healing process begins with a skilled orthopedic surgeon.
2. Following surgery, athletes need to undergo rehabilitation conducted by an athletic trainer or physical therapist that specializes in sports and orthopedic injuries.
3. Understand the rehabilitation phases
4. Restoration of strength
5. Range of motion
6. Understand that return to sports is based on the athlete's performance during specific tests—not on a timeline.

Biography

Tom Swaldi MPT/DPT/ATC/CSCS is an experienced Physical Therapist who has served the local community for several years, building a strong rapport with area physicians. In addition to earning his Doctor of Physical Therapy from Temple University, he is also a Certified Athletic Trainer, a Certified Strength and Conditioning Specialist and former Staff Certified Athletic Trainer for Drexel University.

**Matthew Nein. MS, CSCS,
RSCC*D, Coordinator of Sports
Performance at Salisbury
University
NSCA Coach of the Year 2018**

**Topic: “Programming for Athletes
Who Want More”**



Presentation

Do you have athletes who love training and are always looking for more? Too often many of these athletes are just looking for the daily pump but lack the knowledge behind growth and development. This is causing them to plateau, see a loss in performance, or result in injuries that could be avoided. The presentation will dive into how to better serve these athletes and address how we as strength coaches can best attack this without negatively impacting the highly motivated athlete. Listening to your Athlete, defining “More”, Assessing your Athletes, and Creating a Comprehensive Programming Plan will be discussed in detail as the 4 key steps to addressing the athlete who is always looking for MORE.

Biography

Matthew was named the 2018 National Strength & Conditioning Association College Strength Coach of the Year, an award given annually to the top strength coach across NCAA DI, DII, DIII, and NAIA divisions. Matt is in his fifteenth year as the Coordinator of Sports Performance at Salisbury University. Matt's responsibilities include overseeing the training programs of 21 varsity teams, 3 graduate assistants, and an intern and volunteer staff of 10. During his tenure as Coordinator, Matt has had the opportunity to work with 12 National Championship teams, 8 individual National Championship athletes, and over 330 All-Americans. Matt was also a finalist for the NSCA College Strength Coach of the Year In 2016 & 2017. Since 2004, he has been certified as a Certified Strength & Conditioning Specialist (CSCS) by the National Strength and Conditioning Association (NSCA) and recently, garnered the distinction of a Registered Strength & Conditioning Coach (RSCC*D). Matt also serves on the NSCA Advisory Board for the State of Delaware and is the Chair for the NSCA Lacrosse Special Interest Group (SIG).

**Greg Werner, MS, RSCC*E, CSCS,
SCCC, Virginia Tech Assistant
Athletics Director and Strength &
Conditioning Coach for Women's
Basketball**

**Topic: "Cultivating a Winning
Culture - It's crucial for team
success."**



Presentation

Former head strength & conditioning coach at JMU for 21 years and now Virginia Tech assistant athletics director and strength & conditioning coach for women's basketball Greg Werner will share his thirty-four years of collegiate experience on what's involved in cultivating a winning culture. Coach Werner will discuss program values, standards, and methods.

Biography

Greg Werner became the head strength and conditioning coach for Virginia Tech women's basketball in May 2016. He is responsible for the year-round development of the Hokies in all areas of athleticism and injury prevention. Werner was head strength and conditioning coach for most of Kenny Brooks' 14-season head coaching tenure at JMU.

Prior to Tech, Coach Werner was the head strength and conditioning coach for women's basketball at Auburn University for one season where he helped the Tigers move up several spots in the SEC standings and make it to the NCAA tournament where they won their opening round game and had a 20-win season.

For twenty years Werner was the head strength and conditioning coach at James Madison. He began that role in 1995 after working as an assistant in the program the previous three years. While at JMU, Werner directed the program for all sports. He was inducted into the JMU Athletic Hall of Fame in 2014 with the 1994 NCAA national champion field hockey team.

