

Sessions highlighted in **blue** will be streamed live the week of the event – you will receive a recording AFTER the event of all lectures and hands-ons.



2023 National Conference | Las Vegas, NV & Online | July 12-15 | Up to 3.0 CEUs

Tuesday, July 11			
TIME	ROOM	SESSION	PRESENTER
9:30am-6:30pm	OCTAVIUS 5	CSCS Exam Prep (Add'l Purchase)	
??	IMPERIAL	Regional Coordinators Meeting	

Wednesday, July 12			
TIME	ROOM	SESSION	PRESENTER
7:30am-4:30pm	OCTAVIUS 5	CSCS Exam Prep (Add'l Purchase)	
8:00am-5:00pm	OCTAVIUS 1-3	NSCA Board of Directors Meeting	
	SALERNO	(DNP) International Meeting Room	
8:00am-7:00pm	PATRICIAN	CPR CLASS (WILL NEED ROOM ALL DAY WEDNESDAY) #1 8:00-10:00, #2 10:15-12:15, #3 12:30-2:30, #4 2:45-4:45, #5 5:00-7:00	
12:00pm-6:00pm	JULIUS	Registration Open	
2:00pm-5:00pm	JULIUS	NSCA Store Open	
1:00pm-3:50pm	OCTAVIUS 13-18 <i>Workshop #1</i>	Speed & Quickness Development for a Lifetime <i>Sponsored by Perform Better</i>	Ian Jeffreys, PhD, CSCS,*D, NSCA-CPT,*D, FNCSA, RSCC*E, Boo Schexnayder, CSCS Loren Landow, CSCS,*D, RSCC*E & Doug Lentz, MS, CSCS,*D, RSCC*E
2:00pm-2:50pm	MILANO I-II RESEARCH	Pre-workout Supplements for Athletes: Considerations for Performance Safety	Andrew Jagim, PhD, CSCS,*D & Patrick Harty, PhD, CSCS
2:00pm-3:50pm	NEOPOLATIN <i>Workshop #2</i>	Using Foot Wedges for Optimal Performance <i>Sponsored by Perform Better</i>	Rocky Snyder, CSCS, NSCA-CPT
3:00pm-3:50pm	MILANO I-II RESEARCH	Control Issues with Caffeine Research	Dawn Anderson, PhD, CSCS,*D
3:00pm-6:00pm	JULIUS	Exhibit Hall Open	
4:00pm-4:50pm	JULIUS SESSION 2 LECTURE	Under Construction: Building a Complete Strength, Speed & Conditioning Program	Justin Lovett, CSCS, NSCA-CPT, RSCC*D
	MILANO I-II RESEARCH	The Importance of Strength Training for Optimal Basketball Performance	Dimitrije Cabarkapa, PhD, CSCS, NSCA-CPT, USAW

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4:00pm-5:00pm	IMPERIAL	Education Committee Meeting	
4:00pm-5:50pm	OCTAVIUS 13-18 <i>Workshop #1</i>	Jump Testing & Iso Strength Testing (need to work out with Vald)	John McMahon, PhD, CSCS,*D & Paul Comfort, PhD, CSCS,*D
	NEOPOLATIN <i>Workshop #4</i>	The Team Approach: Building an Elite Sports Medicine Continuum of Care	Mike Buckler, MPT, & Beau Smith, CSCS
4:30pm-5:50pm	TUSCANY	Conference Committee Meeting	
5:00pm-5:50pm	JULIUS SESSION 2 LECTURE	How to Evaluate Dietary Supplements	Korey Van Wyk, MS, CSCS
	MILANO I-II RESEARCH	Quantifying High-Intensity Functional Training: Potential Solutions for Monitoring Multimodal Workloads and Identifying Training Targets	Gerald Mangine, PhD, CSCS,*D, NSCA-CPT,*D, TSAC-F,*D
	OCTAVIUS 20-23 ROUNDTABLE	First Timer's Orientation RSVP Required	
6:00pm-7:30pm	JULIUS	Kick-Off Party Inside Exhibit Hall – attendees & exhibitors welcome	

