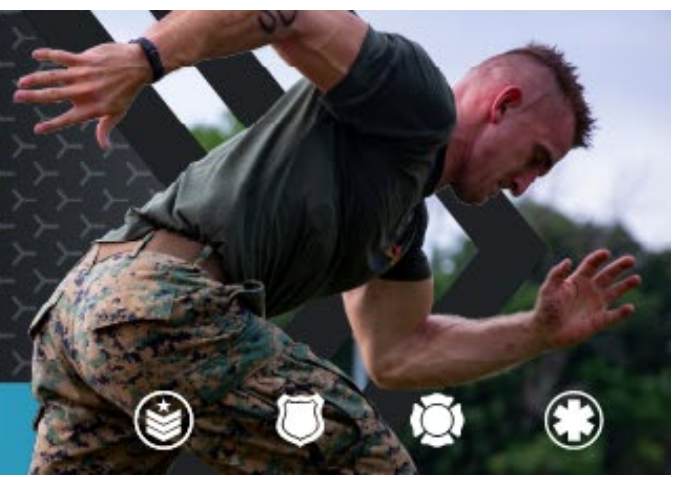




2024 TACTICAL NSCA ANNUAL TRAINING

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Norfolk, VA & Online | AUG 6-9, 2024



Tuesday, August 6				
Time	Title	Speaker	Track	Room
8:00AM-4:00PM	Exhibitor Move-in/Set-up			
1:00PM-5:30PM	Registration Open			
1:00PM-5:00PM	NSCA Store Open			
2:00PM-2:50PM	Training Tactical Athletes - Utilizing a Collegiate Athlete Development Model to Build Strong, Fit and Resilient Operators	Frank Wintrich, CSCS	Lecture	Session 1
	Understanding Allostatic Load in the Tactical Population – Mitigating Cumulative Stress Damage	Justin Robinson, CSCS, TSAC-F	Lecture	Session 2
3:00PM-3:50PM	Shielding the Front Line: Strategies for Heat Stress Resilience in Uniformed Service Members	Martin Poirier	Lecture	Session 1
	You're Doing Things Right, But Are You Doing the Right Things?	Alexander Morrow, CSCS, TSAC-F	Lecture	Session 2
	Tactical Mindfulness: Making it Relevant & Meaningful for Tactical Athletes	Richard Cleveland, PhD	Hands-On	Hands-On
	Chalk Talk: How to Adapt 20 Years' Experience to FBI; Differences Between FBI and Military	Frank Wintrich, CSCS	Chalk talk	NSCA Resource Area
First Timer's Orientation				
4:00PM-5:30PM	OPENING CEREMONIES & AWARDS			Session 1
	TBD with (ask Scott for verbiage)	Antonio Squillante, MS, CSCS,*D, NSCA-CPT,*D, RSCC*D	Lecture	
5:30PM-7:30PM	Kick-Off Party – UNOPPOSED EXHIBIT HALL TIME <i>exhibitors and attendees welcome</i>			