Bobby Fisk, MS, CSCS, New Jersey Institute of Tech

Topic: “Adjusting Popular Strength Training Methods to Meet a Team's Needs”



Presentation

This presentation will begin by discussing the implementation of programming for a variety of collegiate sports and the use of popular training methods, such as APRE, 5/3/1, Juggernaut Method, and Triphasic Training. We will then get into the reasoning we began making adjustments to these programs, while citing research that has gone into making those decisions and what methods we have tried to use to elicit improvements in athletic outcome measures. The presentation will touch on progressions that we have used over the last 9 years and the utilization of velocity-based training technology to aid in making decisions over the last 5 years.

Biography

Bobby Fisk, who was a basketball player in his own college days and coached the sport after college, joined the NJIT Athletic staff in September 2014 from Xavier University in Cincinnati, where he was assistant coach of strength and conditioning for the Musketeers' program, which competes in the Big East Conference.

Entering his sixth season at NJIT, Coach Fisk works with all 19 Highlander Athletic teams, on all aspects of sports performance, including strength training, speed/agility/conditioning, nutrition and recovery. NJIT has enhanced the athletics program, particularly in areas that benefit the student-athletes directly, giving the Highlanders one of the elite athletic venues in the Northeast.

**Cory Walts, MS, CSCS'D, Director
of Strength & Conditioning at the
University of Pennsylvania**

**Topic: “Experiencing a New Key
Performance Indicator (KPI)”**



Presentation

Strength and conditioning professionals have long used various determinants of strength, power, or speed as a key performance indicator (KPI) and determinant of their success as a professional. While these metrics are important, are these truly the prize we should be chasing? What if there was a different KPI that was easier to influence, yet harder to quantify, that could be the true tide that lifted all boats? What if the student-athlete (or client) experience became the focal point of everything we did? Using over 15 years of experience at both the D1 and D3 levels, plus research and application from the world of Organizational Development, this presentation will examine why the training experience is so important, how to evaluate it, and most importantly, how to improve it.

Biography

Cory Walts was hired as the Director of Strength & Conditioning at the University of Pennsylvania in April 2019. Walts came to Penn from nearby Haverford College, where he spent 12 years as the head strength and conditioning coach and fitness center director. During that time, he designed and implemented year-round sports performance programs for a majority of Haverford's 23 varsity sports and several club sports teams.

He utilized a holistic approach to create robust individuals and teams, focusing on physiological qualities (movement skill, strength, power, speed, agility, and energy systems); psychological qualities (growth mindset, grit, and internal motivation through the use of education, autonomy and accountability); and lifestyle qualities (positive habit formation in sleep, nutrition, hydration, and mindfulness).

Dr. Gabriel E. Lewullis
MD Associate Chief, Division of
Orthopedic Surgery, Section of
Sports Medicine Orthopedic
Institute

Topic: “Thrower's Paradox -
Overhead Athlete Shoulder
Injury”



Abstract

The overhead throwing motion is an extremely skillful and intricate movement. When pitching, the overhead throwing athlete places extraordinary demands on the shoulder complex subsequent to the tremendous forces that are generated. The thrower's shoulder must be lax enough to allow excessive external rotation but stable enough to prevent symptomatic humeral head subluxations, thus requiring a delicate balance between mobility and functional stability. This is referred to as the "thrower's paradox. Dr. Lewullis' presentation examines the various types of injuries to the surrounding tissues when the balance is compromised.

Learning Objectives:

1. Identify various shoulder injuries
2. How to properly rehab athletes through different phases with practical application
3. Discuss supporting musculature in overhead injuries
4. Discuss proper protocol for athletes returning to play

Biography

Dr. Gabriel Lewullis, MD is an Orthopedic Surgery Specialist in Allentown, PA. Dr. Lewullis has extensive experience in Shoulder & Upper Arm Surgery and Knee & Lower Limb Surgery. He is affiliated with Lehigh Valley Hospital; His career began after he earned his medical degree from Drexel University College of Medicine in Philadelphia. He then completed a residency at the Hahnemann University Hospital in Philadelphia and an internship and fellowship at New England Baptist Hospital in Boston.