Thursday, July 13			
TIME	ROOM	SESSION	PRESENTER
7:00am-8:20am	OCTAVIUS 17-18	State/Provincial Directors Assembly	
8:00am-9:00am	OCTAVIUS 20-23	Research Consortium Meeting	
8:00am-4:30pm	JULIUS	NSCA Store Hours	
8:00am-5:00pm	JULIUS	Registration Open	
	SALERNO	(DNP) International Meeting Room	
8:30am-5:00pm	JULIUS	EXHIBIT HALL OPEN <i>8:30-9:30am   Light Breakfast provided (unopposed)</i>	
8:30am-9:20am	MILANO I-II RESEARCH	Abstract Podium Presentations 8:30 AM   Tony Montgomery   Sex-dependent development of peripheral fatigue with and without BFR 8:45 AM   Allen Redinger   Musculoskeletal and neuromuscular performance in track and field athletes 9:00 AM   Stephanie Sontag   Yoga alters strength and motor unit behavior in healthy adults 9:15 AM   Adam Sundh   The effect of load on accentuated eccentric loaded jumps	
		OCTAVIUS 9-11	Career Roundtable Discussion: What the Heck is Work-Life Balance? Being Present as Both a Parent and a Coach  MaryBeth George, CSCS, RSCC,*D, Mary Kate Feit, PhD, CSCS,*D, Adam Feit, PhD, CSCS,*D, Moderator: Eric McMahon, MEd, CSCS,*D, TSAC-F, RSCC*D
	TUSCANY	Special Interest Group Chair Meeting	

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9:00am-10:00am	IMPERIAL	Research Committee Meeting	
9:30am-10:20am	OCTAVIUS 20-23 ROUNDTABLE	Starting With the End in Mind: The Educator's Role in the Exam Process for Future Professionals	Kathryn Russell, PhD, LAT, ATC, CSCS,*D, NSCA-CPT,*D, TSAC-F,*D
	MILANO I-II RESEARCH	Abstract Podium Presentations 9:30 AM   MacKenzie Melton   Proprioception and self-myofascial release intervention on female athletes 9:45 AM   Christopher Proppe   Intra-set neuromuscular responses during low and moderate pressure BFR 10:00 AM   Sam Moore   Interdisciplinary collaboration for rehabilitation evaluation in female athletes 10:15 AM   Parker Scott   Unilateral isometric strength tests and the relationship with dynamic performance	
	Career Connections NSCA Resource Area JULIUS	Career Connection: Being more "Pracademic"? Navigating the Path Between Career Educator and Career Coach	Bryan Mann, PhD, CSCS,*D, TSAC-F,*D, FNCSA, RSCC*D
	OCTAVIUS 5-8	Rugby Special Interest Group Meeting	
	OCTAVIUS 17-18	Basketball Special Interest Group Meeting	
10:30am-11:30am	OCTAVIUS 24-25 SESSION 1 LECTURE	OPENING CEREMONIES AND KEYNOTE PRESENTATION: My 44-Year Love Affair with the NSCA	Dan Wathen, CSCS, NSCA-CPT, FNCSA
11:30am-1:00pm	JULIUS	Lunch Provided inside Exhibit Hall	
12:00pm-12:50pm	OCTAVIUS 24-25 SESSION 1 LECTURE	TBD – Female S&C Update?? <i>Sponsored by Wu Tsai Human Performance Alliance</i>	Kate Ackerman, MD
	SESSION 2 LECTURE JULIUS	Creating Meaningful Learning Opportunities in Strength and Conditioning Education	Chris Bailey, PhD, CSCS, RSCC
	OCTAVIUS 17-18	Sport Science and Performance Technology Special Interest Group Meeting	
12:00pm-1:30pm	MILANO III-IV RESEARCH POSTERS	Abstract Session A	
1:00pm-1:50pm	OCTAVIUS 24-25 SESSION 1 LECTURE	How to Train Effectively Without Lower Back Pain or Injury	Richard Ulm, DC, MS, CSCS
	SESSION 2 LECTURE JULIUS	Forged in Fire: Insights on Coaching and Business <i>Sponsored by the Women's Committee</i>	Annette Zapp, MA, CSCS,*D, TSAC-F,*D
	HANDS-ON/CAREER JULIUS	Coaching Pathways: Making the Jump from College into Professional Sports	Cory Schlesinger, CSCS, RSCC,*D
	MILANO I-II RESEARCH	Abstract Podium Presentations 1:00 PM   Andrew LeMense   Estimating maximum load from submaximal velocity: Systematic review and meta-analysis 1:15 PM   Michelle Van Dyke   External training loads in collegiate women basketball athletes 1:30 PM   Megan Thompson   Relationships between motivation, physical activity, resistance training, and body fatness 1:45 PM   Alexa Chandler   Neuromuscular function after a simulated soccer match	
	Career Connections NSCA Resource Area JULIUS	Career Connection: Pursuing an International PhD Opportunity in Sport Science	Jonathon Weakley