Wednesday, August 7				
Time	Title	Speaker	Track	Room
7:00AM-5:00PM	Registration Open			
7:30AM-9:30AM	Exhibit Hall Open – Light Breakfast– Unopposed Hours until 9:30			
8:00AM-4:30PM	NSCA Store Open			
9:30AM-10:20AM	Building a Strong Foundation- Evidence Based Reasons for Implementing Health & Fitness Testing from the Start of a Tactical Career	Marci Guzman, NSCA, TSAC-F & Robert Lockie, PhD, TSAC-F	Lecture	Session 1
	Bridge the Gap Lecture: The Importance of Agility and Change of Direction Programing for the Tactical Athlete	Daniel Borowick, CSCS	Lecture	Session 2
	Mace Training	Greg Walsh	Hands-On	Hands-On
10:30AM-11:20AM	Sports Nutrition for Firefighters: Fueling for Optimal Physical and Cognitive Performance and Occupational Readiness	Drew Gonzales, PhD, CSCS,*D, TSAC-F,*D	Lecture	Session 1
	Behind the Numbers: Measuring, Calculating, & Estimating in Tactical Human Performance	Brian Schilling, PhD, CSCS	Lecture	Session 2
	Training and Injury Proofing: The Foot and Ankle <i>Sponsored by Perform Better</i>	Michol Dalcourt	Hands-On	Hands-On
11:30AM-1:00PM	Lunch Break – Lunch provided – Unopposed Hours in hall 11:30-1:00			
1:00PM-2:20PM 80 min	Conditioning and Work Capacity from the Outside-In	Chris Frankel, PhD	Lecture	Session 1
	Female Nutrition Considerations and Optimization in Tactical	Kelsey Bailey, CSCS, NSCA-CPT	Lecture	Session 2
	Preventing Shoulder Pain and Injury Across the Spectrum of Tactical Athletes	Heidi Edwards, CSCS, TSAC-F	Hands-On	Hands-on
2:30PM-3:20PM	Bridge the Gap Lecture: Application of Olympic Weightlifting to Tactical Populations	Victor Hall, CSCS	Lecture	Session 1
	TBD	Allison Brager	Lecture	Session 2
	Bridge the Gap Practical: The Importance of Agility and Change of Direction Programing for the Tactical Athlete	Daniel Borowick, CSCS	Hands-On	Hands-on
3:30PM-4:20PM	Beyond the Reps: Integrating Performance and Wellness in a Fire Academy	Sebastian Olave, MS	Lecture	Session 1
	TBD	Stacy Sims, PhD	Lecture	Session 2
	Integrating Exercise Science Principles into Job-Simulation Testing Design for Firefighters	Hussien Jabai, MS, CSCS, TSAC-F, CPT & Michael Oldham, PhD	Hands-On	Hands-on
	Chalk talk: how to Implement Hands-On into Programming	Michol Dalcourt	Chalk Talk	Chalk Talk
4:30PM-5:20PM	Practitioner's Guide to Leverage Artificial Intelligence	Adam Whisler, CSCS, TSAC-F, RSCC	Lecture	Session 1
	Understanding Stress and Performance: Implications for Law Enforcement Personnel	Mark Stephenson, MS, ATC, CSCS,*D, TSAC-F,*D & Whitney Tramel, CSCS, TSAC-F	Lecture	Session 2
	Bridge the Gap Practical: Application of Olympic Weightlifting to Tactical Populations	Victor Hall, CSCS	Hands-On	HANDS-ON
	Round Table Discussion	Stacy Sims, PhD, Kelsey Bailey, CSCS, NSCA-CPT & Allison Brager	Chalk Talk	Chalk Talk
5:30PM-7:00PM	EXHIBITOR RECEPTION (unopposed) <i>exhibitors and attendees welcome</i>			