**Michael R. Rankin, MS, RSCC'E,
CSCS, Drexel University
Director of Strength &
Conditioning
NSCA Coach of the Year 2007**

**Topic: "Strength & Conditioning
for Squash"**



Presentation

This presentation is designed to get into specific details on evaluating an athlete's movement pattern and then how to prescribe specific exercises or mobility stretches to address the athlete's weakness or imbalance. Being able to assess the athlete's weakness or imbalance is a vital part of the training process in lowering the percentage chance of injuries particularly to the knees (ACL) and ankles of the participating athlete.

Learning Objectives:

1. Attendees will learn what to identify as a weakness or imbalance when evaluating their athlete's movement patterns with weight and non-weighted jumping and deceleration mechanics.
2. Session attendees will be presented with the presenter's progressive ACL prevention program which focuses on deceleration mechanics to maximize acceleration techniques which ultimately tries to train athletes to move better and reduce the likelihood of injury.

Biography

Michael Rankin is the Head Strength and Conditioning Coach for Drexel University. Michael is responsible for eighteen varsity teams and more than 450 student athletes. Since Michael's arrival at Drexel he has coached an All-American as well as professional athletes in Basketball, Soccer, Softball, Lacrosse, and Cheerleading. Michael himself became a National Champion as a Dragon Boat Racer in 2004.

Michael was also named 2007 National Strength and Conditioning Coach of the Year. Michael is certified through the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist as well as a Certified Personal Trainer. In addition, Michael is also certified by USA Weightlifting as a Club Coach and Sports Performance Coach, Level 1 USA Track and Field, Jump Stretch Inc., RKC, and YogaFit Level 1.

**Rob Oviatt, MS, MSCCA,
USA Strength & Conditioning Hall
of Fame**

**Topic: “So Goes the Culture, So
Goes the Team”**



Presentation

This presentation centers around Leadership & Team Culture. What exactly is team culture? What are the “Do’s and Don’ts” in building a positive and effective team culture amongst athletes.

Biography

Head Football Strength Coach (University of Montana at Missoula, December 2009 – January 2014). Assistant Athletic Director and Head Football Strength Coach (Washington State University at Pullman, February 2000 – July 2008).

Director of Strength and Conditioning and Head Football Strength Coach (Louisiana State University at Baton Rouge, January 1999 – January 2000). Head Football Strength Coach (University of Kentucky at Lexington, January 1995 – December 1998). Director of Strength and Conditioning and Head Football Strength Coach (Oregon State University at Corvallis, July 1985 – December 1994).

**Scott Bennett, MS, MSCC, RSCC,
CSCS, SCCC**

**Topic: “Creating and Integrating a
Sports Performance/Medical
Model”**



Abstract

How to have a synergistic relationship between
Sports medicine and Sport Performance to
enhance the student athlete experience

Biography

In 1989 Scott earned a B.S degree with a double major in Sports Management and Sports Medicine. After earning that degree, Scott began as a student assistant and graduate assistant under Chuck Okey, and Master Strength and Conditioning Coach Ed Ellis. Scott owes a huge debt of gratitude to these men for their patience in teaching him important aspects of collegiate strength and conditioning. In 1990, Scott moved on to Clemson University as a graduate assistant where he earned a master's degree in guidance and counseling. While working for strength coach Gary Wade, Scott learned an enhanced work ethic, important organizational skills, and the value of working in a first-class organization. In his three years there, he was a part of 2 bowl games, an ACC football championship, a postseason top ten football ranking, an ACC baseball championship, and a College World Series appearance. He also had a significant training influence on many soon to be professional and Olympic athletes. In 1993, Scott was hired at Virginia Tech to work for Master Strength and Conditioning Coach Mike Gentry. He attributes his coaching success to Mike, who taught him how to be a true coach.

