



2023 NATIONAL CONFERENCE

MONDAY 5/8/2023


Exhibit Hall opens at 5:00 pm

Registration is open from 9:00 am to 12:00 pm
& 1:00 pm to 7:30 pm

Enter/Exit the Exhibit Hall through doors E2

Registration is located in West Hall E Lobby

Bridge to Convention Center is on the 2nd Floor of the Rosen Plaza Hotel

7:00-9:00 am	PRACTICAL EXAM ADMINISTRATION REVIEW MSCC Invitation Only	Rosen Plaza Ballroom A
8:30 - 9:00 am	PRACTICAL EXAM CHECK-IN SCCC candidates only	Rosen Plaza Lobby of Salon 5-8
9:15 - 2:45 pm	PRACTICAL EXAM SCCC candidates & invited MSCC only	Rosen Plaza Ballroom BCD
3:00 - 4:30 pm	GATORADE PRE-CON EVENT All are welcome Speaker TBD	 Convention Center Tangerine Ballroom - F4
5:00 pm	EXHIBIT HALL OPEN	Convention Center Exhibit Hall - West Hall E1-2
5:30-7:00 pm	OPENING SOCIAL Food served 5:30 - 7:00	
7:30 pm	EXHIBIT HALL CLOSES	Convention Center Exhibit Hall - West Hall E1-2



2023 NATIONAL CONFERENCE

TUESDAY 5/9/2023











Exhibit Hall open from 10:00 am to 5:00 pm

Enter/Exit the Exhibit Hall through doors E2

Registration open from 7:30 am to 4:00 pm

Registration is located in West Hall E Lobby

Bridge to Convention Center is on the 2nd Floor of the Rosen Plaza Hotel

6:30 - 8:00 am	EARLY BIRD WORKOUT			Convention Center Exhibit Hall - West Hall E1-2
6:45 - 7:50 am	Terry Jones, MSCC <i>What It Takes To Be a Legend in The Field</i>	MINORITY S&C BREAKFAST		Convention Center Sunburst Room
8:15 - 9:15 am	Mike Boyle Boyle Strength and Conditioning <i>Updates in Speed, Power, and Strength Development</i> 	Joey Davey / Memphis Grizzlies <i>Performance Engineering in Basketball: Satisfying Solutions for a Complex Environment</i> Convention Center West Hall 240A-B	Haley Roberts, Michael Kiely, and Mark Uptegraff / 2022 Gatorade and Lance Vermeil Award Winners <i>Title TBD</i> Convention Center Tangerine Ballroom F3&F4	
9:30 - 10:00 am	BUSINESS MEETING			Convention Center Tangerine Ballroom- F2
10:10 - 11:20 am	Bill Foran Strength and Conditioning Consultant - Miami Heat <i>Stories and Tips From Over 4 Decades in the Profession</i>	KEYNOTE		Convention Center Tangerine Ballroom- F2
11:00 - 1:30 pm	BRUNCH			Convention Center Exhibit Hall - West Hall E1-2
1:40 - 2:40 pm	Joey Guarascio / Florida Atlantic University <i>Managing the Training Continuum: Building Capacities to Feed Skills</i> 	Vinnie Calautti / Southern Methodist University <i>Developing the Complete Basketball Player</i> Platinum Sponsor Learning Lab 	Bill Parisi Parisi Training Systems <i>Fascia Training in Athletic Performance - Principles and Application</i> 	Convention Center Tangerine Ballroom F3&F4
2:50 - 3:50 pm	Bill Gillespie Sorinex <i>Training Today's Athlete in These Chaotic Times</i> 	Mike Roussell PHD Build Your Base <i>Title TBD</i> 	Narelle Sibte - (ASCA) Australian Strength & Conditioning Association <i>Movement Matters: What Do You See When You Watch Athletes Move?</i> 	Convention Center Tangerine Ballroom F3&F4
4:00 - 5:10 pm	John Wagle / University of Notre Dame <i>Strategic Sports Performance: Supporting Today's Student-Athlete</i> 	Donnie Maib / University of Texas <i>Recovery, Rest, & Reset "How to Properly Care for Your Body While Training"</i> Platinum Sponsor Learning Lab 	Bob Harmison Director of Sports Psychology at JMU <i>What is This Thing Called Athlete Mental Health?</i>	Convention Center West Hall 240A-B
6:00 - 6:30 pm	INDUCTEE PHOTOS 2023 MSCC Inductees Only			Rosen Plaza Ballroom A
6:30 - 7:00 pm	MSCC GROUP PHOTOS MSCC Only			Rosen Plaza Ballroom A
7:00 - 9:00 pm	MSCC DINNER & CEREMONY Everyone is welcome, please register before.			Rosen Plaza Ballroom BCD
9:00 pm	MSCC RECEPTION MSCC Only			Rosen Plaza Grand Ballroom



