

SPEAKER BIOS

Brent Alvar

Dr. Brent Alvar is a Professor/Director of Research at Rocky Mountain University of Health Professions. His research focus is in the area of physical activity related to human performance, occupational preparedness, and health-related benefits from resistance training. He uses this knowledge to alter health/performance related outcomes relative to differing doses of resistance training.

Alan Argon

Alan Aragon has over 18 years of professional experience. He earned his Bachelor's and Master's of Science degrees in Nutrition, with top honors. Aragon is a continuing education provider for the Commission on Dietetic Registration, National Academy of Sports Medicine, and National Strength and Conditioning Association. His counseling clientele consists of recreational, Olympic, and professional athletes, including members of the Los Angeles Lakers and Los Angeles Kings. Aragon is also a contributing editor to Men's Health magazine.

Michael Barnes, MEd, CSCS,*D, NSCA-CPT,*D

Michael Barnes has vast experience as a practitioner and educator in the field of strength and conditioning over the last 25 years. He recently completed writing the chapter on the Development of Speed and Agility for the NSCA's upcoming "Essentials of Tactical Strength and Conditioning" textbook. Additionally, his previous experience includes working in Division I athletics, the National Football League, and professional fitness education. He holds three of the most respected professional certifications in the industry, as well as a Master's degree in Exercise Science. He has presented to coaches, athletes and fitness enthusiasts of such organizations as USA Triathlon, USA Rugby, the World Class Athlete Program of the U.S. Army, the NCAA, U.S. Ski and Snowboard Association, USA Judo, the U.S. Association of Deaf and Blind Athletes and many more. He visited such countries as Japan, Australia, Puerto Rico, Bermuda, Greece and Denmark educating, training, and interacting with leaders in the fitness industry.

Jaynie Bjornaraa, PhD, MPH, PT, CSCS

Jaynie has been physical therapist since 1984, specializing in sports and orthopedic injuries (SCS). She is also certified as an athletic trainer (ATC) and has worked extensively with various sports teams, traveling nationally and internationally. She is certified as a strength and conditioning specialist (CSCS) by the National Strength and Conditioning Association (NSCA) and has served (or serves) on the NSCA

Certification Commission, NSCA nominating committee, and on the Board of Directors for the NSCA. She graduated from the University of Wisconsin-Madison with a BS-Physical Therapy in 1984, from the University of North Carolina-Chapel Hill with an advanced MS-Physical Therapy/Athletic Training in 1991 and from San Diego State University with a Master of Public Health in 1998. She completed her PhD in Rehabilitation Science at the University of Minnesota in June 2008. She is currently an assistant professor at St. Catherine University in Minneapolis/St. Paul Minnesota in the Doctor of Physical Therapy program.

Carmen Bott

Carmen Bott holds a Master's degree in Exercise Science and is a Certified Strength and Conditioning Specialist® (CSCS®). She has over 17 years coaching experience and owns the website www.humanmotion.com. Bott also teaches Kinesiology at the post-secondary level and is a certified kettlebell instructor with the RKC. She is known as a detail-oriented coach who prides herself on creating an optimal learning environment.

Josh Bowen, CSCS, *D, NSCA-CPT, *D

Josh Bowen is the National Fitness Director for Urban Active Fitness where he leads, manages and develops 400 personal trainers in seven states. He has spent over seven years as a trainer/educator/presenter for Urban Active Fitness. He holds a Bachelor's degree in Exercise Science from the University of Kentucky, as well as CSCS,*D® and NSCA-CPT,*D® certifications. Bowen specializes in the psychological and motivational side of personal training.

Michael Bracko, EdD, CSCS

Mike Bracko is an exercise physiologist from Calgary, Canada. Bracko works as a fitness educator, writer, and media consultant. He also works with hockey players on and off the ice for performance enhancement, and as a back injury prevention/back stabilization/core training specialist. Bracko has a unique ability to make practical applications from research to "real life" for fitness, performance, and injury prevention. He has a Doctorate degree in Exercise Science and is a Certified Strength and Conditioning Specialist® (CSCS®).

