

Sessions highlighted in **green** will be streamed live the week of the event – you will receive a recording AFTER the event of all lectures and Interactive Sessions.





2026 National Conference | New Orleans & Online | July 8-11 | Up to 3.0 CEUs

Tuesday, July 7				
TIME		ROOM	SESSION	PRESENTER
8:00am-5:00pm		STRAND 14	CASCE Board Meeting	
		STRAND 6	Bootcamp Event (invitation only)	
9:30am-6:30pm		STRAND 1	CSCS Exam Prep (Add'l Purchase)	
1:00pm-4:30pm		STRAND 10	NSCA Board of Directors Meeting	

Wednesday, July 8				
TIME	TRACKS	ROOM	SESSION	PRESENTER
7:30am-4:30pm		STRAND 1	CSCS Exam Prep (Add'l Purchase)	
8:00am-5:00pm		STRAND 10	NSCA Board of Directors Meeting	
8:00am-12:00pm		STRAND 4	CPR/AED/First Aid Certification (add'l cost and pre-sign up, limited seating)	Mike Jarrous, MA, NSCA-CPT, EMT-B
9:00am-5:00pm		STRAND 2	International Meeting Room	
12:00pm-6:00pm		Elite Hall Foyer	Registration Open	
9:00am-11:00am			FIELD TRIP TO TULANE	
1:00pm-5:00 pm		STRAND 4	CPR/AED/First Aid Certification (add'l cost and pre-sign up, limited seating)	Mike Jarrous, MA, NSCA-CPT, EMT-B
12:00pm-5:30pm		Elite Hall	NSCA Store Open	
2:00pm-2:50pm	Research and education Nutrition and Supplementation	CELESTIN B/C RESEARCH	Tactical Culinary Nutrition	Drew Gonzalez, PhD, CSCS, TSAC-F
2:00pm-3:50pm	Injury prevention, Rehab, return to performance, Applied physiology and biomechanics 	CELESTIN G/H Workshop 1	Solving the Hamstring Puzzle <i>Sponsored by Perform Better</i>	Boo Schexnayder, MEd
	Injury prevention, Rehab, return to performance, Applied physiology and biomechanics	CELESTIN A Workshop 2	Training the Foot-Core-Fascia System for Athletic Efficiency	Emily Splichal, PhD
	Applied physiology and biomechanics Program design & Practical Application 	STRAND 12 Workshop 3	Single-Leg Training: The Performance Blueprint	Matt Ibrahim, MS, CSCS
3:00pm-3:50pm	Research and education	CELESTIN B/C RESEARCH	Neuromuscular Alterations in Adolescent Youth Performing Resistance Exercise	Ashley Herda, PhD, CPSS,*D, CSCS,*D, FNSCA

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		STRAND 13	Basketball Special Interest Group Meeting <i>Supported by the National Basketball Strength &amp; Conditioning Association (NBSCA)</i>	
	Business, Professional growth	CAREER CONNECTION NSCA Resource Area ELITE HALL	Navigating the New S&C Career Landscape: Private Sector to Elite Sport	Andrew Mitchell, MSc, CSCS, RSCC*D
3:00pm-6:00pm		ELITE HALL	Exhibit Hall Open	
3:30pm-4:50pm		CELESTIN D	State Director Assembly Meeting (change time to 3:30)	
4:00pm-4:50pm	Research and education Sport Science & Training Efficiency	CELESTIN B/C RESEARCH	The Use of Computer Programming in Sport Science	Chad Smith, PhD, CSCS
	Business, Professional growth	CAREER CONNECTION NSCA Resource Area ELITE HALL	Building a Sustainable Career	Luke Bradford, CSCS
4:00pm-5:50pm	Program design & Practical Application Injury prevention, Rehab, return to performance, Applied physiology and biomechanics	STRAND 12 Workshop 4	Considerations for Sport Performance Training in the Private Sector <i>Sponsored by Perform Better</i>	Natalie Kollars, MS
	Injury prevention, Rehab, return to performance Population Specific Training Program design & Practical Application	CELESTIN G/H Workshop 5	Pelvic Health for the Athlete: Beyond the Basics	Rachel Selman, PT, DPT, CSCS, CPSS
	Program design & Practical Application 	CELESTIN A Workshop 6	From Prep to Pro: Gridiron Performance Panel <i>Sponsored by the Football Special Interest Group and College Coaches Professional Development Group</i>	Scott Bennett (D3), Christian Brown (JuCo), Jim Davis(HS), Boyd Epley (Admin), Colin Kenyon (D1), Justin Lovett (NFL) Moderated by Justin Lima
4:30pm-5:50pm		STRAND 14	Conference Committee Meeting	
5:00pm-5:50pm		CELESTIN D	First Timer's Orientation RSVP Required	
	Research and education 	CELESTIN B/C RESEARCH	Weight Management Strategies for Weight Category Athletes	Andrew Jagim, PhD, CSCS
	Business, Professional growth	CAREER CONNECTION NSCA Resource Area ELITE HALL	Strength & Conditioning for ALL Populations	Charlie Hoolihan, CSCS
		STRAND 6	Education Committee Meeting	

