

Sessions highlighted in orange will be streamed live, as well as receive access to the recordings for 1 year.



## 2022 NSCA Coaches Conference

January 6-8 | San Antonio, TX & Online | 2.0 CEUs

Thursday, January 6				
Time	Session	Speaker	Room	Track
8:00am-12:00pm	NSCA Board of Directors Meeting		Marriott Rivercenter	Meeting
8:00am-3:30pm	Exam Prep		Marriott Rivercenter	Exam
8:00am-5:00pm	Accreditation Committee Meeting		Marriott Rivercenter	Meeting
12:00pm-5:00pm	NSCA Store		Exhibit Hall 4B	Store Hours
12:00pm-5:30pm	Registration/ Conference App Help Desk Open		Exhibit Hall 4B	Registration Hours
12:00pm-2:50 pm	How To Create A Winning Team Culture <i>Sponsored by Perform Better</i>	Martin Rooney, CSCS	Open Area at entrance	Lecture/Hands On
1:00 pm-1:50 pm	Building Strength & Trust with Former Philadelphia 76ers Strength Coach <i>Sponsored by Gatorade</i>	Jesse Wright, CSCS, RSCC*E	207	Lecture
2:00pm – 5:00pm	Exhibit Hall Open		Exhibit Hall 4B	Exhibit Hall Hours
3:00pm – 3:50pm	Strength Training for Baseball Roundtable Discussion <i>Brought to you by Human Kinetics</i>		206	ROUNDTABLE
3:00pm-4:50pm	How to develop an effective Speed Training program from Assessment to Programming to Coaching Execution <i>Sponsored by Perform Better</i>	Duane Carlisle, MSc	Open Area at entrance	Lecture/Hands On
	Personal Financial Game Planning	Aaron Komarek	205	CAREER TALK
4:00pm – 4:50pm	NSCA's Guide to High School Strength & Conditioning Roundtable Discussion <i>Brought to you by Human Kinetics</i>		206	ROUNDTABLE
4:00pm-4:50pm	1 <sup>st</sup> Timer Orientation		206	Social
5:00pm-6:30pm	Kick-Off Party		Exhibit Hall 4B	Social

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Friday, January 7				
Time	Session	Speaker	Room	Track
8:00am – 5:30pm	Registration/ Conference App Help Desk Open		Exhibit Hall 4B	Registration Hours
8:30am-9:30am	“Coffee & Curls” – workout and/or join the Exhibitors for coffee & light breakfast in the Exhibit Hall		Exhibit Hall 4B	Social
	Modeling Mindful Movement Skills for Coaches	Ed Yong, MS, CSCS, RSCC*D	Inside Exhibit Hall 4B	HANDS-ON
8:30pm-5:00pm	NSCA Store		Exhibit Hall 4B	Store Hours
8:30am-6:30pm	Exhibit Hall Open		Exhibit Hall 4B	Exhibit Hall Hours
8:45am-9:35am	Managing Small College Strength and Conditioning Programs	Carmen Pata, MS, CSCS,*D, RSCC*D	Inside Exhibit Hall 4B	Lecture Session 2
	How to successfully integrate a comprehensive speed program within a Team-Sport Environment <i>Sponsored by Perform Better</i>	Duane Carlisle, MSc	Inside Exhibit Hall 4B	HANDS-ON
	Private Sector Sports Performance		NSCA Resources Inside Exhibit Hall 4B	CAREER CONNECTION
9:45am-10:35am	Bridge the Gap Lecture: Defensive Agility in Team Sports	Scott Moody	Inside Exhibit Hall 4B	Lecture Session 2
	Doing the Simple Things Savagely Well	Jim Malone, CSCS, RSCC*E	Inside Exhibit Hall 4B	CAREER TALK
	College Coaches Roundtable Discussion	College Coaches Special Interest Group	206	ROUNDTABLE
10:45am-11:35am	<b>NSCA Coach of the Year Awards and Keynote: Lessons from a Veteran Coach</b>	Al Miller	Bridge Hall	Lecture Session 1
11:35am-1:00pm	Lunch Break (Lunch will not be provided)			
12:00pm-12:50pm	Igniting Change & Finding Your Coaching Voice	Ali Kershner, CSCS	Inside Exhibit Hall 4B	Lecture Session 2
	Preparing for Your First Full-Time Role	Donnie Maib	NSCA Resources Inside Exhibit Hall 4B	CAREER CONNECTIONS
1:00pm-1:50pm	Coaching Motivation: How To Produce Greater Results <i>Sponsored by Perform Better</i>	Martin Rooney, CSCS	Bridge Hall	Lecture Session 1

