




San Antonio, TX & Online | AUG 26 - 29, 2025



2025 NSCA Tactical Annual Training | Category A CEUs | Online & San Antonio, TX | August 26-29

Monday, August 25				
Time	Title	Speaker	Track	Room
8:00AM-5:00PM	Writing Bootcamp			Alyssum
8:00AM-5:30 PM	Exam Preparation Course			Freesia
8:00AM-5:00PM	Blue Ribbon Panel			Bluebonnet-Dogwood

Tuesday, August 26				
Time	Title	Speaker	Track	Room
8:00AM-2:00PM	Exhibitor Move-in/Set-up			Grand Oaks Ballroom
8:00am-12:00pm	Blue Ribbon Panel			Bluebonnet/Dogwood
8:00AM-5:30PM	Exam Preparation Course			Freesia
11:00AM 5:30PM	Registration Open			Grand Oaks Registration Desk
1:00PM-5:00PM	NSCA Store Open			Grand Oaks Coat Check
2:00PM-2:50PM	Optimizing Recovery: A Micro-Dose Sleep Strategy for Peak Performance in Public Safety Training	Joseph Dulla, MA, TSAC-F,*D & Bridget Melton, EdD, CSCS,*D, TSAC-F,*D	Lecture	Elevate Grand Oaks KNO
	So What, Now What? Making Research Relatable	Annette Zapp, MA, CSCS,*D, TSAC-F,*D, CISSN	Lecture	Ignite Grand Oaks LPQ

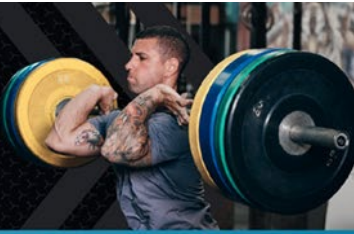






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3:00PM-3:50PM	There Will Be Blood: Boosting Tactical Readiness and Lethality with Performance Bloodwork	Nicholas Barringer, PhD, RDN, CSCS, CSSD & Dan Garner	Lecture	Elevate Grand Oaks KNO
	Non Linear Periodization Utilizing Biofeedback for the tactical athlete	Joseph "Paul" Bilski, MBA, CSCS*D, RSCC, TSAC*D, USAW2 & John Hofman, MS, CSCS,*D, TSAC-F,*D, RSCC*D	Lecture	Ignite Grand Oaks LPQ
	Change of Direction/Conditioning Protocols	Ian Jeffreys, PhD, CSCS,*D, NSCA-CPT,*D, RSCC*E, FNSCA	Hands-On	Interactive Grand Oaks MRS
	Continue the Conversation: Optimizing Recovery: A Micro-Dose Sleep Strategy for Peak Performance in Public Safety Training	Joseph Dulla, MA, TSAC-F,*D & Bridget Melton, EdD, CSCS,*D, TSAC-F,*D	Chalk talk	Iris/Lily
	First Timer's Orientation			Magnolia
4:00PM-5:30PM	OPENING CEREMONIES, AWARDS, & KEYNOTE: D.J. Shipley			Elevate Grand Oaks KNO
5:30PM-7:30PM	Kick-Off Party – exhibitors and attendees welcome		Grand Oaks Ballroom	



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Wednesday, August 27				
Time	Title	Speaker	Track	Room
7:00AM-5:00PM	Registration Open			Reg Desk
7:30AM-9:30AM	Exhibit Hall Open – Light Breakfast– Unopposed Hours until 9:30			Grand Oaks Ballroom
8:00AM-4:30PM	NSCA Store Open			Reg Desk
9:30AM-10:20AM	Optimizing Soldier Performance: Evidence-Based Nutrition for Injury Prevention and Healing	Christina Deehl, MS, RD, CSCS, CSSD, LDN & Megan Ripperger, MS, RD, CSCS, CSSD, LD	Lecture	Elevate Grand Oaks KNO
	UNDEFINED: Resilience, Readiness, Lethality, and Other Words We Use to Justify Our Jobs	Nate Palin, MS, CSCS	Lecture	Ignite Grand Oaks LPQ
	Speed and Agility for the Modern Infantry Soldier	Mike Caro, MS, CSCS,*D, RSCC	Hands-On	Interactive Grand Oaks MRS
10:30AM-11:20AM	Load Management for the Tactical Athlete	Mark Stephenson, MS, ATC, CSCS,*D, TSAC-F,*D	Lecture	Elevate Grand Oaks KNO
	Caffeine Concerns for the Tactical Athlete	Dawn Anderson, PhD, CSCS, TSAC-F	Lecture	Ignite Grand Oaks LPQ
	Unconventional Training for Unconventional Warfare - How I Used Kettlebell Training to Train German Special Operators	Art Claas van der Heide, CSCS, TSAC-F	Hands-On	Interactive Grand Oaks MRS
11:30AM-1:00PM	Lunch Break – Lunch provided – Unopposed Hours in hall 11:30-1:00			Grand Oaks Ballroom
1:00PM-2:20PM	From Lab to Locker Room: Testosterone in Modern Enhancement	Jose Antonio, PhD, FNSCA	Lecture	Elevate Grand Oaks KNO