Jeremy Golden, MS, CSCS, Head Strength Coach Minnesota Duluth men's and Women's Hockey

Topic: "Training the Women's Hockey Player"



Presentation

This presentation will be on how to screen, individualize and implement a year-round program for Women's Hockey. Included in this is how to use data to supplement decisions, understand energy systems and manage a non-traditional schedule, one where players may be gone for weeks at a time if they are with a National Team.

Biography

Jeremy Golden was named the Head Strength and Conditioning for Men's and Women's Hockey at the University of Minnesota-Duluth in July of 2022. Before this, Golden spent 3 years as the Director of Strength and Conditioning for Women's Basketball at the University of Virginia. Golden, the former Head Strength and Conditioning Coach for the WNBA's Los Angeles Sparks, has spent over a decade working with various NCAA Division I athletes before arriving in Duluth. Golden worked as the Assistant Director of Athletic Performance at the University of New Mexico, where he worked with Lobos Women Basketball and Softball programs. Before that, Golden worked as the Director of Sports Performance at Santa Clara University. He also spent six years as an assistant strength and conditioning coach at Cornell, and one year working with the Friars' women's basketball team at Providence College. Golden has also made collegiate stops at Colgate University (Hamilton, N.Y.), and the University of Texas, El Paso. Additionally, Golden spent time as the head strength and conditioning coach for the Albuquerque Thunderbirds of the NBA Development League (now the NBA G-League). A certified strength and conditioning specialist and registered strength and conditioning coach (RSCC*D) through the National Strength and Conditioning Association, Golden also serves as a board member with the NSCA's Basketball Special Interest Group.

**Elizabeth Del Re LAT, ATC, Senior
Athletic Trainer Lehigh Valley
Orthopedic Institute Head
Athletic Trainer Emmaus High
School**

**Topic: “Athletic Training and
Strength and Conditioning: A
Valuable Relationship”**



Abstract

Two of the six domains of athletic training are injury prevention, and rehabilitation and reconditioning. The strength and condition profession involves a combination of competencies, two of which are sport/exercise science and management. If you have an athlete experiencing an injury related to sport, at some point in their return to play they will be relying on both their athletic trainer and strength and conditioning coach, if not simultaneously. The relationship and communication between the two professions can promote not only a positive outcome, but the best one possible.

Presentation Objectives:

1. Provide the attendees with an introduction of the two domains of athletic training; injury prevention and rehabilitation and reconditioning.
2. Provide the attendees with a deeper look into injury management and the return to play process.
3. Provide the attendees with tactics to build a positive relationship between the two professions.

Biography

Since 2011, Liz has been serving the student-athletes of Emmaus High School in the role of Athletic Trainer. In addition to her dedication as one of their sports medicine providers, she volunteers her time to both USA Wrestling and the United States Olympic and Paralympic Committee. Those experiences have provided her with the opportunity to grow her skill set at the Olympic and Paralympic Training Center, as well as on the international level. She has traveled to countries including Budapest, Bulgaria, Mexico, and Colombia for events like World Championships and Junior Pan American Games. In May of 2019, she was nominated by the Emmaus High School administration and named a finalist for Sports Medicine Provider of the Year presented by St. Luke's University Health Network.

Trevor Lotz, MS, LAT, ATC
Head Athletic Trainer at Seton Hill
University

Topic: “Why Are We Still
Stretching? How to Effectively
Incorporate Static Stretching with
your Athletes”



Abstract

For decades there has been a debate on how to incorporate static stretching in an athletes program, or if it should continue to be used at all. When used in the right way and with appropriate timing, static stretching can be beneficial to an athletes overall performance, as well as helping in reducing the risk of musculotendinous injuries. The goal of this presentation is to help Strength & Conditioning coaches, Athletic Trainers, and Physical Therapists incorporate static stretching with their athletes in the most effective way possible to produce optimal performance, while decreasing the risk of injury.

Presentation Objectives:

1. Provide attendees with the appropriate timing and duration for static stretching when being used with athletes in order to produce optimal performance and the greatest injury risk reduction.
2. Provide the attendees with how a dynamic warm-up with sports specific movements can be the most beneficial and lead to a reduced risk of improper completion of static stretching during a pre-activity warm-up.