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6:00pm-7:30pm		ELITE HALL	KICK OFF PARTY IN EXHIBIT HALL
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Thursday, July 9				
TIME	TRACK	ROOM	SESSION	PRESENTER
7:00am-8:00am		STRAND 4	Regional Coordinators Meeting	
8:00am-9:00am		STRAND 13	Research Consortium Meeting	
		STRAND 6	SE State Directors Meeting	
8:30am-4:30pm		ELITE HALL	NSCA Store Open	
8:00am-5:00pm		ELITE FOYER	Registration Open	
8:00am-9:00am		STRAND 4	Special Interest Group and Professional Development Group Chair Meeting	
8:30am-5:00pm		ELITE HALL	EXHIBIT HALL OPEN	
8:30am-10:00 AM		ELITE HALL	Lift a Latte (morning workout, coffee and breakfast sandwich with Exhibitors)	
9:00am-10:00am		STRAND 14	Research Committee Meeting	
9:00am-9:50am		CELESTIN B/C RESEARCH	Abstract Podium Presentations 9:00 AM   Justen Stoner   Carbohydrate dosing strategies for elite athletes 9:15 AM   Jacob Rintoul   Creatine, HMB, strength, and well-being 9:30 AM   Jerry Chen   Preliminary study of shoulder flexion mobility and swim start performance 9:45 AM   Kornkanok Sophonsakulrat   Influence of an 8-week training intervention on muscle cross-sectional area	
		STRAND 11	Rugby Special Interest Group Meeting	
		STRAND 13	NSCA Foundation Data Blitz Moderated by: Dr. Kristina Kendall	
9:00am-5:00pm		STRAND 2	International Meeting	
10:00am-11:20am	Program design & Practical Application Sport Science & Training Efficiency	CELESTIN E-H ELEVATE SESSION	NSCA Update and KEYNOTE: From Strength to Sport Science, The Evolving Art of Program Design	William Kraemer, PhD, CSCS,*D, FNCSA
11:30am-12:30pm	Business, Professional growth	FOUNDATION BOOTH in NSCA Resource Area ELITE HALL	LinkedIn Profile Review <i>Sponsored by NSCA Foundation</i>	Dr. Vanessa Moreno
11:30am-1:00pm		ELITE HALL	Lunch Provided inside Exhibit Hall	