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80 min	Injury Risk Reduction from the Ground Up: The Interplay Between Foot, Ankle, and Trunk Strength	Matthew Zanis, DPT	Hands-On	Interactive Grand Oaks MRS
2:30PM-3:20PM	Maximizing Fitness Efficiency: Minimal Effective Dose Training for Military Readiness	Mark Christiani, CSCS, RSCC	Lecture	Elevate Grand Oaks KNO
	Bridge the Gap Lecture: Training Through and Around Pain: Using the SINSS Model to Drive Program Modification Decision-Making	Joe DeHope, PT, DPT, MS, OCS, CSCS	Lecture	Ignite Grand Oaks LPQ
	Getting Faster Every Day; How to Make Speed Training Part of Everything You Do	Corey Taylor	Hands-On	Interactive Grand Oaks MRS
	<i>Sponsored by Perform Better</i>			
3:30PM-4:20PM	Human Performance for the Wildland Firefighter	Austin Womack, CSCS, TSAC-F	Lecture	Elevate Grand Oaks KNO
	Lead with the Front: Building Better Coalitions with the NCO Core to Influence Holistic Fitness Program Implementation	Beth Bearden, CSCS *D, RSCC, TSAC-F*D & Rod Raeder	Lecture	Ignite Grand Oaks LPQ
	Energy Systems Development	Victor Hall, CSCS	Hands-On	Interactive Grand Oaks MRS
	<i>Sponsored by EXOS</i>			
	Continue the Conversation: Injury Risk Reduction from the Ground Up: The Interplay Between Foot, Ankle, and Trunk Strength	Matthew Zanis, DPT	Chalk Talk	Iris/Lily
4:30PM-5:20PM	Simplifying Low Back and Neck Pain: A Strength and Conditioning Approach to Risk, Readiness, and Reality	Gray Cook, MSPT, CSCS	Lecture	Elevate Grand Oaks KNO
	<i>Sponsored by Perform Better</i>			
	From Data to Impact: Enhancing Decision-Making in High-Risk and High-	Pat Burgess, MS, CSCS & Doug Isaacks	Lecture	Ignite Grand Oaks LPQ



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	Performance Environments			
	Bridge the Gap Practical: Training Through and Around Pain: Using the SINSS Model to Drive Program Modification Decision-Making	Joe DeHope, PT, DPT, MS, OCS, CSCS	Hands-On	Interactive Grand Oaks MRS
	Continue the Conversation: Human Performance for the Wildland Firefighter	Austin Womack, CSCS, TSAC-F	Chalk Talk	Iris/Lily
5:30PM-7:00PM	NSCA PARTY <i>exhibitors and attendees welcome</i>			High Velocity Bar



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Thursday, August 28				
Time	Title	Speaker	Track	Room
7:00AM-7:50AM	Tactical Strength & Conditioning Professional Development Group (PDG) Meeting		Interactive	Iris/Lily
7:30AM-5:00PM	Registration Open			Reg Desk
7:30AM-9:00AM	Light Breakfast in the Exhibit Hall			Grand Oaks Ballroom
8:00AM-4:30PM	NSCA Store Open			Grand Oaks Ballroom
9:00AM-9:50AM	Elite Running Improvement: Long to Short or Short to Long??	Steffen Visk, BS , CSCS, USAW 2, USATF	Lecture	Elevate Grand Oaks KNO
	Bridge the Gap Lecture: Innovative Approaches to Performance, Strength and Injury Recovery: Exploring the Impact of Fascia, the Brain	Simone Fortier, BS	Lecture	Ignite Grand Oaks LPQ
	ELDOA or Spinal Decompression Exercises in the Tactical Population	Joshua Gregoire, CSCS	Hands-On	Interactive Grand Oaks MRS
10:00AM-11:20AM (80 min)	Context is King! (moved from Wed 1:00)	Joseph Denk, MS, CPSS,*D, CSCS,*D, RSCC*D	Lecture	Elevate Grand Oaks KNO
	Training and Preparation for the Long Game: Leveraging Technology to Enhance Longevity and Performance	Chris Frankel, PhD	Lecture	Ignite Grand Oaks LPQ
	Enhancing Nervous System Resiliency in Tactical Athletes	Anna August, MS, LAT, ATC, CSCS, Becky Swan, MRSc, CSCS, TSAC-F & Traci Tauferner, LAT, ATC, CSCS, PES, MCTP, CS1	Hands-On	Interactive Grand Oaks MRS
11:30AM-1:00 PM	Lunch Break - Lunch provided - Unopposed Hours in hall 11:30-1:00			Grand Oaks Ballroom
1:00PM-1:50PM	Bracing for the Tough Conversations: The Back Pain Blind Spot	Brittany Braun, MEd, LAT, ATC,	Lecture	Elevate Grand Oaks KNO



