

Sessions highlighted in red will be streamed live the week of the event

2026 Tactical Annual Training | Orlando, FL & Online | August 17-20 | 2.0 CEUs

Red is Streamed & in Large Room Hands-On Chalk Talks

Monday, August 17				
Time	Title	Speaker	Track	Room
8:00AM-4:00PM	Exhibitor Move-in/Set-up			Oceans Ballroom
8:00AM-3:00PM	Writing Bootcamp (Invitation Only)			Nomeus
11:00AM-5:30PM	Registration Open			Oceans Foyer
8:00AM-5:30PM	CSCS Exam Prep Clinic (continued)			Coral A
1:00PM-5:00PM	NSCA Store Open			Oceans Foyer
1:00PM-3:50PM	Sorinex Tactical Challenge: Move, Think, Engage		HANDS-ON	Oceans Ballroom Foyer
3:00PM-3:50PM	First Timer’s Orientation			Coral BC
4:00PM-5:30PM	OPENING CEREMONIES, AWARDS & KEYNOTE: COL Marcus Wright			Crystal DE
5:30PM-7:30PM	Kick-Off Party – UNOPPOSED EXHIBIT HALL TIME Exhibitors and Attendees Welcome			Oceans Ballroom
Tuesday, August 18				
Time	Title	Speaker	Track	Room
7:00AM-5:00PM	Registration Open			Oceans Foyer
7:30AM-9:30AM	Exhibit Hall Open – Light Breakfast– Unopposed Hours until 9:30			Oceans Ballroom
7:30AM-8:30AM	Morning Workout: Unlocked + Unloaded with BeaverFit			Oceans Foyer
8:30AM-9:20AM	Tactical Strength & Conditioning Professional Development Group (PDG) Meeting			Coral BC
8:00AM-4:30PM	NSCA Store Open			Oceans Foyer
9:30AM-10:20AM	Implementation of Long Term Development Plan for Law Enforcement <i>Sponsored by Perform Better</i>	Matt Krause, MA, ATC, CSCS,*D, RSCC*E	LECTURE	Crystal DE
	Hormones Under Fire: Nutrition for Tactical Performance and Long-Term Health	Kelsey Bailey, MS, RD, CSCS, NSCA-CPT	LECTURE	Crystal C

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	Off Axis, On Target: Rethinking the Squat for Operators	Tex McQuilkin, MS, CSCS*D	HANDS-ON	Crystal AB
10:30AM - 11:20AM	Beyond the Uniform: Rebuilding Purpose and Tribe for Lifelong Tactical Resilience	Ryan Padgett, RET Air Force Chaplain	LECTURE	Crystal DE
	Periodize the Suck: Better Performance Through Sub-Optimal Training	Austin Womack, MS, CSCS, TSAC-F	LECTURE	Crystal C
	Performance Programming for Military Rucking: Improving Output While Reducing Structural Cost	Zack Nielsen, MS, CSCS*D, TSAC-F*D, RSCC and Cory Gilday, MS, CSCS	HANDS-ON	Crystal AB
11:30AM - 1:00PM	Lunch Break – Lunch provided – Unopposed Hours in hall 11:30-1:00			Oceans Ballroom
1:00PM-2:20PM 80 min	Embedded for Impact: A Panel on Culture, Trust and Effectiveness in Special Operations Units	Deb Canada, LTC, U.S. Army (retired), John W. Doolittle, Captain, U. S. Navy, (retired) and Thaddeus Allen, Colonel, U. S. Air Force (retired) Moderator: Jay Dawes, PhD, CSCS, NSCA-CPT, TSAC-F, FNSEA	PANEL	Crystal DE
	Navigating the Tactical Fitness Crisis: Practical, Evidence-Based Interventions	Rob Orr, PhD, TSAC-F	LECTURE	Crystal C
	Charge Your Brain! How to Specify Your Training	Steven Glamcevski, CSCS	HANDS-ON	Crystal AB
1:00 PM-1:50 PM	Hormones Under Fire: Nutrition for Tactical Performance and Long-Term Health	Kelsey Bailey, MS, RD, CSCS, NSCA-CPT	CHALK TALK	Coral BC
2:30PM-3:20PM	When the Weight Isn't on the Bar: Mental Health First Aid in Tactical Coaching	Brad Hollingsworth, CSCS, TSAC-F	LECTURE	Crystal DE
	Developing A Data Driven System In Tactical Populations	Ryan Carroll, CSCS*D and Paul Lane, CSCS, RSCC	LECTURE	Crystal C
	Beyond "Injury Control": Redefining the Role of the Tactical Physical Therapist	Douglas Briggs, PhD, CSCS*D, RSCC,*E	LECTURE	Crystal AB
3:30PM-4:20PM	From VO2MAX to the Fireground: How Standards Shape Training, Careers, and Health	Jacob Mota, PhD, CSCS, *D and Michael Conner, DMSc, PA-C	LECTURE	Crystal DE
	Cognitive Performance in Tactical Athletes: A Unified Framework	Mark Stephenson, MS, CSCS, *D, TSAC-F, *D	LECTURE	Crystal C