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12:00pm-12:50pm	Program design & Practical Application Sport Science & Training Efficiency 	CELESTIN D IGNITE SESSION	Preseason and In Season Planning, Periodization, and Load Management Strategies for Utilizing GPS Technology	Michelle Pifer, CSCS, RSCC*D
	Program design & Practical Application 	ELITE HALL INTERACTIVE SESSION	Doing It on the Fly - Making Adjustments to Training in the Moment Based on How Your Crew Walks in	Cole Hergott, MS, CPSS, CSCS,*D, NSCA-CPT, RSCC
	Sport Science & Training Efficiency Applied physiology and biomechanics	CELESTIN A	The Vagus Nerve in Athletic Performance: Enhancing Recovery, Resilience, and Movement Through Nervous System Regulation <b>(switched Eric &amp; Michael Gray)</b>	Arianne Missimer, DPT, RD, CSCS
	Research and education	CELESTIN B/C RESEARCH	Abstract Podium Presentations 12:00 PM   Julian Belardo   Relationship between weekly GPS-derived external training load and CMJ performance 12:15 PM   Paulo Engelke   Force-time signatures of reduced, maintained, and increased countermovement jump height 12:30 PM   Lachlan Maudsley   Seasonal stretch-shortening cycle changes in Division I basketball players 12:45 PM   Hannah Eberhardt   Energy availability and muscle quality in Air Force ROTC cadets	
	Business, Professional growth	CAREER CONNECTION NSCA Resource Area ELITE HALL	Navigating the New S&C Career Landscape: K12 and High School	Elton Crochran, CSCS,*D, RSCC
12:00pm-1:30pm	Research and education	ELITE HALL	Abstract Poster Session A – first 10 Undergrad	
1:00pm-1:50pm	Program design & Practical Application Research and education Business, Professional growth	CELESTIN E-H ELEVATE SESSION	Long Term Athlete Development: The Science and Art of Andragogy for S&C	Brian Gearity, PhD, MBA, ATC, CSCS, RSCC*D, FNCSA, Sara Campbell, PhD, CSCS & Clayton Kuklick, PhD, MA, CSCS
	Sport Science & Training Efficiency Injury prevention, Rehab, return to performance Applied physiology and biomechanics 	CELESTIN D IGNITE SESSION	Data Driven Insights/Approaches to Training, Velocity Based Training, Recovery Based Training	Jordan Troester, PhD, CSCS
	Injury prevention, Rehab, return to performance 	CELESTIN A THRIVE SESSION	Leading with a Limp: A Comeback Mindset <i>Sponsored by Women's Committee</i>	Katie Guillory, CPSS, CSCS, RSCC*D
	Program design & Practical Application Applied physiology and biomechanics	ELITE HALL INTERACTIVE SESSION	Applied Shoulder Mechanics for Overhead Athletes	Luke Bradford, CSCS



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	Injury prevention, Rehab, return to performance 			
	Research and education	CELESTIN B/C RESEARCH	Abstract Podium Presentations 1:00 PM   Emma Worley   Home and away game external demands in NCAA DI football 1:15 PM   Andrew Fields   Reliability of weekly heart rate variability averages 1:30 PM   Dakota Tiede   Lengthened partials vs. full ROM on thigh muscle hypertrophy 1:45 PM   Michael Mydlo   Nordic force normalization method agreement	
	Business, Professional growth	ELITE HALL CAREER CONNECTION NSCA Resource Area	Navigating the New S&C Career Landscape: Data & Analytics	Andy Galpin, PhD, CSCS, NSCA-CPT, FNCSA
	Business, Professional growth	FOUNDATION BOOTH in NSCA Resource Area ELITE HALL	LinkedIn Profile Review <i>Sponsored by NSCA Foundation</i>	Dr. Jacob Mota
	Research and education	STRAND 13	CASCE Peer Reviewer Workshop: The Nuts and Bolts of Effective Review	
		STRAND 4	LIFT Committee Meeting	
		STRAND 1	Personal Trainers Professional Development Group Meeting	
		STRAND 11	Performing Arts Coaches Special Interest Group Meeting	
		STRAND 12	Sports Medicine/Return to Performance Special Interest Group Meeting	
	2:00pm-2:50pm	Population Specific Training Applied physiology and biomechanics	CELESTIN E-H ELEVATE SESSION	Gary Dudley Lecture: The Warfighter Tactical Athlete as a Human Stress Model: Physiological Training Implications for the S&C Professional
Sport Science & Training Efficiency Research and education 		CELESTIN D IGNITE SESSION	Sport Science in College Football – Current Research and Future Directions	Quincy Johnson, CSCS*D, CPT*D
Population Specific Training Injury prevention, Rehab, return to performance Program design & Practical Application		CELESTIN A THRIVE SESSION	Pregnancy with Athletes	Amy Moolyk, MSc, CSCS
Injury prevention, Rehab, return to performance Program design & Practical Application 		ELITE HALL INTERACTIVE SESSION	Lessons Learned from Rehab that Translate to Performance Coaching	Erik Hernandez, CSCS, RSCC*D