2023 NATIONAL CONFERENCE

WEDNESDAY 5/10/2023

Exhibit Hall open until 10:30 am

Registration Closed

6:30 - 8:00 am

EARLY BIRD WORKOUT

6:45 - 7:50 am



FEMALE STRENGTH COACH BREAKFAST & MEETING

Autumn Lockwood / Philadelphia Eagles
The Future is Female

Convention Center - Sunburst Room

8:15 - 9:15 am

Leo Totten / Totten Training
Optimizing the Olympic Lifts in the Collegiate Setting



Convention Center
Tangerine Ballroom F1

Stephanie Mock / University of Pittsburgh
Constructing a Sports Science Department From the Ground Up



Convention Center
Tangerine Ballroom F3&F4

Dave Houser / Unique Advantage
Principles Based Planning - Strengthening Your Financial Program

Convention Center
West Hall 240A-B

9:25 - 10:25 am

Dan Baker - (ASCA) Australian Strength & Conditioning Association
How to Use Velocity Scores During Resistance Training (VBT) to Aid in Program Prescription and Coaching

KEYNOTE



Convention Center
Tangerine Ballroom- F2

10:35 - 11:45 am

Bennie Wylie & Rachel Suba / CPSDA
Connecting the Performance Team: Leaning into Relationships, Expertise, and Collaboration for Athletes

Convention Center
West Hall 240C-D

Chad Workman / University of Louisville
High Intensity Interval Training (HIIT): Application for Team Sports

Convention Center
Tangerine Ballroom F3&F4

Emily Schilling / University of Illinois
In-Season Volleyball: Unifying Strength Training & Sport Practice

Convention Center
West Hall 240A-B

11:55 - 12:55 pm

Rodney Hill / Duke University
Make Your Force Plate Work For You



Convention Center
Tangerine Ballroom F3&F4

Kenna Smoak / United States Military Academy
A Plane Plan for Baseball - How to Incorporate Rotation into the Weight room

Convention Center
West Hall 240A-B

Bill Gillespie / Sorinex
Training Application for Power Sports



Convention Center
Tangerine Ballroom- F2

1:05 - 2:05 pm

Gabe Sanders & Corey Peacock |
Research Directs
Data collection, analysis and framing the season as an experiment.

Convention Center
West Hall 240A-B

Lucas White / Iowa State University
Conjugate Adapted: Practical Application for the College Weight Room

Convention Center
West Hall 240A-B

Ryan Metzger / University of Tennessee
In-Season Resistance Training for Collegiate Women's Soccer

Convention Center
Tangerine Ballroom F3&F4

2:10 pm

CONFERENCE ADJOURNED





2023 NATIONAL CONFERENCE SPEAKERS



Mike Boyle | Boyle Strength and Conditioning

Title: *Updates in Speed, Power, and Strength Development*

Type of Presentation: Lecture | Speed, Power, and Strength Development

Learning Objectives:

1. Understand the value of timing in speed development
2. Understand proper loading for power development
3. Look at recent research in unilateral training



Joey Davey | Memphis Grizzlies

Title: *Performance Engineering in Basketball: Satisfying Solutions for a Complex Environment*

Type of Presentation: Lecture | Performance Technology Implementation/Usage/Results

Learning Objectives:

1. Learn how data is used in the NBA to drive player performance
2. Learn the value of training targets/"spec" and how to apply them