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	TUSCANY	Awards Committee Meeting	
	OCTAVIUS 20-23 ROUNDTABLE	High School Coaches Professional Development Group Meeting	
	OCTAVIUS 5-8	Figure Skating Special Interest Group Meeting	
2:00pm- 2:50pm	OCTAVIUS 24-25 SESSION 1 LECTURE	<b>Gary Dudley Lecture:</b> Reliability, Validity and Hydration Effect on Body Composition Determined by Bio-electrical Impedance	Steve Fleck, PhD, CSCS, FNCSA*E
	JULIUS SESSION 2 LECTURE	Developing Speed for Team Sport Athletes	Michael Young, PhD, CSCS
	JULIUS HANDS- ON/CAREER	General Strength Circuit Design <i>Sponsored by Perform Better</i>	Boo Schexnayder, CSCS
	MILANO I-II RESEARCH	Cryotherapy Reinvented: The Application of Phase Change Material Cooling in Athlete Recovery	Mal McHugh, PhD
	OCTAVIUS 20-23 LECTURE	NSCA Weightlifting Position Paper	
	Career Connections NSCA Resource Area JULIUS	Career Connection: Opportunities to Engage; How to Develop Your Leadership Skills Through the NSCA	Travis Triplett, PhD, CSCS,*D, FNCSA
	OCTAVIUS 5-8	Special Populations Special Interest Group Meeting	
	OCTAVIUS 17-18	Strongman Special Interest Group Meeting	
	OCTAVIUS 9-11	Accreditation Informational Session - CASCE Accreditation - From Application to Decision	
2:00pm- 3:30pm	MILANO III-IV	Abstract Poster Session B	
3:00pm- 3:50pm	OCTAVIUS 24-25 SESSION 1 LECTURE	The Youth Physical Development Model 2.0: a 10-year Update	Rhodri Lloyd, PhD, CSCS,*D, FNCSA
	JULIUS SESSION 2 LECTURE	Muscle Fiber Types: What Are They? Why Do We Care?	Andy Fry, PhD, CSCS,*D, FNCSA*E
	MILANO I-II RESEARCH	Reducing the Pressure: Simplifying the BFR Training Screen Process	Nick Rolnick, DPT, CSCS
	Career Connections NSCA Resource Area JULIUS	Career Connection: Gateways and Emerging Opportunities in Tactical Strength & Conditioning	Nathan Dicks, PhD, MS, CSCS,*D, FNCSA
	OCTAVIUS 20-23 ROUNDTABLE	Weightlifting Special Interest Group Meeting	
	TUSCANY	Diversity, Equity & Inclusion Committee Meeting	
	OCTAVIUS 17-18	Nutrition Special Interest Group Meeting	
	IMPERIAL	Finance Committee Meeting	
	OCTAVIUS 5-8	Lacrosse Special Interest Group Meeting	
4:00pm- 4:50pm	OCTAVIUS 24-25 SESSION 1 LECTURE	Testing and Profiling Athletes: Recommendations for Test Selection, Implementation, and Maximizing Information	Jonathon Weakley, PhD
	JULIUS SESSION 2 LECTURE	Reverse Engineering in Strength & Conditioning: Determining a High-Performance Roadmap	Anthony Turner, PhD, CSCS,*D
	MILANO I-II RESEARCH	Every Breath You Take: Use of Exhaled Breath Volatile Organic Compounds for Exercise Performance	Martin Lindley, PhD

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	JULIUS HANDS-ON/CAREER	NCSA Foundation Data Blitz
	OCTAVIUS 20-23 ROUNDTABLE	Exercise/Sports Psych Special Interest Group Roundtable
	OCTAVIUS 5-8	Football Special Interest Group Meeting
	OCTAVIUS 9-11	Common Curriculum Challenges for CASCE Accreditation
	IMPERIAL	Membership Committee Meeting
5:00pm-6:30pm	OCTAVIUS 15-16 & BALCONY	RSCC Happy Hour RSCC and RSVP Required