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	Training Trunk Stability: A Deep Dive into Core Training	Richard Ulm, DC, MS, CSCS	Inside Exhibit Hall 4B	Lecture Session 2
	From Strength Coach to PhD	Bill Amonette, PhD, CSCS	NSCA Resources Inside Exhibit Hall 4B	CAREER CONNECTIONS
	Rhythm and Flow	Elton Crochran, MEd, CSCS	Inside Exhibit Hall 4B	HANDS-ON
2:00pm-2:50pm	Detailed Coaching and Programming for Quad-Dominant vs. Posterior Chain Dominant Athletes	Cal Dietz, MEd, CSCS	Bridge Hall	Lecture Session 1
	Building and Implementing a Linear Speed Program for Middle/High School Athletes	Nick Brattain, CSCS	Inside Exhibit Hall 4B	Lecture Session 2
	Bridge the Gap Practical: Exploring Patterns of Agility from a Coordination Perspective	Scott Moody	Inside Exhibit Hall 4B	HANDS-ON
	Tactical Military Opportunities for Strength Coaches	Tyler Christiansen, CSCS,*D, TSAC-F,*D, RSCC*D & Nicole Smith	NSCA Resources Inside Exhibit Hall 4B	CAREER CONNECTIONS
3:00pm-3:50pm	The Golden Connection: Problems, Prescriptions, and Power Development for the Rotational Athlete	Donnie Maib	Bridge Hall	Lecture Session 1
	Meet the Contractors – Tactical Opportunities for Strength Coaches	Reps from Contracting Companies	206	
	Monitoring Training-Induced Stress: Strategies to find the Upper Limit of Work	Bill Amonette, PhD, CSCS	Inside Exhibit Hall 4B	Lecture Session 2
4:00pm-4:50pm	Weightlifting Derivatives to Meet Your Force-Velocity Profile	Bryan Mann, PhD, CSCS,*D, TSAC-F,*D, FNCSA, RSCC*D & Tim Suchomel, PhD, CSCS,*D, RSCC	Bridge Hall	Lecture Session 1
	In Season Strength Training for Wrestlers	Ben Durbin, MEd, CSCS	Inside Exhibit Hall 4B	HANDS-ON
	Baseball Strength & Conditioning Roundtable Discussion	Baseball Special Interest Group	206	ROUNDTABLE
	Tactical Public Safety: Fire	Jill Mills & Deanna Kilpatrick	NSCA Resources Inside Exhibit Hall 4B	CAREER CONNECTIONS

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	Tactical Public Safety: Law Enforcement	Hussien Jabai, MS, CSCS, NSCA-CPT, TSAC-F & Michael Oldham, PhD	NSCA Resources Inside Exhibit Hall 4B	CAREER CONNECTIONS
5:00pm-6:30pm	Exhibitor Reception Complimentary Food and Drinks		Inside Exhibit Hall 4B	Social
6:30pm-8:00pm	RSCC Reception (RSCC and RSVP Required)		Marriott Rivercenter	Social