Biography

Trevor is currently the Head Athletic Trainer for Tim Soder Physical Therapy, Wellness & Sports Performance, where he designs, implements, and carries out all rehab programs for the clinic. Previously joining TSPT, Trevor was the interim Head Football Athletic Trainer at the University of Nevada, Las Vegas after being promoted from his Associate position. Prior to working at UNLV, Trevor spent time with football at the University of Pittsburgh, as well as completing a seasonal internship with the Indianapolis Colts. It was with the Colts that Trevor truly developed his manual therapy and therapeutic exercise skills, which he still prides his current professional philosophy on. This is Trevor's first time speaking at a professional conference, after completing smaller presentations at the Pennsylvania State Correctional Institution Mahanoy, as well as to students at both the University of Pittsburgh and the University of Nevada, Las Vegas.

HANDS ON SESSIONS

Jedd Johnson, CSCS, Diesel Crew

Topic: "Competitive Grip Testing"



Presentation

Jedd Johnson, Grip Strength Champion, will have a bunch of different grip training tools for you to try. Hands-on Grip Strength as well as a hands-on demonstration. As a bonus challenge, try your hands at the Napalm Nightmare Challenge - the man and woman that lift the most weight on the Napalm's Nightmare will win a prize.

Biography

Jedd has Certified Strength and Conditioning Specialist credentials through the National Strength and Conditioning Association and is a regular speaker & presenter at the Pennsylvania State Strength and Conditioning Clinic.

In 1999, Jedd and Jim 'Smitty' Smith formed the Diesel Crew and began formulating the Diesel Method, a strength and conditioning system involving the incorporation of various training disciplines. The Diesel Crew is now recognized as the leaders in grip strength. Jedd has authored grip articles for Straight to the Bar as well as numerous grip and strongman articles for the Diesel Crew.

Leo Totten MS, USAW 5 (Senior International Coach, Owner, Totten Training Systems Strength and Conditioning Coaching Hall of Fame)

Topic: “Is Your Olympic Lift Technique “Perfect Enough”?”



Presentation

Many coaches and athletes utilize the Olympic lifts in one form or another as part of their program. It's important to do these lifts as efficiently and safely as possible. For weightlifters, whose main goal is to lift as much overhead in the snatch and clean jerk as possible, we want their technique to be as perfect as possible. But for everyone else, the goal of the training is different, and their technique must only be “perfect enough”. That is, to be perfect enough to be effective and safe. In this session, we will review the step-by-step

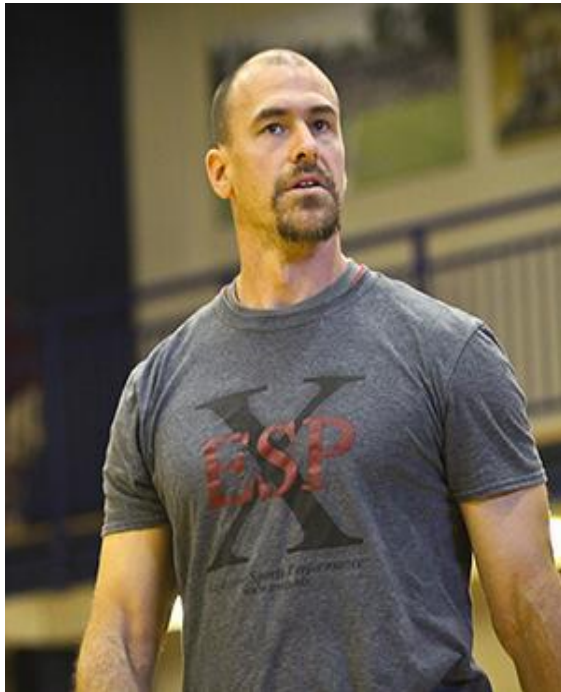
progressions of the clean, the snatch and the jerk.