Haley Roberts | Sam Houston State University

Title: *Pre-lift & Pre-movement Techniques*

Type of Presentation: Lecture/Hands-on | Dynamic Warm-Ups

Learning Objectives: TBD



Mark Uptegraff | Boston College University

Title: *Pre-lift & Pre-movement Techniques*

Type of Presentation: Lecture/Hands-on | Dynamic Warm-Ups

Learning Objectives: TBD



Michael Kiely | University of Virginia-Wise

Title: *Pre-lift & Pre-movement Techniques*

Type of Presentation: Lecture/Hands-on | Dynamic Warm-Ups

Learning Objectives: TBD



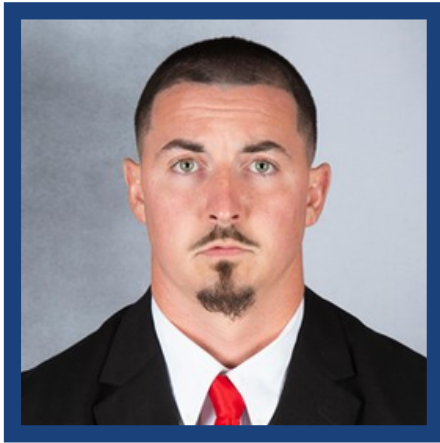
Bill Foran | Miami Heat

Title: *Stories and Tips From Over 4 Decades in the Profession*

Type of Presentation: Lecture | MSCC Spotlight

Learning Objectives:

1. My Story
2. 5 Tips for athletes and coaches
3. Improving weight room culture



Joey Guarascio | Florida Atlantic University

Title: *Managing the Training Continuum: Building Capacities to Feed Skills*

Type of Presentation: Lecture | Work Capacity

Learning Objectives:

1. Understand a layered approach to training and how it is established
2. Understand the difference between capacities, general skills, and specific skills
3. Create strategies for the development of capacities and how they feed skills



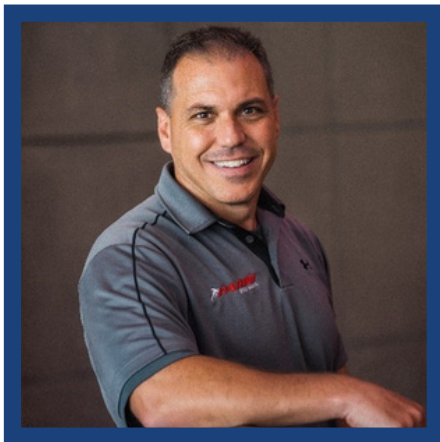
Vinnie Calautti | Southern Methodist University

Title: *Developing the Complete Basketball Player*

Type of Presentation: Lecture/Hands-on | Agility

Learning Objectives:

1. Movement strategies (Lifting/Speed/Jumping/COD)
2. RFD Across Career



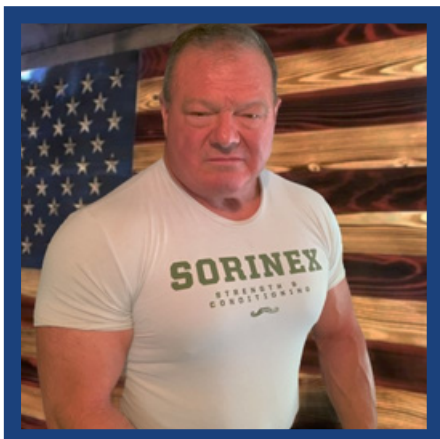
Bill Parisi | Parisi Training Systems

Title: *Fascia Training in Athletic Performance - Principles and Application*

Type of Presentation: Lecture | Mobility, Flexibility, and Stability

Learning Objectives:

1. Understanding the important role tendons, ligaments, and fascia tissues play in speed and injury resilience.
2. Learning how to apply the latest fascia research science to optimize speed and power training.
3. Evaluating an athlete's training needs based on their unique relationship to force and velocity.



Bill Gillespie | Sorinex

Title: *Masters Roundtable: Training Today's Athlete in These Chaotic Times*

Type of Presentation: Roundtable | MSCC Spotlight

Learning Objectives:

1. Teach while you coach
2. Love and encourage your athletes



Mike Roussell | Build Your Base

Title: TBD

Type of Presentation: TBD

Learning Objectives: TBD



Narelle Sibte | (ASCA) Australian Strength and Conditioning Association

Title: *Movement Matters*

Type of Presentation: Lecture | Mobility, Flexibility, and Stability

Learning Objectives:

1. *Philosophy towards training speed/agility/movement training*
2. *Problem solving approach drawing on footage of developmental elite athletes*
3. *Common movement inefficiencies and expanded knowledge of interventions for these problems*



John Wagle | University of Notre Dame

Title: *Strategic Sports Performance - Supporting Today's Student-Athlete*

Type of Presentation: Lecture | Work Capacity

Learning Objectives:

1. Discuss the High Performance Model, ranging from its present to recent applications
2. Discuss the design and implementation of an interdisciplinary approach to performance problem solving
3. Demonstrate the value of forming partnerships on and off campus in executing the HPM



Donnie Maib | University of Texas

Title: *Recovery, Rest, & Reset "How to Properly Care for Your Body While Training"*

Type of Presentation: Lecture/Hands-on | Recovery Methods/Routines

Learning Objectives:

1. Look closely at root causes of pain and performance
2. Provide simple and effective assessments and interventions
3. Cover practical tools to avoid greater problems down the road



Bob Harmison | Director of Sports Psychology at JMU

Title: *What is This Thing Called Athlete Mental Health?*

Type of Presentation: Lecture/Hands-on | Mental Health

Learning Objectives:

1. understand athlete mental health and existing on a continuum from illness to wellness



Leo Totten | Totten Training

Title: *Optimizing the Olympic Lifts in the Collegiate Setting*

Type of Presentation: Lecture/Hands-on | Power Development

Learning Objectives:

1. The coaches will understand the value of the Olympic Lifts and their variations providing the “why” to create more “buy in”.
2. The coaches will optimize the instructional strategies they are currently utilizing.
3. The coaches will teach and train their athletes to the level of their own knowledge, experience and comfort.



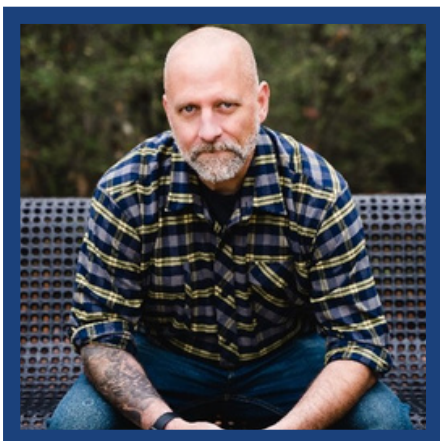
Stephanie Mock | University of Pittsburgh

Title: *Constructing a Sports Science Department From the Ground Up*

Type of Presentation: Lecture | Administration

Learning Objectives:

1. Educate coaches on the importance of a sports science department
2. Layout a clear roadmap on how to communicate with administration
3. Provide a clear roadmap to continue to add layers to the performance team / build out a sports science department



Dave Houser | Unique Advantage

Title: *Principles Based Planning - Strengthening Your Financial Program*

Type of Presentation: Roundtable | Finance

Learning Objectives:

1. Provide knowledge and a viewpoint no advisor from college is giving.
2. Preventing injuries applies to finances, too.
3. There will be times in a career that unexpected changes happen; how to be prepared.



Dan Baker | (ASCA) Australian Strength & Conditioning Association

Title: *How to Use Velocity Scores During Resistance Training (VBT) to Aid in Program Prescription and Coaching*

Type of Presentation: Lecture | Speed Development

Learning Objectives:

1. How to use bands/chains for strength, power and size training.
2. Long-term athletic development – Starting resistance training with bodyweight exercises.
3. Using velocity measures during resistance training to improve programming and coaching



Bennie Wylie | University of Southern California

Title: *Connecting the Performance Team: Leaning into Relationships, Expertise, and Collaboration for Athletes*

Type of Presentation: Panel | Nutrition

Learning Objectives:

1. Better understand the interdisciplinary collaboration between dietitian and strength coach
2. Practical examples and how to apply collaboration in the overall development of athletes.
3. How interdisciplinary views can optimize athlete success.



Rachel Suba | University of Southern California

Title: *Connecting the Performance Team: Leaning into Relationships, Expertise, and Collaboration for Athletes*

Type of Presentation: Panel | Nutrition

Learning Objectives:

1. Better understand the interdisciplinary collaboration between dietitian and strength coach
2. Practical examples and how to apply collaboration in the overall development of athletes.
3. How interdisciplinary views can optimize athlete success.