Thursday, August 8				
Time	Title	Speaker	Track	Room
7:00AM-7:50AM	Tactical Strength & Conditioning Special Interest Group (SIG) Meeting		Interactive	
7:30AM-5:00PM	Registration Open			
7:30AM-9:00AM	Light Breakfast in the Exhibit Hall (unopposed 1.5 hrs)			
8:00AM-4:30PM	NSCA Store Open			
9:00AM-9:50AM	Bridge the Gap Lecture: Controlling Your Mind in an Uncontrolled Environment: Utilizing Exercise and Adventure to Train the Stress Response	Tessa Koschel, PhD, CSCS	Lecture	Session 1
	Bridge the Gap Lecture: Busted to Better: Flossing and Tempering For the Tactical Athlete	Giovani Urrutia, CSCS	Lecture	Session 2
	Beyond the Basics: Tailoring Cognitive-Physical Training Sessions for Tactical Populations	Kathleen Oswald, CSCS	Hands-On	HANDS-ON
10:00AM-11:20AM (80 min)	A Tactical, Operational and Strategic Guide to Load Carriage Across the Tactical Spectrum	Rob Orr, PhD, TSAC-F,*D	Lecture	Session 1
	How to Build a Deputy with Assessments and Technology <i>Sponsored by Perform Better</i>	Matthew Krause, MA, ATC, CSCS,*D, RSCC*E	Lecture	Session 2
	Body Tempering for Tactical the Population	Kyle Young	Hands-On	HANDS-ON
11:30AM-1:00 PM	Lunch Break (in the exhibit hall unopposed 1.5 hrs)			M Pavilion
1:00 PM	Exhibit Hall Closes – Exhibitors begin move-out			M Pavilion
1:00PM-1:50PM	Bridge the Gap Lecture: Optimizing Health, Strength, and Performance Through Postural Alignment	Jason Shea, CSCS, TSAC-F & Annette Verpillot	Lecture	Session 1
	Impact of Combat Equipment Configurations on Respiratory Muscle Power During Load Carriage Performance	Mark White, PhD, CSCS, TSAC-F	Lecture	Session 2
	Bridge the Gap Practical: Busted to Better - Flossing and Tempering For the Tactical Athlete	Giovani Urrutia, CSCS	Hands-On	Hands-on
	Chalk Talk: How to Build a Deputy with Assessments and Technology <i>Sponsored by Perform Better</i>	Matthew Krause, MA, ATC, CSCS,*D, RSCC*E	Chalk Talk	Chalk Talk
2:00PM-2:50PM	Surviving the Cut: Practical Objective Measures to Assist in Return to Duty Decisions After Musculoskeletal Injury	Jeffrey Paschall, CSCS	Lecture	Session 1
	I Have Data but The Heck Do I Do With it? Data Science Tutorial for Tactical Strength and Conditioning Practitioners	Joel Martin, PhD, CSCS	Lecture	Session 2
	Bridge the Gap Practical: Controlling Your Mind in an Uncontrolled Environment: Utilizing Exercise and Adventure to Train the Stress Response	Tessa Koschel, PhD, CSCS	Hands-On	HANDS-ON
3:00PM-3:50PM	Applying a Cradle to Grave Human Performance System for Transformational Change	Sue Bereeden & Randall Lazicki	Lecture	Session 1
	Bridge the Gap Lecture: Running Form Analysis, Running Form Teaching, and Return to Run Training Progression Made Easy	Nathan Carlson	Lecture	Session 2
	Bridge the Gap Practical: Optimizing Health, Strength, and Performance Through Postural Alignment	Jason Shea, CSCS, TSAC-F & Annette Verpillot	Hands-On	HANDS-ON
	Chalk Talk: Impact of Combat Equipment Configurations on Respiratory Muscle Power During Load Carriage Performance	Mark White, PhD, CSCS, TSAC-F	Chalk Talk	Chalk Talk
4:00PM-4:50PM	Training in a Gray Area: Coaching Tactics and Programming for Special Operations Support and Non-Operators	Aaron Mehl, CSCS	Lecture	Session 1
	Endless Evolution of Personal Development	Chris Duffin	Lecture	Session 2
	Unconventional Kettlebell Exercises for Unconventional Warfare	Art van der Heide, CSCS, TSAC-F	Hands-On	HANDS-ON

Friday, August 9				
Time	Title	Speaker	Track	Room
7:30AM-11:00AM	Registration Open			
7:30AM-9:00AM	Light Breakfast (provided)			
8:00AM-10:30AM	NSCA Store Open			
8:00AM-8:50AM	Bridge the Gap Lecture: Pyramidal or Polarized Endurance Training: Common Misconceptions and Potential Applications	Brian Leary, PhD	Lecture	Session 1
	Concurrent Training: Successfully Training Strength and Aerobic Abilities During a 19-Week Federal Law Enforcement Training Center	Thomas Lenz, PhD, TSAC-F & Kelly Margolis, CSCS, TSAC-F	Lecture	Session 2
	Bridge the Gap Practical: Running Form Analysis, Running Form Teaching, and Return to Run Training Progression Made Easy	Nathan Carlson	Hands-On	Hands-on
9:00AM-9:50AM	TBD	Bryan Jasker, PT, DPT	Lecture	Session 1
	Bridge the Gap Lecture: Work Capacity Tests for all Skill Levels: From Sedentary to Operator	Justin Davis, CSCS,*D, TSAC-F,*D, RSCC	Lecture	Session 2
	TBD Sponsored by Perform Better	Matthew Krause, MA, ATC, CSCS,*D, RSCC*E	Hands-On	Hands-on
10:00AM-10:50AM	Agging Warrior – Running Challenges and Alternative Training	Roberto Ruiz, MA, CSCS	Lecture	Session 1
	Nutrition for Cognition: 6 Nutrients to Fuel the Cognitive Fight	Nick Barringer, PhD, RD, CSCS	Lecture	Session 2
	Bridge the Gap Practical: Pyramidal or Polarized Endurance Training: Common Misconceptions and Potential Applications	Brian Leary	Hands-On	Hands-on
11:00AM-11:50AM	Human Performance for the Wildland Firefighter	Austin Womack, CSCS, TSAC-F	Lecture	Session 1
	TBD	Noel Brand	Lecture	Session 2
	Bridge the Gap Practical: Work Capacity Tests for all Skill Levels: From Sedentary to Operator	Justin Davis, CSCS,*D, TSAC-F,*D, RSCC	Hands-On	Hands-on