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	<b>Research and education</b> 	CELESTIN B/C RESEARCH	From Athletes to Older Adults: Ability of Dietary Supplements to Influence Neuromuscular Function	Joshua Keller, CSCS
	<b>Business, Professional growth</b>	ELITE HALL CAREER CONNECTION NSCA Resource Area	Navigating the New S&C Career Landscape: Collegiate	Michelle Pifer, CSCS, RSCC*D
	<b>Business, Professional growth</b>	FOUNDATION BOOTH in NSCA Resource Area ELITE HALL	LinkedIn Profile Review <i>Sponsored by NSCA Foundation</i>	Dr. Dawn Anderson
		STRAND 10	High School Coaches Professional Development Group Meeting	
		STRAND 6	Fellow Committee Meeting	
		STRAND 12	Strongman Special Interest Group Meeting	
		STRAND 13	Sport Science and Performance Technology Special Interest Group Meeting	
		STRAND 11	Golf Special Interest Group Meeting	
2:00pm-3:30pm		ELITE HALL	Abstract Poster Session B – first 10 Master	
3:00pm-3:50pm		CELESTIN E-H ELEVATE SESSION	Wired to Win? Caffeine, Culture, and Mental Health in Sport	Disa Hatfield, PhD, CSCS,*D, FNSCA
	<b>Program design &amp; Practical Application</b> 	CELESTIN A THRIVE SESSION	One Cue Doesn't Fit All: Adapting Coaching Communication Across Athletes and Environments <i>Sponsored by the Lift Committee</i>	Brittany Williams, MSED, MHFA
	<b>Injury prevention, Rehab, return to performance</b> <b>Applied physiology and biomechanics</b>	ELITE HALL INTERACTIVE SESSION	Program Design & Implementation of Plyometrics in the Private Sector <i>Sponsored by Perform Better</i>	Natalie Kollars
	<b>Injury prevention, Rehab, return to performance</b> <b>Program design &amp; Practical Application</b> 	CELESTIN D IGNITE SESSION	Designing Injury Mitigation Programs That Athletes and Coaches Embrace	Travis Pollen, PhD
	<b>Research and education</b> <b>Population Specific Training</b>	CELESTIN B/C RESEARCH	Lift, Jump, Thrive: What Every Woman Should Know About Bone Health and Exercise	Kristina Kendall, PhD, CSCS
		<b>STRAND 1</b>	Building Stronger CASCE Accredited Programs: Connecting Curriculum Design, Outcomes, and Assessment	
		STRAND 13	Weightlifting Special Interest Group Meeting	
		STRAND 12	Nutrition Special Interest Group Meeting	
		STRAND 14	Finance Committee Meeting	
		STRAND 11	Lacrosse Special Interest Group Meeting	
	STRAND 10	Track & Field Special Interest Group Meeting		
4:00pm-4:50pm	<b>Business, Professional growth</b> <b>Sport Science &amp; Training Efficiency</b>	CELESTIN E-H ELEVATE SESSION	Human Performance Technologies, AI, & Other Advanced Tools	Andy Galpin, PhD, CSCS, NSCA-CPT, FNSCA

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	Sport Science & Training Efficiency Program design & Practical Application	CELESTIN D IGNITE SESSION	Determining Meaningful Change in Metrics that Matter: Data Analysis when N=1	Anthony Turner, PhD, CSCS*D
	Applied physiology and biomechanics Program design & Practical Application 	ELITE HALL INTERACTIVE SESSION	Weightlifting: Technical Corrections and Feedback Strategies	Kyle Pierce, CSCS , Paul Comfort, PhD, CSCS,*D, FNNSCA & Carissa Gordon
	Business, Professional growth	ELITE HALL CAREER CONNECTION NSCA Resource Area	Navigating the New S&C Career Landscape: Tactical (military, police, fire)	Whitney Tramel, MS, CSCS, TSAC-F, RSCC
	Business, Professional growth	STRAND 13	Women in Strength: Connection, Collaboration, and Growth SPONSORSHIP BY HAMMER/LIFE FITNESS	
	Research and education	CELESTIN B/C RESEARCH	The Lifelong Impact of Strength Training on Cardiometabolic Health	Alyssa Parten, CSCS,*D, NSCA-CPT
		STRAND 11	Football Special Interest Group Meeting <i>Supported by the Professional Football Performance Coaches Assoc (PFPCA)</i>	
		STRAND 12	Health & Wellness Special Interest Group Meeting	
		STRAND 4	Membership Committee Meeting	
5:00pm-6:30pm		DAVE & BUSTERS	ATTENDEE & EXHIBITOR PARTY Show your lanyard to enter	
6:30pm – 8:00pm		8 BLOCK	RSCC Reception RSCC & RSVP Required	