Biography

USAW 5 (Senior International Coach). USA Weightlifting Hall of Fame. Named as one of the 65 Most Influential Strength Coaches of All Time. Head Coach, East Coast Gold Weightlifting Team. 21 time National Team Champions. SportsEdTV senior contributor. PLAE Academy contributor. NSCA Weightlifting SIG Executive Board. Has had over 30 years as Olympic weightlifting coach. Coach Totten has spent over 30 years as clinician for USA Weightlifting. He is also a Level 1 and Level 2 instructor. Over 30 years training High School / College elite athletes. Over 30 years in Physical Education and Athletic Administration USA Coach and/or Team Leader. 2 Olympic Teams (1996 and 2004) 3 Pan Am Teams 5 World Teams 4 World University Teams.

Dave Brixius, CSCS, Founder and Owner of Explosive Sports Performance and Speed and Agility Institute

Topic: “Must Train Areas for all Female Athletes”



Presentation

This hands-on presentation will focus and go over 2 areas of the body females must focus on to help mitigate injuries and improve athletic performance. We will go over basic exercises that can be done as a warm-up or part of a workout.

Biography

Owner of Explosive Sports Performance is a graduate of Bishop McDevitt High School and Marywood University. Dave holds a Bachelor of Science degree in Health and Physical Education with a concentration in strength and conditioning. He is also certified by the National Strength and Conditioning Association as a Strength and Conditioning Specialist (CSCS). Dave specializes in designing individual and group programs to train athletes to improve their strength, speed and overall conditioning. In addition to helping players prepare for all levels of competition by developing their physical skills, he also helps develop the mental skills that are needed to ensure success. Dave has served as trainer for the Harrisburg Heat professional indoor soccer team, leading to their successful run as the American Conference Champions in 2000. He currently assists with training the Harrisburg City Islanders, helping them win the USL-2 Championship in 2007. Dave also worked with Messiah College Men's and Women's NCAA soccer teams, helping the men's team toward their Championship wins in 2008, 2009 and 2010, 2012 and helping the women's team toward their Championship wins in 2008, 2009, 2011, 2012.

Eric Mitchell, CSCS, Co-Owner of the Parisi Speed School

Topic: “Combine Training”



Biography

Co-Owner of The Parisi Speed School at United Sports, Eric Mitchell has been in the strength and conditioning industry for 27 years. Eric has trained athletes since 1996 and has operated a Parisi Speed School since 2006. Eric has worked with numerous NFL, MLB and many Professional Tennis Players as well as thousands of kids aged 7 to 18. Eric is a NSCA Certified Strength and Conditioning Specialist (CSCS) and a USATF Level 1 Sprint Coach. Eric has been training athletes for over 20 years, and in that time, has developed speed camps and clinics for a variety of sports, including: Football, Field Hockey, Soccer, Baseball, Softball, Basketball, Tennis, Lacrosse, and Track. He has been involved in specialized football combine training for high school (college tests) and college players (NFL tests) for over 10 years.

Presentation

Combine Training designed to help athletes perform at their PEAK during the 6 standard combine tests: The 40-Yard Dash- The importance of your first step (and why your breathing technique is crucial), exploding through the first 10 yards and reaching top end speed. The 5-10-5- Our three rules of the 5-10-5, shaping your race, perfecting your stance and maximizing your results in each of the panels. The L-Drill- How to perfect your stance and step, maximizing the first ten yards, pushing through the second phase, and putting it all together to optimize your time. The Vertical Jump- Tips for vertical jump preparation, proper set up and flawless execution. The Standing Broad Jump- memorizing the best ritual to maximize your jumps.

William Maher, NSCA-CPT, Certified Kettlebell

Topic: “Kettlebell Workout”



Presentation

Class will include dynamic warmup, all kettlebell movements including Swings, Squats, Upper body push & pull movements, Deadlifts, Turkish get ups, Windmills, Snatches, Lunges, Core movements. Emphasis will be on proper technique and safety. Kettlebells will be provided, and instructors will be available to assist any movement or answer any question.

