

Sessions highlighted in blue will be streamed live the week of the event – you will receive a recording AFTER the event of all recorded sessions



2022 National Conference | New Orleans, LA & Online | July 6-9 | 2.0 CEUs

Tuesday, July 5			
TIME	ROOM	SESSION	PRESENTER
9:30am – 6:30pm	Strand 1	CSCS Exam Prep (Add'l Purchase)	

Wednesday, July 6			
TIME	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	
1:00pm-6:00pm	ELITE Hall	Registration Open	
2:00pm-5:00pm	ELITE Hall	NSCA Store Hours	
2:00pm-3:50pm	CELESTIN A	Long-Term Athletic Development in Action	Rhodri Lloyd, PhD, CSCS,*D, FNSCA, Sylvia Moeskops, PhD, CSCS & Jason Pedley, PhD
	CELESTIN G-H (Hands-on)	Assessing and Improving Movement Quality in Warmup <i>Sponsored by Perform Better</i>	Boo Schexnayder, CSCS
	CELESTIN B/C	Smarter not Harder: Train the Brain Strategies to Optimize Your Athletes' Peak Performance	Greg Myer, PhD, CSCS,*D, Jennifer Hogg, PhD, & Jed Diekfuss, PhD
3:00pm-6:00pm	Exhibit Hall Open		
4:00pm-5:00pm	Strand 13B	Education Committee Meeting	
4:00pm-5:50pm	SESSION 2/RESEARCH ELITE HALL	The Business of Team Training <i>Sponsored by Parisi Training Systems</i>	Bill Parisi, CSCS, John Cirilo and Chad Coy
	HANDS-ON & CAREER ELITE HALL (Hands-on)	The Body-Sport Connection <i>Sponsored by Perform Better</i>	Greg Rose, DC
	CELESTIN G-H (Hands-on)	Angular Speed	Lance Walker, MS, PT
4:30pm-5:50pm	STRAND 12B	Conference Committee Meeting	

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5:00pm - 6:00pm	CELESTIN D	First Timer's Orientation RSVP Required
6:00pm- 7:30pm	ELITE Hall	Kick-Off Party

Thursday, July 7			
TIME	ROOM	SESSION	PRESENTER
7:00am- 8:20am	CELESTIN A	State/Provincial Directors Assembly	
8:00am- 9:00am	CELESTIN D	Research Consortium Meeting	
9:00am- 10:00am	STRAND 12B	Research Committee Meeting	
8:00am- 5:00pm	ELITE Hall	Registration Open	
8:00am- 5:00pm	ELITE Hall	NSCA Store Hours	
8:30am- 10:30am	ELITE Hall	UNOPPOSED Exhibit Hall Time <i>Breakfast provided</i>	
8:30am- 9:20am	CELESTIN B/C	Abstract Podium Presentations 8:30 AM Jason Pagan Sex-specific reliability of lower limb corticospinal excitability and silent periods 8:45 AM Katie Kennedy Low-intensity contractions of the quadriceps cause greater central fatigue 9:00 AM Jonathan Beausejour Verifying accuracy of motor unit firing rates from surface EMG 9:15 AM Christopher Cleary Thigh muscle cross-sectional area in rehabilitating young athletes	
	Career Connections NSCA Resource Area ELITE Hall	Coaching in the Private Sector	John Cirilo & Chad Coy
	STRAND 13A	Special Interest Group Chair Meeting	
9:30am- 10:20am	CELESTIN A	The Educator's Roundtable - Developing a Community of Practice: Promoting Diversity and Collaboration in Education	
	CELESTIN B/C	Abstract Podium Presentations 9:30 AM Meghan Magee Body composition and eating disorder risk in high school athletes 9:45 AM Jake Hudgins Validity and reliability of a commercial running power meter 10:00 AM Alan Burton A meta-analysis of motor competence correlates in adolescents 10:15 AM Susannah Reiner Motivation and physical activity in virtual fitness users	
	Career Connections NSCA Resource Area ELITE Hall	Opportunities in Tactical Strength & Conditioning	Annette Zapp, MA, CSCS, TSAC-F and Joe Denk, MS, CSCS