Friday, July 14			
TIME	ROOM	SESSION	PRESENTER
7:30am-3:00pm	JULIUS	Registration Open	
8:00am-5:00pm	SALERNO	(DNP) International Meeting Room	
8:00am-9:00am	IMPERIAL	Past President's Meeting	
8:00am-3:00pm	JULIUS	NCSA Store Open	
8:30am-9:20am	OCTAVIUS 24-25 SESSION 1 LECTURE	Pronation: A Full Body Experience <i>Sponsored by Perform Better</i>	Rocky Snyder, CSCS, NSCA-CPT
	JULIUS SESSION 2 LECTURE	Bridge the Gap Lecture: Common Knee Injuries in Youth Athletes and their Implications for the Strength & Conditioning Professional	Stephanie Svoboda, DPT, MS, CSCS
	JULIUS HANDS-ON/CAREER	Hand Speed & Skills Training Program	Bruce Lombard, MEd
	MILANO I-II RESEARCH	Abstract Podium Presentations 8:30 AM   Kealey Wohlgemuth   Firefighter performance on an air consumption test 8:45 AM   Michael Toczko   Effect of years of service on firefighter fitness 9:00 AM   Christopher Cleary   Post knee surgery remedial strength training program effect on strength 9:15 AM   Kelsey Minor   Resistance training and prepubescent youth strength	
9:00am-11:00am	OCTAVIUS 9-11	CASCE Accreditation Standards Round Table Discussion	
8:30am-3:00pm	JULIUS	Exhibit Hall Open	
9:30am-10:20am	OCTAVIUS 24-25 SESSION 1 LECTURE	Research & Analysis in Applied Sport: Setting Up a Framework for Communicating Data to Decision-Makers	Patrick Ward, PhD, CSCS
	JULIUS SESSION 2 LECTURE	Pathways to Leadership <i>Sponsored by the Diversity, Equity, and Inclusion Committee</i>	Lamarr Pottinger
	JULIUS HANDS-ON/CAREER	Performance Training Through Three Levels of Fitness	James McFarland, MEd, CSCS,*D
	OCTAVIUS 5-8	Crafting a Compelling Bio Sketch & Philosophy Statement: The Importance of Highlighting Your Achievements & Personal Philosophy	Don Melrose, PhD, CSCS,*D & Scott

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			Caulfield, MA, CSCS,*D, RSCC*D
	MILANO I-II RESEARCH	Abstract Podium Presentations 9:30 AM   Ryan Dunn   Thermoregulatory adaptations induced by heat acclimation/acclimatization in endurance athletes 9:45 AM   Jake Hudgins   Influence of shoe type on running power and metabolic workload 10:00 AM   Jan-Joseph Rolloque   Influence of shoe type on running power and metabolic workload 10:15 AM   Augustine Agyei   Effects of sport specialization on injury rates in youth sports	
	Career Connections NSCA Resource Area JULIUS	Career Connection: Getting in the door as a High School Strength & Conditioning Coach: An Administrator's Perspective	Gary McChalicher, EdD, CSCS
	OCTAVIUS 15-16	Performing Arts Coaches Special Interest Group Meeting	
	OCTAVIUS 13-14	Sports Medicine and Rehabilitation Special Interest Group Meeting	
	OCTAVIUS 24-25 SESSION 1 LECTURE	Bridge the Gap Lecture: Implementing Eccentric Training: Applications for Improving Hypertrophy, Strength, & Power	Tim Suchomel, PhD, CSCS,*D, RSCC
	JULIUS SESSION 2 LECTURE	Profiling Drop Jump Performance: Using Kinetic Analysis to Inform Training Prescription	Jason Pedley, PhD
	MILANO I-II RESEARCH	Abstract Podium Presentations 10:30 AM   Emaly Vatne   Flotation-restricted environmental stimulation therapy and athlete recovery 10:45 AM   Matt Zukowski   Modelling the sprint start in elite speed skaters 11:00 AM   Jared Moore   Heart rate and RPE following HIIT running and cycling 11:15 AM   Damjana Cabarkapa   Force-time metric changes during practice	
10:30am- 11:20am	JULIUS HANDS- ON/CAREER	Bridge the Gap Practical: Common Knee Injuries in Youth Athletes and their Implications for the Strength & Conditioning Professional	Stephanie Svoboda, DPT, MS, CSCS
	OCTAVIUS 5-8	Combat Sport Special Interest Group Meeting	
	OCTAVIUS 13-14	Health & Wellness Special Interest Group Meeting	
	OCTAVIUS 20-23	NSCA Female Athlete Position Paper	Nicole Dabbs, PhD, FNSCA, Kathryn Russell, PhD, ATC, CSCS,*D, NSCA- CPT,*D, TSAC-F,*D
	Career Connections NSCA Resource Area JULIUS	Career Connection: Strength & Conditioning Opportunities in the Private Sector	Chris Powell, MS, CSCS,*D
10:30am- 12:00pm	MILANO III-IV	Abstract Poster Session A	
11:30am- 12:20pm	JULIUS SESSION 2 LECTURE	Bridge the Gap Lecture: Supporting the Female Athlete Prenatal and Postpartum	Michelle Arent, MPH, CSCS,*D and Mel Sulaver, RD