Eric Childs, CSCS, *D, NSCA-CPT, *D

Eric Childs is a kinesiology instructor and supervisor of student teachers in Health and Physical Education at Penn State University. A former wrestling All-American, Childs spent 10 years as an assistant coach and strength training coach with the Penn State wrestling team. Prior to his years at Penn State, he served one season as the strength and conditioning coach for the Texas Rangers baseball team. Childs was also a high school health and physical education/weight training teacher for 14 years and wrestling coach for 10 years in South Florida.

John Cissik, MS, MBA, CSCS, *D, NSCA-CPT, *D

John Cissik is the president of Human Performance Services, LLC which helps athletic professionals solve their strength and conditioning problems. Cissik has written 10 books and more than 70 publications on strength and speed training, and frequently speaks on these topics.

Pat Cullen-Carroll, CSCS

Patrick Cullen-Carroll is a retired Physical Education Teacher of 37 years, Chair of the Executive Board of the Youth Special Interest Group of the NSCA, and is on the Coaches/Education Committee of USA Weightlifting. He received his Master's degree in Education from Azusa Pacific University and has taught in California and Arizona. Cullen-Carroll has coached football and strength and conditioning at the high school and collegiate level during his career.

Jay Dawes, PhD, CSCS, *D, NSCA-CPT, *D, FNSCA

Jay Dawes is a clinical assistant professor at Texas A&M University-Corpus Christi. He is also currently a PhD candidate in the School of Applied Health and Psychology Department at Oklahoma State University.

Steve Fleck, PhD, CSCS, FNSCA

Steve Fleck is presently the Chair, Sport Science Department, The Colorado College, Colorado Springs, Colorado, and President Elect of the NSCA. Dr. Fleck's research interests include physiological adaptations to resistance training and the application of research findings to optimize resistance training program design. His research interests are not limited to physiological adaptations and the training of athletes, but also include training of the general population and individuals with various diseases, such as cancer and cystic fibrous. During his career Dr. Fleck has designed programs for celebrities interested in general health and fitness, as well as Olympic athletes in a wide variety of sports. He has authored numerous peer-reviewed research articles as well as numerous lay articles in the area of resistance training. Dr. Fleck has also authored several books concerning resistance training including: Designing Resistance Training Programs, Strength Training for Young Athletes, and Optimizing Strength Training: Designing Nonlinear Periodization Workouts and Exercise Physiology Integrating Theory and Application. He is a Fellow of both the American College of Sports Medicine and the National Strength and Conditioning Association. For his work, he has been honored by receiving both the National Strength and Conditioning Association's Sports Scientist of the Year Award and the Lifetime Achievement Award.

Joseph Hashey, CSCS

Joseph Hashey is a Certified Strength and Conditioning Specialist and owner of Synergy Athletics, athlete development facility in Binghamton, New York. He has been featured in Men's Fitness Magazine and was a featured speaker at NSCA Vermont, Central Ohio Strength and Conditioning Conference, and the 2011 NSCA National Conference.

Morey Kolber, PT, PhD, CSCS

Morey Kolber is an Associate Professor at Nova Southeastern University, Department of Physical Therapy, in Ft. Lauderdale, Florida. He holds a board certification in orthopedic physical therapy and is a Certified Strength and Conditioning Specialist (CSCS). Kolber is the Assistant Editor-in-Chief for the Strength and Conditioning Journal and was recently a co-editor of the Sports Medicine special issue. His

research on shoulder disorders has been featured in numerous refereed journals and nationally circulating magazines.

Len Kravitz, PT, PhD, CSCS

Len Kravitz is the Program Coordinator of Exercise Science and Researcher at the University of New Mexico where he won the "Outstanding Teacher of the Year" award. Len was honored with the 2009 Canadian Fitness Professional "Specialty Presenter of the Year" award and chosen as the American Council on Exercise 2006 "Fitness Educator of the Year." He also has received the prestigious Canadian Fitness Professional "Lifetime Achievement Award" and the "Global Award" from the Aquatic Exercise Association.