Friday, July 10				
TIME	TRACK	ROOM	SESSION	PRESENTER
7:30am- 3:00 pm		ELITE HALL	EXHIBIT HALL OPEN	
7:30am- 9:00 am		ELITE HALL	Rise & Reps (morning workout, coffee and breakfast sandwich with Exhibitors)	
7:30am- 3:00pm		ELITE HALL FOYER	Registration Open	
8:00am- 9:00am		STRAND 14	Past President's Meeting	
8:00am- 3:00pm		ELITE HALL	NSCA Store Open	
8:30am- 9:20am	Sport Science & Training Efficiency Program design & Practical Application 	CELESTIN E-H ELEVATE SESSION	How Hard Should You Train to Maximize Muscular Adaptations	Brad Schoenfeld, PhD, CSPS,*D, CSCS,*D, NSCA-CPT,*D, FNNSCA




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	Applied physiology and biomechanics Program design & Practical Application 	ELITE HALL INTERACTIVE SESSION	Teaching Progressions and Cues for Bounding Exercises <i>Sponsored by Perform Better</i>	Boo Schexnayder, MEd
	Business, Professional growth	ELITE HALL CAREER CONNECTION Resource Area	Internship Best Practices	Lyndie Kelley, MS, CSCS,*D, NSCA-CPT,*D, Peter Kenn, CSCS, RSCC, Ashley Kowalewski, MS, CSCS, RSCC and Justin Lima, PhD, CSCS, RSCC*D
	Business, Professional growth	FOUNDATION BOOTH in NSCA Resource Area ELITE HALL	LinkedIn Profile Review <i>Sponsored by NSCA Foundation</i>	Kyle Pulvermacher
	Research and education	CELESTIN B/C RESEARCH	Abstract Podium Presentations 8:30 AM   Noelle Saine   Classification analysis of sport using countermovement jump metrics 8:45 AM   Scott Brau   Recovery status and accuracy estimating repetitions-in-reserve 9:00 AM   Nestor Urrea   Training load at MD-2 and MD-1 predicts match outcome 9:15 AM   Payton Miller   Aerobic capacity is associated with lower depression and anxiety in firefighters	
		STRAND 4	Women's Committee Meeting	
		STRAND 6	Awards Committee Meeting	
9:30am-10:20am	Program design & Practical Application Sport Science & Training Efficiency Injury prevention, Rehab, return to performance	CELESTIN E-H ELEVATE SESSION	Inter-Limb Asymmetry: Should We Be Chasing Perfect Symmetry? Lessons Learned from 10 Years of Data Collection.	Chris Bishop, PhD
	Business, Professional growth	CELESTIN D IGNITE SESSION	Government Relations and Advocacy Initiatives to Promote the Strength & Conditioning Profession	Eric McMahon, MEd, CSCS,*D, TSAC-F,*D, RSCC*E and Michael Gray, JD, MUP
	Business, Professional growth 	CELESTIN A THRIVE SESSION	From College to High School S&C Coach	Elton Cochran, CSCS,*D, RSCC
	Applied physiology and biomechanics Program design & Practical Application 	ELITE HALL INTERACTIVE SESSION	Training the Kinematics of Linear Speed Development	Nick Brattain, CSCS
		ELITE HALL CAREER CONNECTION Resource Area	Beating Burnout: Work–Life Balance in S&C: Making it all Work as a Coach, Parent, and More	Mary Kate Feit, PhD, CSCS,*D, TSAC-F,*D, RSCC*D