Chad Workman | University of Louisville

Title: *High Intensity Interval Training (HIIT): Application for Team Sports*

Type of Presentation: Lecture | Energy System Development

Learning Objectives:

1. Understanding the HIIT training methods and variable manipulation.
2. Programming principles of HIIT
3. Periodization and HIIT



Emily Schilling | University of Illinois

Title: *In-season Volleyball: Unifying Strength Training & Sport Practice*

Type of Presentation: Lecture | Strength Development

Learning Objectives:

1. Strength coach and sport coach merging stress to fall on same day
2. Manage stress in the weekly chaos & unpredictability of team sport
3. Encourage S&C performance coaches to adopt a unique strategy to in-season training



Rodney Hill | Duke University

Title: *Make Your Force Plate Work For You*

Type of Presentation: Lecture | Performance Technology Implementation/Usage/Results

Learning Objectives:

1. How a force plate works
2. Interpreting data
3. How it works with other technology



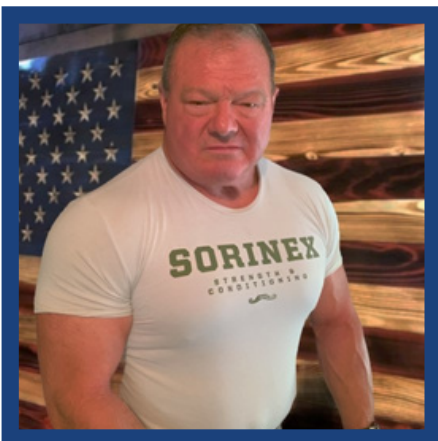
Kenna Smoak | United States Military Academy

Title: *A Plane Plan for Baseball - How to Incorporate Rotation into the Weightroom*

Type of Presentation: Lecture | Mobility, Flexibility, Stability

Learning Objectives:

1. Application of the barbell lifts for upper and lower body
2. Abdominal bracing, anti rotation, and single leg strength
3. Incorporating rotation in and out of season



Bill Gillespie | Sorinex

Title: *Training Application for Power Sports*

Type of Presentation: Lecture | Power Development

Learning Objectives:

1. Strength/weaknesses of velocity based training
2. New exercises to improve performance

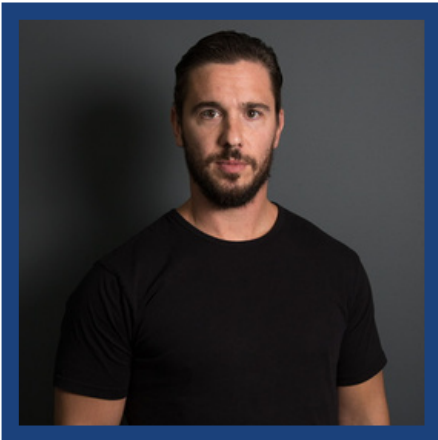
**Gabe Sanders | Research Directs**

Title: *Data collection, analysis and framing the season as an experiment.*

Type of Presentation: Roundtable | Research/Publishing

Learning Objectives:

1. Identify basic principles of scientific writing
2. How to structure a manuscript for peer-review
3. Do's and Don'ts of scientific writing

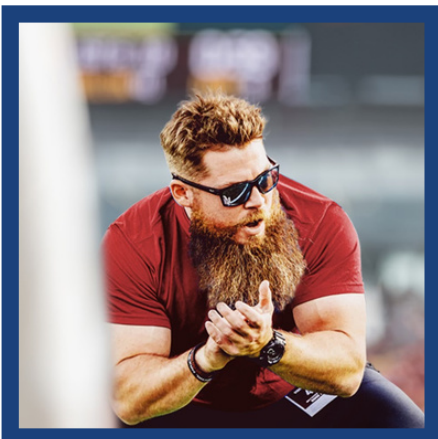
**Corey Peacock | Research Directs**

Title: *Data collection, analysis and framing the season as an experiment.*

Type of Presentation: Roundtable | Research/Publishing

Learning Objectives:

1. Identify basic principles of scientific writing
2. How to structure a manuscript for peer-review
3. Do's and Don'ts of scientific writing

**Lucas White | Boise State University**

Title: *Conjugate Adapted: Practical Application for the College Weight Room*

Type of Presentation: Lecture | Power Development

Learning Objectives:

1. Overall structure and how other coaches can implement it in their environment
2. How to structure for different training periods (winter/summer, spring/fall camp, in-season, devo)
3. Blending to compliment field work

**Ryan Metzgar | University of Tennessee**

Title: *In-Season Resistance Training for Collegiate Women's Soccer*

Type of Presentation: Lecture | Strength Development

Learning Objectives:

1. Which movement and strength boxes to check with while training in-season
2. Readiness Testing and Monitoring
3. Agile approach during competitive season