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	Mace Tactics: Unconventional Strength for the Tactical Athlete	David Pederson, CSCS*D, TSAC-F	HANDS-ON	Crystal AB
	Navigating the Tactical Fitness Crisis: Practical, Evidence-Based Interventions	Rob Orr, PhD, TSAC-F	CHALK TALK	Coral BC
4:30 PM-5:20 PM	Speed Saves Lives: Training for Tactical Survivability <i>Sponsored by Perform Better</i>	Martin Rooney, CSCS	LECTURE	Crystal DE
	Intent vs. Impact: An Active Duty Perspective on Operationalizing Human Performance	Joseph Stich, CSCS, TSAC-F	LECTURE	Crystal C
	Police Defensive Tactics: A Biomechanical Approach	Shayan Emamjomeh, MS, CSCS and Marci Guzman, TSAC-F	HANDS-ON	Crystal AB
	Developing A Data Driven System In Tactical Populations	Ryan Carroll, CSCS*D and Paul Lane, CSCS, RSCC	CHALK TALK	Coral BC
5:30PM-7:00PM	NSCA PARTY All Attendees & Exhibitors Welcome			Oceans Ballroom

Wednesday, August 19				
Time	Title	Speaker	Track	Room
7:30AM-5:00PM	Registration Open			Oceans Foyer
7:30AM-9:00AM	Exhibit Hall Open – Light Breakfast – Unopposed Hours until 9:00			Oceans Ballroom
	Sorinex Squat Party			
8:00AM-4:30PM	NSCA Store Open			Oceans Foyer
9:00AM-9:50AM	The Art of Connection: How to Immediately Increase the IMPACT of Your Coaching	Mike Caro, MS, CSCS,*D, RSCC, USAW	LECTURE	Crystal DE
	Blaming the System while Being the System: Taking Ownership of Team Dynamics to Deliver Better Performance	Catherine Wallace, MS, CSCS, RSCC, TSAC-F, USAW	LECTURE	Crystal C
	CNS Optimization & Activation - Rapid Readiness Micro-Protocol	Stewart Edmondson, MS, LMT, CSCS*D, USAW & Doug Heel	HANDS-ON	Crystal AB
10:00AM - 11:20AM	All This Data...Now What? The Wearables ‘So What’ Panel <i>Sponsored by Garmin</i>	Spencer Posey, Chris Myers and Anthony Acevedo	PANEL	Crystal DE

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(80 min)	Science Versus: A Scientist's Outcome Oriented Interpretation of Operator, Coach, and Leadership Vantages	Nate Palin, MS, CSCS and Chris Frankel, PhD	LECTURE	Crystal C
	ELDOA For Spinal Health	Joshua Gregoire, MS, CSCS, ATC-L	HANDS-ON	Crystal AB
11:30AM - 1:00 PM	Lunch Break (in the exhibit hall unopposed 1.5 hrs)			Oceans Ballroom
1:00PM-1:50PM	Training in Managed Chaos-Building High Performers in Low-Predictability Environments	CJ French, MEd, CSCS, RSCC*D	LECTURE	Crystal DE
	Optimizing Tactical Readiness: New Approaches to Conditioning Prescription and Performance Evaluation	Nathan Dicks, Ph.D., CSCS, *D, TSAC-F, *D and Robert Pettitt, PhD, CSCS	LECTURE	Crystal C
	Bridge the Gap Lecture: Creating Ability Based Training Assessments and Systems for Law Enforcement Recruits	Andrew Shim, EdD, CSCS,*D, FNCSA and Ian Bonder, MS, CSCS,*D, RSCC, USAW	LECTURE	Crystal AB Yes lecture in hands-on room
	Science Versus: A Scientist's Outcome Oriented Interpretation of Operator, Coach, and Leadership Vantages	Nate Palin, MS, CSCS and Chris Frankel, PhD	CHALK TALK	Coral BC
2:00PM-2:50PM	The Renaissance Coach: Weaponizing Non-Traditional Skills to Pioneer Fire Service Human Performance	Conner Freeland, MS, CSCS and Drew Stewart, CSCS	LECTURE	Crystal DE
	Hydration Under Pressure <i>Sponsored by DripDrop Hydration</i>	Megan Lautz, MS, RD, CSCS, TSAC-F	LECTURE	Crystal C
	Training that Translates: Optimizing Officer Readiness	J.D. Edwards, TSAC-F	HANDS-ON	Crystal AB
3:00PM-3:50PM	Scalable Readiness Monitoring in Tactical Populations: From Elite Sport to the Fireground	Alex Redshaw, MS	LECTURE	Crystal DE
	Operationalizing H2F in the USAR and ARNG: Turning Strategy into Readiness	Lt. Col. Joe Cruz, CSCS, RSCC*D & Nick Rice, CSCS, NSCA-CPT, TSAC-F	LECTURE	Crystal C
	Bridge the Gap Practical: Creating Ability Based Training Assessments and Systems for Law Enforcement Recruits	Andrew Shim, EdD. CSCS*D FNCSA and Ian Bonder, MS, CSCS,*D, RSCC	HANDS-ON	Crystal AB
	Training in Managed Chaos-Building High Performers in Low-Predictability Environments	CJ French, MEd, CSCS, RSCC*D	CHALK TALK	Coral BC
4:00PM	EXHIBIT HALL CLOSING – EXHIBITORS BEGIN MOVE-OUT			
4:00PM-4:50PM	Tactical Athlete TBI Recovery: Movement & Nutrition	Rebecca Rouse, TSAC-F, USAW	LECTURE	Crystal DE