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	Research and education	CELESTIN B/C RESEARCH	Abstract Podium Presentations 9:30 AM   Jiahao Yang   Acute effects of various submaximal accentuated eccentric loading protocols 9:45 AM   Pablo Rios-Gallardo   Strategy shift in pediatric jump mechanics 10:00 AM   Alayne Thompson   Lower body strength changes in postmenopausal females after training 10:15 AM   Erica Schafer   Physical activity and psychological health in female tactical athletes	
		STRAND 11	Powerlifting Special Interest Group Meeting	
	Business, Professional growth	FOUNDATION BOOTH in NSCA Resource Area ELITE HALL	LinkedIn Profile Review <i>Sponsored by NSCA Foundation</i>	Dr. Justin Lima
9:30am-11:20am		STRAND 12	Navigating CASCE Accreditation: Interactive Workshop	
9:00am-3:00pm		STRAND 2	International Meeting Room	
10:30am-11:20am	Research and education	CELESTIN E-H ELEVATE SESSION	Performance and Belonging: The Psychosocial Architecture of Youth Athlete Success <i>Sponsored by ASCA</i>	Jackson Stone
	Program design & Practical Application 	CELESTIN D IGNITE SESSION	Bridge the Gap Lecture: Build Superior Athletes and Clients Utilizing Strongman Methodology	Heidi Campo, CSCS,*D, NSCA-CPT,*D & Chris Slater, MEd, CSCS
	Nutrition and Supplementation 	CELESTIN A THRIVE SESSION	Fueling the Gut: The Role of the Gut in Optimizing Athletic Performance	Carolyn Stocker, MS, RD, CSCS
	Applied physiology and biomechanics Program design & Practical Application 	ELITE HALL INTERACTIVE SESSION	Kettlebell Training for Sport Performance	Andrew Mitchell, CSCS, RSCC
		ELITE HALL CAREER CONNECTION Resource Area	Navigating the PhD Process	Drew Gonzalez, PhD, CSCS, TSAC-F
	Research and education	CELESTIN B/C RESEARCH	Abstract Podium Presentations 10:30 AM   Dakota Dronet   Effects of summer professional soccer on collegiate female soccer performance 10:45 AM   Benjamin Doyle   Latent subclass modeling of physiological adaptation phenotypes to strength training 11:00 AM   Andrew Veith   Role of motor units on sudden strength increases 11:15 AM   Tiffany Adams   Fitness predictors of metabolic risk in firefighters	
	Business, Professional growth	FOUNDATION BOOTH in NSCA Resource Area ELITE HALL	LinkedIn Profile Review <i>Sponsored by NSCA Foundation</i>	Dr. Dave Heikkinen




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		STRAND 12	Combat Sport Special Interest Group Meeting	
10:00am-11:30am		ELITE HALL	Abstract Poster Session A – first 10 doctoral	
11:30am – 1:00pm		ELITE HALL	LUNCH w/ EXHIBITORS	
		STRAND 11	JSCR Meeting	
1:00 – 2:30pm		ELITE HALL	Abstract Poster Session B	
12:30pm – 3:00pm		STRAND 14	Nomination Committee Meeting	
1:00pm-1:50pm	Business, Professional growth Research and education 	CELESTIN E-H ELEVATE SESSION	Lost for Words - in Search of Our Coaching Voice	Nick Winkelman, PhD, CSCS, NSCA-CPT
	Nutrition and Supplementation	CELESTIN D IGNITE SESSION	Uncovering the Science Behind the Advanced Hydration System <i>Sponsored by Gatorade</i>	Christina Chu, MS, RD, CSSD, LDN & Samantha Goldenstein, PhD, CSCS
	Applied physiology and biomechanics Program design & Practical Application 	CELESTIN A THRIVE SESSION	Individualizing your Athletic Development Program During the Stages of Growth and Maturation to Build a Robust Youth Athlete <i>Sponsored by UKSCA</i>	Paudie Roche, MSc, CSCS
	Applied physiology and biomechanics Injury prevention, Rehab, return to performance 	ELITE HALL INTERACTIVE SESSION	Bridge the Gap Practical: The 10 x 10 Protocol for Performance and Return to Play	Derek Hansen, MA, CSCS
	Business, Professional growth	FOUNDATION BOOTH in NSCA Resource Area ELITE HALL	LinkedIn Profile Review <i>Sponsored by NSCA Foundation</i>	Dr. Katelin Valster
	Business, Professional growth	ELITE HALL CAREER CONNECTION Resource Area	You Don't Need Fancy Tech to be a Great Coach: Coaching in Resource-Limited Settings	Whitney Leyva-Camberos, MS, CSCS,*D, NSCA-CPT,*D
	Research and education	CELESTIN B/C RESEARCH	Abstract Podium Presentations 1:00 PM   Sarah Deemer   Impact of 1 week of curcumin supplementation on biomarker responses to fatiguing back squat exercise in resistance-trained women 1:15 PM   Katie Hirsch   Characterization of the female hormone profile: application of daily-urine hormone monitoring 1:30 PM   Jay Dawes   A physical fitness profile of tactical athletes from the southcentral United States 1:45 PM   Krissy Kendall   Prime time: Morning activation and its effects on repeated sprint ability and reaction time in soccer players	
		STRAND 10	Special Populations Special Interest Group Meeting	
	STRAND 12	Exercise/Sport Psychology Special Interest Group Meeting		