Loren Landow, CSCS

Loren Landow is highly sought after for his ability to analyze and correct biomechanics. He has trained thousands of athletes of all ages and abilities, including more than 300 professional athletes in the NFL, NHL, MLB, UFC, WNBA, and Olympians. Coach Landow has been a national and international presenter for leading organizations in the performance field, and also serves as a consultant for many professional and collegiate teams across the country. Coach Landow has developed the ACL prevention program and the ACL return to sport protocols for the orthopedic firm Steadman Hawkins Denver.

Marissa Lavin, MPH, CSCS, NSCA-CPT

Marissa Lavin, MPH, CSCS, has a passion for turning science into "real life" application and innovation. She is a graduate of the Fitness Institute International and holds a Master's Degree from George Washington University. She and her husband, Gary Lavin, own Fitness Redefined, a personal training and group class studio, known for high levels of client success and satisfaction and recently awarded "Facility of the Year" by the Fitness Institute International. She looks forward to sharing her insights and successes with fellow fitness professionals eager to sharpen their skills through the pursuit of high quality education.

Gary Lavin, CSCS, NSCA-CPT

Gary Lavin began personal training in 1996. Upon graduating from Florida Atlantic University with a degree in Exercise Science, he teamed up with fitness mogul, Juan Carlos Santana, and developed what would become the Institute of Human Performance. Gary toured nationally presenting at conferences on various topics within the strength and conditioning field. In 2008, Gary moved to Jupiter, FL, to team up with colleague, Marissa Lysaght, and open his own successful venture, Fitness Redefined. Emphasizing functional strength development, Gary focuses on balanced athletic skill and core stability.

Robert Linkul, CSCS, NSCA-CPT

Robert McAtee, CSCS

Robert McAtee is a sports therapist with over 30 years experience, and the author of the book Facilitated Stretching, published by Human Kinetics. McAtee is a Certified Strength and Conditioning Specialist® (CSCS®), a Certified Personal Trainer (NSCA-CPT®) and a Registered Massage Therapist

(Colorado). He maintains an active international private practice and regularly presents workshops on facilitated stretching, soft-tissue injury care and prevention, and sports massage throughout the United States and internationally.

Patrick McHenry, MA, CSCS,*D, RSCC

Patrick is the Director of Strength and Conditioning at Castle View High school in Castle Rock, CO. Patrick designs the lifting and speed/agility programs for all the strength training classes as well as working with the schools 23 varsity sports. His Masters degree is in Physical Education, emphasis Kinesiology from the University of Northern Colorado. He is a Certified Strength and Conditioning Specialist with Distinction and a Coach Practitioner with the NSCA. Patrick is also a Certified Club Coach with USA Weightlifting.

Nanna Meyer, PhD, RD, CSSD

Paul Moore, MS, CSCS*D, NSCA-CPT*D

Paul Moore is currently the Assistant Director at Appalachian Regional Healthcare System's Wellness Center in Boone, NC and an adjunct instructor at Appalachian State University in the College of Health Sciences. He served as the North Carolina NSCA State Director from 2004 – 2010 and was the NSCA State Director of the Year National recipient in 2009 – 2010. Moore currently serves on the NSCA Membership Committee and North Carolina NSCA State Advisory Board.