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	The Modernized Total Force Fitness Framework: A Roadmap for Warfighter Performance Optimization and Readiness across the Department of War <i>Sponsored in Part by GDIT</i>	Dan Jackson, TSAC-F	LECTURE	Crystal C
	Mission-Critical Vision: Evaluation and Enhancement for Tactical Teams	Dylan Seeley, DC, CSCS	HANDS-ON	Crystal AB
5:00PM-6:00PM	Happy Hour Panel Discussion on Total Force Collaboration: Lessons Learned + Look Ahead <i>Enjoy refreshments provided by BeaverFit</i>	Master Gunnery Sgt. Dan Jackson, TSAC-F, Sr Enlisted Leader, Total Force fitness, Warfighter Performance Optimization, Kevin Biggleman, PhD, US Army Holistic Health & Fitness Deputy Director, Jamie Fox, US navy Human Performance Program Director, & Chris Jacquard, Headquarters Training specialist, US Navy Human Performance Optimization	PANEL	Crystal C

Thursday, August 20				
Time	Title	Speaker	Track	Room
7:30AM-11:00AM	Registration Open			Oceans Foyer
7:30AM-9:00AM	Light Breakfast (provided)			Oceans Foyer
7:30AM-8:30AM	Morning Workout: Unlocked & Unloaded with BeaverFit			Oceans Foyer
8:00AM-10:30AM	NSCA Store Open			Oceans Foyer
8:00AM-8:50AM	Operational Readiness Across the Perinatal Continuum: Advancing the Science of Training Tactical Women	Annmarie Chizewski, PhD, CSCS, USAW and Tessa Koschel, PhD, CSCS	LECTURE	Crystal DE
	Tactical Athlete to Coach: A DEA and Jersey Trooper's Journey	Daniel Borowick, CSCS RSCC	LECTURE	Crystal AB

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9:00AM-9:50AM	Beyond Training Load: Recovery Science as a Readiness Weapon System	Joshua Hagen, PhD	LECTURE	Crystal DE
	Sleep and Recovery for Athletes: From Tactical to Contemporary. Enhancing Performance and Well-Being	Brian Newman, PhD, ATC, LAT, CSCS, RSCC	LECTURE	Crystal C
	Optimal Cardio Methods for the Tactical Population: Run, Row, Ride, or Resistance?	Matthew Wagner, PhD	LECTURE	Crystal AB
10:00AM-10:50AM	Optimizing Autonomic Recovery Following Maximal Exertion Using Evidence-Based Breathwork	Mark Jones, MS, NSCA CPT, TSAC-F	LECTURE	Crystal DE
	Stress-Proof Performance: Salidroside & the Tactical Athlete	Nick Barringer, PhD, RDN, CSSD, CSCS	LECTURE	Crystal C
	Forging Resilience: Training Strategies for the Norwich University Bataan Death March Team	Scott Caulfield, MA, CSCS,*D, TSAC-F*D, RSCC*E & Hunter Dixon	LECTURE	Crystal AB
	Operational Readiness Across the Perinatal Continuum: Advancing the Science of Training Tactical Women	Annmarie Chizewski, PhD, CSCS, USAW and Tessa Koschel, PhD, CSCS	CHALK TALK	Coral BC
11:00AM-11:50AM	Police Physical Activity : Research & Case Study of an Effective Program	Robert Lockie PhD, TSAC-F and Erika Viramontes, CSCS	LECTURE	Crystal DE
	Precision Requires Presence: Why Tactical Science Belongs Inside the Team	Pat Burgess, CPSS,CSCS,RSCC	LECTURE	Crystal C