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2:00pm- 2:50pm	Program design & Practical Application Sport Science & Training Efficiency Population Specific Training 	CELESTIN E-H ELEVATE SESSION	Minimum Effective Dose: Strength Training as the Foundation of Long-Term Athletic Development	Antonio Squillante, PhD, CSCS*D, RSCC*D
	Applied physiology and biomechanics Population Specific Training Program design & Practical Application	CELESTIN D IGNITE SESSION	Big Strength, Small Muscles: Unraveling the Muscle Quality Paradox	Matt Stock, PhD, CSCS, FNCSA
	Business, Professional growth Research and education	CELESTIN A THRIVE SESSION	Innovative Teaching Methods for Developing an Effective Strength & Conditioning Internship Curriculum	Terrie McNamara, PhD, CSCS & MaryKate Feit, PhD, CSCS,*D, TSAC-F, RSCC*D
	Program design & Practical Application 	ELITE HALL INTERACTIVE SESSION	Bridge the Gap Practical: Build Superior Athletes and Clients Utilizing Strongman Methodology	Heidi Campo, CSCS,*D, NSCA-CPT,*D & Chris Slater, MEd, CSCS
	Business, Professional growth	ELITE HALL CAREER CONNECTION NSCA Resource Area	Beating Burnout: Work-Life Balance in S&C How Seasoned Pros Protected (or failed to protect) Their Time	Brian Gearity, PhD, MBA, ATC, CSCS, RSCC*D, FNCSA
	Research and education Sport Science & Training Efficiency	CELESTIN B/C RESEARCH	Heated Resistance Exercise	Luke Pryor, PhD, ATC, CSCS
	Business, Professional growth	ELITE HALL Foundation Booth Resource Area	LinkedIn Profile Review <i>Sponsored by NSCA Foundation</i>	
		STRAND 12	College Coaches Professional Development Group Meeting	
		STRAND 10	Bodybuilding Special Interest Group Meeting	
		STRAND 11	Figure Skating Special Interest Group Meeting	
	STRAND 1	Soccer Special Interest Group Meeting <i>Supported by the Professional Soccer Performance Association (PSPA)</i>		
<b>TEAR DOWN OF EXHIBIT HALL BEGINS AT 3PM</b>				
3:00pm- 3:50pm	Sport Science & Training Efficiency Research and education	CELESTIN E-H ELEVATE SESSION	Michael H Stone Sport Science Lecture: Statistics: Are We Too Dependent?	Michael H Stone, PhD, CSCS,*D, FNCSA
	Injury prevention, Rehab, return to performance Applied physiology and biomechanics 	CELESTIN D IGNITE SESSION	Building The Rotational Athlete – From Force Production to Injury Resilience! Testing and Training for Hamstring Strain Injury Risk	Mark Kovacs, PhD, CSCS Nicholas Ripley, PhD, CSCS,*D, RSCC
	Business, Professional growth Research and education	CELESTIN A THRIVE SESSION	Discovering Your Unknown Superpower: Writing for Professional Journals	Tom Cormier, MS, CSCS*D, CSPS,*D, NSCA-CPT,*D




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	<p>Research and education</p> <p>Injury prevention, Rehab, return to performance</p> 	CELESTIN B/C RESEARCH	NOW BEING LIVE STREAMED – NEED TO SEND NOTIFICATION ROOM EMPTY	
	<p>Business, Professional growth</p>	ELITE HALL Foundation Booth Resource Area	LinkedIn Profile Review <i>Sponsored by NSCA Foundation</i>	
		STRAND 12	Entrepreneur Special Interest Group Meeting	
		STRAND 11	Long Term Athletic Development (LTAD) Special Interest Group Meeting	
		STRAND 10	Baseball Special Interest Group Meeting <i>Supported by the Professional Baseball Strength &amp; Conditioning Coaches Society (PBSCCS)</i>	
4:00pm-4:50pm	<p>Business, Professional growth</p> 	CELESTIN D IGNITE SESSION	Maximizing Athlete Potential: Strategies for Stronger Coach-Athlete Connections	Akeem Robinson, PhD
	<p>Research and education</p> <p>Nutrition and Supplementation</p> 	CELESTIN B/C RESEARCH	Fueling Needs, Energy Expenditure, and Macronutrient Needs of High School Athletes	Chad Kerksick, PhD, CSCS, NSCA-CPT, FNCSA
6:30pm-9:30pm			NSCA Awards Banquet - RSVP Required	