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11:30am-1:00pm	OCTAVIUS 15-16	JSCR Meeting	
12:30pm-3:00pm	TUSCANY	Nomination Committee Meeting	
12:30pm-2:00pm	MILANO III-IV	Abstract Poster Session B	
1:00pm-1:50pm	OCTAVIUS 24-25 SESSION 1 LECTURE	Effective Decision-Making in Strength & Conditioning	Duncan French, PhD, CSCS,*D
	JULIUS SESSION 2 LECTURE	Exercise Prescription and Load Monitoring Using the Critical Speed Concept	Robert Pettitt, PhD, CSCS,*D
	JULIUS CAREER/HANDS-ON	Bridge the Gap Practical: Supporting the Female Athlete Prenatal and Postpartum	Michelle Arent, MPH, CSCS,*D and Mel Sulaver, RD
	OCTAVIUS 13-14	Soccer Special Interest Group Meeting	
	OCTAVIUS 20-23 ROUNDTABLE	Women's Solution Session	
	MILANO I-II RESEARCH	<p>Abstract Podium Presentations</p> <p>1:00 PM   Caleb Voskuil   Sex differences in fatigability during resistance exercise</p> <p>1:15 PM   Drew Gonzalez   Effects of astaxanthin on fitness and health parameters among firefighters</p> <p>1:30 PM   Adam Burke   Phase characteristics of the countermovement jump force-time curve</p> <p>1:45 PM   Paola Rivera   Evaluating different protocols for BFR</p>	
2:00pm-2:50pm	OCTAVIUS 24-25 SESSION 1 LECTURE	The Continuum of Certainty: Optimizing Communication in Human Performance	Brian Schilling, PhD, CSCS, FNCSA
	JULIUS SESSION 2 LECTURE	Probiotics for Health and Performance: An Update	Jeremy Townsend, PhD, CSCS,*D
	JULIUS HANDS-ON/CAREER	Bridge the Gap Practical: Implementing Eccentric Training: Applications for Improving Hypertrophy, Strength, & Power	Tim Suchomel, PhD, CSCS,*D, RSCC
	MILANO I-II RESEARCH	Sex, Gender, and Psychosocial Influences; Research Challenges, Limitations, and Recommendations	Whitney Moore, PhD, CSCS,*D
	OCTAVIUS 20-23 ROUNDTABLE	College Coaches Professional Development Group Meeting	
	OCTAVIUS 13-14	Bodybuilding Special Interest Group Meeting	
	OCTAVIUS 5-8	Long Term Athletic Development Special Interest Group Meeting	
	IMPERIAL	Women's Committee Meeting	
3:00pm-3:50pm	OCTAVIUS 24-25 SESSION 1 LECTURE	Strength: The Foundation of Performance - Michael H Stone Sports Science Lecture	Paul Comfort, PhD, CSCS,*D
	OCTAVIUS 20-23 LECTURE	Sleep – Recovery – Adaptation – Client Results: A Practical Coaching Framework	Nicholas Lambe
	MILANO I-II RESEARCH	Application of Blood Flow Restriction Training to Maximize Exercise Benefits and Athletic Performance	Ethan Hill, CSCS
	<i>Tear down of Hall begins – moving hands-on/career stage to left of registration</i>		
	OCTAVIUS 13-14	Track and Field Special Interest Group Meeting	