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		CSCS & Michelle Parr		
	Bridge the Gap Lecture: Neck Strengthening for The Tactical Setting	Jordan Betz, MS, CSCS	Lecture	Ignite Grand Oaks LPQ
	Implementing Weighted Carries for Durability and Performance in Tactical S&C	Noel Brand, CFSC	Hands-On	Interactive Grand Oaks MRS
	Continue the Conversation: Enhancing Nervous System Resiliency in Tactical Athletes	Anna August, MS, LAT, ATC, CSCS & Becky Swan, MRSc, CSCS, TSAC-F & Traci Tauferner, LAT, ATC, CSCS, PES, MCTP, CS1	Chalk Talk	Iris/Lily
2:00PM-2:50PM	Sprains, Strains, and Automatic Adjustments Working with Injured Clients <i>Sponsored by Perform Better</i>	Adam Feit , PhD, CSCS, RSCC*D	Lecture	Elevate Grand Oaks KNO
	Bringing Sport Science to the Tactical Space: A Case Study in Blast Exposure Monitoring	Alexander Morgan, MSc, CSCS, TSAC-F, RSCC	Lecture	Ignite Grand Oaks LPQ
	Bridge the Gap Practical: Innovative Approaches to Performance, Strength and Injury Recovery: Exploring the Impact of Fascia, the Brain	Simone Fortier, BS	Hands-On	Interactive Grand Oaks MRS
3:00PM-3:50PM	Building Resilient Recruits: A Pre-Academy Program for Mental, Physical, and Tactical Readiness	Marshall Wieder, CSCS, RSCC	Lecture	Elevate Grand Oaks KNO
	Alleviating Data Overload in Tactical Human Performance Metrics	Keith Painter, PhD, CSCS, CPSS	Lecture	Ignite Grand Oaks LPQ
	Bridge the Gap Practical: Neck Strengthening for The Tactical Setting	Jordan Betz, MS, CSCS	Hands-On	Interactive Grand Oaks MRS
	Opportunities with the Army's H2F Program	Serco Staff	Chalk Talk	Iris/Lily
4:00 PM	Exhibit Hall Closes – Exhibitors begin move-out			Grand Oaks Ballroom
4:00PM-4:50PM	Programming and Training Considerations for SOCP; Modern Army Combatives, and for the Combat Operator	Jason Davidson, DC, CSCS, RSCC*D	Lecture	Elevate Grand Oaks KNO



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	Optimizing Warfighter Physical Readiness: A View from the Trenches	Jonpaul Nevin, PhD, CSCS	Lecture	Ignite Grand Oaks LPQ
	Practical Strategies for Enhancing Power and Aerobic Capacity - Training with the Concept 2 Rower	Harold Estep & Michael Harper, MEd	Hands-On	Interactive Grand Oaks MRS



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Friday, August 29				
Time	Title	Speaker	Track	Room
7:30AM-11:00AM	Registration Open		Reg Desk	
7:30AM-9:00AM	Light Breakfast (provided)		Grand Oaks Ballroom	
8:00AM-10:30AM	NSCA Store Open		Grand Oaks Ballroom	
8:00AM-8:50AM	Structure to the Chaos: Periodization Around the Shift Schedule	Sebastian Olave, MS, USAW1	Lecture	Elevate Grand Oaks KNO
	Bridge the Gap Lecture: Fortifying Law Enforcement Academy Recruits for Duty	Ian Bonder, MS, CSCS,*D, RSCC	Lecture	Ignite Grand Oaks LPQ
	The 8 Main Movement Patterns: A Programming Framework for Tactical Strength and Conditioning	Nick Tumminello, NSCA-CPT	Hands-On	Interactive Grand Oaks MRS
9:00AM-9:50AM	Effective Leadership Styles and Their Influence on the Tactical Strength and Conditioning Coach	Zack Nielsen, MS, CSCS,*D, TSAC-F,*D, RSCC	Lecture	Elevate Grand Oaks KNO
	NSCA 10 Pillars of Long Term Tactical Development	Patrick McHenry, MA, CSCS,*D, RSCC*E	Lecture	Ignite Grand Oaks LPQ
	More Power! Employing Scalable Power Training with Minimal Equipment for Maximal Impact	Joel Raether, MAEd, CSCS, TSAC-F, RSCC*E	Hands-on	Interactive Grand Oaks MRS
10:00AM-10:50AM	From Green to Blue: Coaching and Job Differences between Military and Law Enforcement	Demetrius Bailey, MS, CSCS	Lecture	Elevate Grand Oaks KNO
	Silent Impact: Neuromotor Consequences of Repetitive Submaximal Impact Exposure in Military Personnel	Steven Philpott, MS, CSCS	Lecture	Ignite Grand Oaks LPQ
	Bridge the Gap Practical: Fortifying Law Enforcement Academy Recruits for Duty	Ian Bonder, MS, CSCS,*D, RSCC	Hands-On	Interactive Grand Oaks MRS



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11:00AM-11:50AM	The Mediterranean Diet and Shift Work	Megan Lautz, MS, RD, CSCS, TSAC-F	Lecture	Elevate Grand Oaks KNO
	Biomechanical Analysis with Prescriptions for Primary Barbell Movement	Donny Bigham, MS, CSCS,*D, TSAC-F,*D, RSCC	Hands-On	Interactive Grand Oaks MRS