Shawn Myszka, CSCS, *D

Shawn Myszka is currently the Co-Founder/Athletic Performance Director of Explosive Edge Athletics in Minneapolis, Minnesota, which currently trains many of the top athletes in the state on all levels, and he serves as a consultant to coaches at numerous professional, collegiate, and high school athletic programs. Myszka is a former National-level competitive bodybuilder and is a well-known and highly sought-after clinician and leader in the field of jump training, plyometrics, and sport-specific power development. He is a frequent presenter at strength coach and sports conferences nationwide. Myszka, who is the Founder of the Plyometrics/Jump Training Special Interest Group, recently developed the first-ever Jump Training Certification designed for coaches looking to specialize in training to increase jump performance. In 2011, Myszka was responsible for the design and development of the world renowned BoingVERT Jump System which quickly established itself as the standard for all jump programs on the market. In addition, Myszka serves as an adjunct professor in the Exercise Science Department at Bethel University in St. Paul, MN. He holds a MS in Exercise Science from California University and a BS in Health Promotion/Wellness from the University of WI-Stevens Point. Finally, he is a founding member of the Minnesota NSCA Advisory Board and was voted the 2008 Minnesota NSCA Trainer of the Year.

Mark Nutting, CSCS,*D, NSCA-CPT,*D

Mark Nutting, NSCA's 2009 Personal Trainer of the Year, holds 12 certifications in the field with 32 years of experience in personal training and health club management, and has been educating and coaching personal trainers for 30 of those 32 years. Nutting is a fitness program innovator with his most recent programs focusing on brain fitness and youth environmental obstacle play.

Brad Schoenfeld, CSCS, NSCA-CPT

Brad is a best-selling fitness author, speaker and educator. He is President of Global Fitness Services in Scarsdale, NY, a diverse fitness corporation that provides a variety of training and consulting services. He also is an adjunct professor in the exercise science department at CUNY Lehman College in the Bronx, NY, and an associate editor for the NSCA Strength and Conditioning Journal.

Joseph Signorile, PhD

Dr. Joe Signorile is a professor of Exercise Physiology at the University of Miami with joint appointments at the Miami VA Medical Center Geriatrics Research Center and the University of Miami Center on Aging. He has been involved in research using exercise to address independence and fall prevention for over 20 years, has over 50 refereed manuscripts, 175 national and international scientific presentations as well as 200 industry presentations.

Taylor Simon, MSc, BA, CSCS

Taylor Simon is the co-founder and co-owner of Taylored Training Fitness Studio in Kingston, ON, Canada. With 10 years of experience as a personal trainer and eight years of creating and growing boot camp programs, Simon has developed a unique ability to blend the science of fitness with the demands of creating effective group programming for clients.

Frank Spaniol, EdD, CSCS,*D, FNSCA

Frank Spaniol serves as a professor at Texas A&M University-Corpus Christi where he teaches sport science and directs the biomechanics laboratory. Spaniol has published and presented extensively on the topic of applied sport science and recently co-authored an e-text, Dynamic Biomechanics. In 2009, he became a Fellow of the NSCA.

Marie Spano, MS, CSCS

Marie Spano is one of the country's leading sports nutritionists. She combines science with practical experience to help Olympic, professional, and recreational athletes implement customized nutritional plans to maximize athletic performance. Also a nutrition communications expert, Spano consults with leading food, beverage, and supplement companies regarding public relations and communications strategies. She has appeared on FOX, ABC, CBS and NBC affiliates in cities throughout the East Coast.

Michael Stierli, CSCS

Michael Stierli is a Sergeant with the New South Wales Police based in Sydney, Australia where he is the Health and Fitness officer, Physical Training Instructor's Coordinator as well as a Weapons and Defensive Tactics Instructor. He initiated the creation of the Physical Training Instructors program that was designed, developed and implemented within the organization including curriculum development, training delivery and mentoring of PTI's across the state. He has extensive experience working with elite athletes and is a member of the Canterbury Bankstown Bulldogs NRL high-performance unit where he is responsible for monitoring and individualizing training loads and intensities.

Diane Vives, MS, CSCS,*D

For the last 12 years she has owned Vives Training Systems, a performance training and program consulting company based in Austin, TX. Currently, she is on the Under Armour Performance Training Council and is a Certified Combine 360 Certified Trainer. Vives served on the National Strength and Conditioning Association's Board of Directors from 2006 – 2009 and currently serves as Chair of the NSCA Women's Committee. As a strength training specialist, mentor, and author she targets performance training methods and current training applications for advancing both athletes and general fitness enthusiasts.