Biography

Coach Maher has been a personal trainer for nineteen years with people of all ages. Currently working at three locations for Morgainz Fitness, teaching kettlebell, circuit and boot camp classes. He has accomplished the following: Functional Movement Screen Certification, RKC Kettlebell Challenge - April 2006, NSCA - CPT, Respiratory Therapist, Lee Hospital and Cambria Care Center – Respiratory Therapist 1996-2013, Johnstown America Corp – Fitter 1993-1995, PA Mines Corporation – Greenwich Collieries 1976-1992 and US Air Force – Vietnam Veteran 1970-1975.

**Frank J. Lupin Jr., MS,
ATC-retired, PES, FMS, SFMA, TPI
Lead Performance Fitness Coach
Lehigh Valley Orthopedic Institute**

**Topic: “Using the FMS and
Movement tests to Correct Poor
Lifting Mechanics”**



Abstract

A goal of strength training is to reduce and prevent injuries. If you're experiencing non-contact injuries with your athletes, part of the analysis for why this is occurring should be a fundamental check on movement in addition to programming and practice volume. The FMS can provide insight as to why the injuries are occurring along with why their squat looks more like a deadlift. This movement tool helps take the guessing out of the analysis and can be used to help link the athletic trainers and the strength coaches in the process.

Presentation Objectives:

1. Provide the attendees with an introduction to the FMS tests.
2. Provide the attendees with a deeper look into the FMS using some of the SFMA algorithms to hone in on the movement problems.
3. Help attendees determine flexibility/strength limitations from motor pattern limitations.

Biography

For over 30 years, Frank has developed strength and conditioning programs for many athletes in a variety of sports from the novice level to the collegiate level. He specializes in movement assessment and corrective exercise for athletic performance and injury prevention. His concentration is now on golf and the return to play component with the care of the injured athlete. He has coached a variety of youth sports teams and has served as a guest speaker and resource for coaches, athletes, parents, and health care professionals for athletic performance.

**Dr. Michał Marciniak Ph.D.,
Professor of Physical Education at
Adam Mickiewicz Univ. Pozen,
Poland**

**Topic: “Strength Training in
Combat Sports”**



Presentation

In combat sports, each discipline is characterized by a slightly different specificity of effort. In sports such as boxing, muay thai, kick-boxing, K-1, taekwondo, strikes and standing position dominate; in grappling sports, e.g. BJJ, judo, wrestling, sambo, most of the fight takes place on the ground; and in mixed combat sports, such as MMA, there is a change in the fighting plane. Despite the use of different techniques, fighting in different planes, differences in the duration of rounds and fights, strength training should be the basis for the motor preparation of any combat sport. Strength training in combat sports plays an extremely important role. First of all, it increases

the performance, potential of the player, but also reduces injuries during training

In martial arts, the ability to repeat high intensity moves for long periods of time is very important. Such activity requires the predominance of fast-twitch muscle fibers over slow-twitch ones. This can be achieved through appropriate strength exercises.

Presentation Objectives:

1. Provide the attendees with a deeper look at martial arts strength training
2. Provide the attendees with knowledge about Periodization in strength training in combat sports
3. Help the attendees how to program strength training in combat sports

Biography

Dr. Michał Marciniak is a graduate of the University of Physical Education in Poznań. Since 2002 he has been employed at the University of Adam Mickiewicz in Poznań. In 2003 he completed postgraduate studies in physiotherapy. Then, in 2016, he defended his postgraduate thesis at the university - Master of Business Administration of the Adam Mickiewicz University. In 2018, he defended his doctoral thesis entitled "Social functions of physical education at the level of higher education in the United States and in Poland" In the years 2014-2016, he was the coordinator of competitive sports at UAM.

He developed self-defense classes for students of WNPiD and WSE faculties as part of the study program. In 2017 and 2019, coordinator on behalf of the SWFiS exchange with students from the United States from North Carolina State University in the field of physical education.