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Saturday, January 8				
Time	Session	Speaker	Room	Track
7:30am-8:00am	"Coffee & Kilos" – workout and/or join the Exhibitors for coffee in the Exhibit Hall		Inside Exhibit Hall 4B	Social
7:30am-8:20am	Modeling Movement Skills for Coaches	Ed Yong, MS, CSCS, RSCC*D	Inside Exhibit Hall 4B	HANDS-ON
7:30am-2:00pm	Registration / Conference App Help Desk Open		Inside Exhibit Hall 4B	Registration Hours
	Exhibit Hall Open			Exhibit Hall Hours
8:00am-8:50am	Bridge the Gap Lecture: Weight Room Triage for Strength Coaches	Chris "Tex" McQuilkin, CSCS	Bridge Hall	Lecture Session 1
	Mechanical Perspectives on Injury Prevention	Luke Bradford	Inside Exhibit Hall 4B	Lecture Session 2
8:00am-2:00pm	NSCA Store Open		Exhibit Hall 4B	Store Hours
9:00am-9:50am	Bridge the Gap Lecture: Consistency is Key: Implications for Motor Control Theories in Sport and Athletic Performance	Keith Scruggs, PhD, CSCS,*D	Bridge Hall	Lecture Session 1
	Building a Performance Nutrition Culture	Brittney Bearden, MEd, RD, CSSD, LD	Inside Exhibit Hall 4B	Lecture Session 2
	The Evolution of the Strength and Conditioning Role	Brendon Huttman, CSCS, RSCC*D, CPSS	Inside Exhibit Hall 4B	CAREER TALK
	From "Female Coach" to Coach	Ali Kershner, CSCS	NSCA Resources Inside Exhibit Hall 4B	CAREER CONNECTIONS
	Weightlifting Strength & Conditioning Roundtable Discussion	Weightlifting Special Interest Group Meeting	206	ROUNDTABLE
10:00am-10:50am	Periodize Surface Exposure to Build an Explosive, Well Rounded Athlete	Christian Hartford, MA, CSCS, RSCC	Bridge Hall	Lecture Session 1
	The Coach's Tool Box: How to Expand, Organize, and Sharpen	Dave Terry, MS, CSCS, RSCC*D	Inside Exhibit Hall 4B	Lecture Session 2
	From Strength Coach to Sport Scientist: Lessons from the Transition	Christina Rasnake, MS, CSCS, RSCC	Inside Exhibit Hall 4B	CAREER TALK
	Pursuing Strength & Coaching at the High School Level	Joseph Bergles, CSCS	NSCA Resources Inside Exhibit Hall 4B	CAREER CONNECTIONS
11:00am-11:50am	Plan and Adapt: Performance within Pro Soccer	Megan Young, MEd, CSCS, RSCC	Bridge Hall	Lecture Session 1
	Making Applied Sport Science Coach Friendly: Blending Culture, Practical Use of Science, and Great Programming	Eric Renaghan, CSCS	Inside Exhibit Hall 4B	Lecture Session 2

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	Bridge the Gap Practical: Consistency is Key: Implications for Motor Control Theories in Sport and Athletic Performance	Keith Scruggs, PhD, CSCS,*D	Inside Exhibit Hall 4B	HANDS-ON
12:00 pm-12:50 pm	Strategies to Target the Undervalued Ergogenic Aid of Sleep in Elite Athletes	Matt Crawley, MS, CSCS,*D, RSCC	Inside Exhibit Hall 4B	Lecture Session 2
	Bridge the Gap Practical: Weight Room Triage for Strength Coaches	Chris "Tex" McQuilkin, CSCS	Inside Exhibit Hall 4B	HANDS-ON
	Working with Olympic Athletes	Christian Hartford, MA, CSCS, RSCC	NSCA Resources Inside Exhibit Hall 4B	CAREER CONNECTIONS
1:00pm-1:50pm	Scaling Elite Performance Goals to the High School and Middle School Levels	Joseph Bergles, CSCS	Inside Exhibit Hall 4B	Lecture Session 2
	Sandbag Training - Alternative Methods to Build Hip Extension Strength	Brad Gillingham, CSCS	Inside Exhibit Hall 4B	HANDS-ON
	Strength & Conditioning to Dedicated Sport Scientist	Christina Rasnake, MS, CSCS, RSCC	NSCA Resources Inside Exhibit Hall 4B	CAREER CONNECTIONS
2:00pm – 2:50pm	<b>Keynote:</b> From Player to Coach: The Journey	Tom Myslinski, MS, CSCS, RSCC*D	Bridge Hall	Lecture Session 1