Saturday, July 11

TIME	TRACK	ROOM	SESSION	PRESENTER
7:30am-8:30am		ELITE HALL	Light Breakfast provided	
		STRAND 11	Educators Special Interest Group Meeting	
7:30am-11:30am		ELITE FOYER	Registration Open	
8:00am – 11:00am		ELITE HALL	NSCA Store Open	
8:00am-10:00am		STRAND 12	SCJ Meeting	
		STRAND 10	New Board of Directors Meeting	
8:30am-9:20am	<p>Program design &amp; Practical Application</p> <p>Applied physiology and biomechanics</p> 	CELESTIN E-H ELEVATE SESSION	Power Complex. My Pilot Study on Replacing Cleans in the Weight Room	Justin Lima, PhD, CSCS, RSCC*D
	<p>Applied physiology and biomechanics</p> <p>Program design &amp; Practical Application</p> 	ELITE HALL INTERACTIVE SESSION	Embracing Asymmetry: Harnessing Natural Movement Patterns for Optimal Performance	Adarian Barr, MA

Sessions highlighted in **green** will be streamed live the week of the event – you will receive a recording AFTER the event of all lectures and Interactive Sessions.

	Research and education	CELESTIN B/C RESEARCH	Abstract Podium Presentations 8:30 AM   Timothy Suchomel   Impulse characteristics of weightlifting derivatives performed with peak power loads 8:45 AM   Quincy Johnson   The stride project – contributors to athleticism in youth populations 9:00 AM   Megan Ward   Investigating effects of fatigue protocol on drop-jump ground reaction forces 9:15 AM   Paul Baker   Adipose tissue metabolic responses to acute HIIT in perimenopause	
9:30am-10:20am	Injury prevention, Rehab, return to performance Applied physiology and biomechanics 	CELESTIN E-H ELEVATE SESSION	Bridge the Gap Lecture: The 10 x 10 Protocol for Performance and Return to Play	Derek Hansen, MA, CSCS
	Nutrition and Supplementation Program design & Practical Application Population Specific Training	CELESTIN D IGNITE SESSION	Rehydration Strategies, CHO triathlon & Extreme Endurance	Alex Harrison, PhD
	Applied Physiology and Biomechanics 	ELITE HALL INTERACTIVE SESSION	Bracing for Maximal Lifting	Richard Ulm, DC, MS, CSCS
	Research and education	CELESTIN B/C RESEARCH	Abstract Podium Presentations 9:30 AM   Alexandru Buga   Exogenous ketosis augments virtual shooting performance pre-post sleep deprivation 9:45 AM   Nicholas Ripley   Beyond the RSI: is the dynamic rebound index redundant 10:00 AM   Stephen Opskar   Jump height and job task performance relationship in firefighters 10:15 AM   Greg Ryan   Anthropometric and performance relationship to stats in 2024 NBA rookies	
9:00am-3:00pm		<b>STRAND 2</b>	International Meeting Room	
10:00am-11:30am		ELITE HALL	Abstract Poster Session A	
10:30am-11:20am	Business, Professional growth Sport Science & Training Efficiency 	CELESTIN E-H ELEVATE SESSION	The Future of Training in Professional Football	Ted Rath
	Applied Physiology and Biomechanics	ELITE HALL INTERACTIVE SESSION	Using Breathing & Physiology to Enhance Performance	Jena Gatses, PT, DPT, LMT SFMA, CSCS
	Applied physiology and biomechanics Program design & Practical Application	CELESTIN D IGNITE SESSION	Muscle Mass: The Overlooked Link in Metabolic Flexibility	Hunter Waldman, PhD, CSCS
	Research and education	CELESTIN B/C RESEARCH	Abstract Podium Presentations 10:30 AM   Jeremy Ross   Multivariate modeling of neuromuscular status in special operations qualification training 10:45 AM   Megan Sax van der Weyden   Dual task foot patrols alter muscle activity	

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			11:00 AM   Ty Palmer   Hip strength and postural balance 11:15 AM   John Paul Anders   Float therapy for occupational stress in law enforcement	
11:30am- 12:20pm	Population Specific Training Business, Professional growth Sport Science & Training Efficiency 	CELESTIN E-H ELEVATE SESSION	KEYNOTE: Behind the Curtain of Strength & Conditioning What Actually Matters Across Programming, Coaching, and Career Decisions	Brett Bartholomew, MEd, CSCS