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4:00pm-4:50pm	OCTAVIUS 24-25 SESSION 1 LECTURE	2 <sup>nd</sup> KEYNOTE: Transfer of Training	William Sands, PhD
7:00pm-9:30pm	OCTAVIUS 24	NSCA Awards Banquet - RSVP Required <i>Sponsored in part by Matrix</i>	

Saturday, July 15			
TIME	ROOM	SESSION	PRESENTER
7:30am-11:30am	JULIUS	Registration Open	
8:00am – 11:00 am	JULIUS	NSCA Store Hours	
8:00am-5:00pm	SALERNO	(DNP) International Meeting Room	
8:00am-10:00am	OCTAVIUS 15-16	SCJ Meeting	
	OCTAVIUS 1-3	New Board of Directors Meeting	
8:30am-9:20am	OCTAVIUS 24-25 SESSION 1 LECTURE	Bridge the Gap Lecture: Explosive Power Training Moving Forward	Jimmy Radcliffe, MS, CSCS
	JULIUS SESSION 2 LECTURE	Dancers as Athletes: Recommendations for Enhancing Competitive Performance	Josh Wludyga, DSc, CSCS,*D
	MILANO I-II RESEARCH	Abstract Podium Presentations 8:30 AM   Ayush Mehra   Deuterium oxide validation in Hispanic adults 8:45 AM   Jonathan Miller   Novel sensors for a prototype force plate 9:00 AM   Patrick Beaumont   Strength differences in high-performing Paralympic powerlifters 9:15 AM   Joshua Carr   Unilateral training accelerates strength recovery following orthopedic immobilization	
	OCTAVIUS 5-8	Educators Special Interest Group Meeting and Roundtable	
9:30am-10:20am	OCTAVIUS 24-25 SESSION 1 LECTURE	The Difference Makers - What really Matters in Strength and Conditioning <i>Sponsored by Perform Better</i>	Ian Jeffreys, PhD, CSCS,*D, NSCA-CPT,*D, FNNSCA, RSCC*E
	JULIUS SESSION 2 LECTURE	Understanding and Recognizing Relative Energy Deficiency - Sport	Jana Heitmeyer, MEd, RD, CSCS
	OCTAVIUS 20-23	Personal Trainers Professional Development Group Meeting	
	MILANO I-II RESEARCH	Abstract Podium Presentations 9:30 AM   Greg Ryan   Normalized rookie 2022 NFL combine performance and draft round differences 9:45 AM   Jeremy Ross   Systematic review: vertical jump testing for overreaching 10:00 AM   Josh Secomb   Comparison of sprint skating and physical capacities in Australian hockey 10:15 AM   Katie Hirsch   Menstrual pain management survey	
10:00am-11:30am	MILANO III-IV	Abstract Poster Session A	
10:30am-11:20am	OCTAVIUS 24-25 SESSION 1 LECTURE	It's OK to Get Strong	Bryan Mann, PhD, CSCS,*D, TSAC-F,*D, FNNSCA, RSCC*D

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	JULIUS SESSION 2 LECTURE	Career Talk: What’s Next in Your Career Path? How to Recognize YOU if You are in Your Own Way	Vicki Landers, DPT
	JULIUS HANDS-ON/CAREER	Bridge the Gap Practical: Explosive Power Concepts in Action	Jimmy Radcliffe, MS, CSCS
	MILANO I-II RESEARCH	Abstract Podium Presentations 10:30 AM   Matthew Hermes   The effect of varying concentric velocity on bench press performance 10:45 AM   Timothy Suchomel   Relationships between squat strength and braking impulse during AEL squats 11:00 AM   Gene Gerstner   Feasibility of workload monitoring within law enforcement 11:15 AM   David Looney   Three-dimensional body scans identify performance potential during military load carriage	
11:30am- 12:20pm	OCTAVIUS 24-25 SESSION 1 LECTURE	3RD KEYNOTE: Controlling Chaos: Implications of Managing Athlete Health and Performance	Andrea Hudy, MA, MBA, CSCS,*D, RSCC*E