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	STRAND 13B	Rugby Special Interest Group Meeting	
10:30am-11:30am	SESSION 1 CELESTIN E-H	OPENING CEREMONIES AND KEYNOTE PRESENTATION	Meg Stone, MA, CSCS, RSCC*E, FNSCA*E
10:30am-5:00pm	Exhibit Hall Open		
11:30am-1:00pm	Lunch Break <i>Lunch not provided</i>		
12:00pm-12:50pm	SESSION 2/RESEARCH ELITE HALL	Translating Research Findings to Program Design for Flywheel-Based Isoinertial Training (FIT)	Lance Bollinger, PhD, CSCS
12:00pm-1:30pm	ELITE Hall	Abstract Poster Session A	
1:00pm-1:50pm	SESSION 1 CELESTIN E-H	High Speed Resistance Training for Elderly Populations	Joseph Signorile, PhD
	SESSION 2/RESEARCH ELITE HALL	Immediate and Actionable: Applying an Autoregulatory Training & Recovery System	Joe Denk, MS, CSCS
	HANDS-ON & CAREER ELITE HALL	Designing and Implementing Depth Jumping Workouts <i>Sponsored by Perform Better</i>	Boo Schexnayder, CSCS
	CELESTIN B/C	Abstract Podium Presentations 1:00 PM Taylor Dinyer-McNeely Muscle activation following repetitions completed to failure 1:15 PM Marissa Brunner Head position and muscle activation during the squat 1:30 PM Greg Ryan Seasonal anthropometric and field test variation in professional soccer players 1:45 PM Jonathan Hamil Comparing high-speed running and sprint distances in college soccer	
	Career Connections NSCA Resource Area ELITE Hall	Training Special Populations	Robert Linkul, MS, CSCS,*D, NSCA-CPT,*D, FNSCA
	STRAND 1	High School Coaches Professional Development Group Meeting	STRAND 1
	STRAND 13B	Figure Skating Special Interest Group Meeting	STRAND 13B
2:00pm-2:50pm	SESSION 1 CELESTIN E-H	Gary Dudley Lecture: The Challenges of Player Development in Collegiate Sports	William Kraemer, PhD, CSCS,*D, FNSCA
	SESSION 2/RESEARCH ELITE HALL	Unlocking Mobility Problems <i>Sponsored by Perform Better</i>	Greg Rose, DC
	HANDS-ON & CAREER ELITE HALL	Deceleration and Landing: Building the Brakes	Matt Ibrahim, MS
	Career Connections NSCA Resource Area ELITE Hall	Females in the Coaching Profession	Meg Stone, MA, CSCS & Molly Binetti, MEd, CSCS, RSCC
	STRAND 1	Special Populations Special Interest Group Meeting	

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	STRAND 13B	Strongman Special Interest Group Meeting	
	CELESTIN B/C	Accreditation Informational Session- CASCE Accreditation- From Application to Decision	
2:00pm-3:30pm	ELITE Hall	Abstract Poster Session B	
2:30pm-4:00pm	CELESTIN D	Exercise/Sports Psych Special Interest Group Roundtable and Meeting	
3:00pm-3:50pm	SESSION 1 CELESTIN E-H	Performance Integration: But Did it Make Them Perform Better?	Forrest Griffin
	SESSION 2/RESEARCH ELITE HALL	Performance Enhancing Drug Use in Sport: How Many Athletes are Being Caught, What They are Taking and How the World Anti-Doping Agency is Doing to Prevent it	David Hooper, CSCS,*D
	HANDS-ON & CAREER ELITE HALL	Playing with Fire: Building a Business on the Thin Red Line	Annette Zapp, MS, CSCS,*D, TSAC-F,*D
	STRAND 13A	Diversity, Equity & Inclusion Committee Meeting	
	STRAND 12B	Finance Committee Meeting	
	STRAND 1	Lacrosse Special Interest Group Meeting	
4:00pm-4:50pm	SESSION 1 CELESTIN E-H	Training for Muscle Hypertrophy: A Summary of Expert Consensus	Brad Schoenfeld, PhD, CSCS,*D, CSPS,*D, NSCA-CPT,*D, FNSCA
	SESSION 2/RESEARCH ELITE HALL	Do the Work: Health, Fitness, and Strength & Conditioning Research and Practical Application for First Responders	Robert Lockie, PhD, TSAC-F
	HANDS-ON & CAREER ELITE HALL	Applying a Business Mindset into Collegiate Coaching	Marisa Davis, MA, CSCS
	CELESTIN D	NSCA's Guide to High School Strength & Conditioning Roundtable Discussion <i>Brought to you by Human Kinetics</i>	
	STRAND 13A	Membership Committee Meeting	
	STRAND 13B	Sport Science and Performance Technology Special Interest Group Meeting	
5:30pm-7:30pm	NOLA	Food with Friends Networking Dine-Around	
7:00pm – 8:30pm	Eight Block	RSCC Happy Hour RSCC and RSVP Required	

Friday, July 8			
TIME	ROOM	SESSION	PRESENTER
7:30am-3:00pm	ELITE Hall	Registration/ Conference App Help Desk Open	
8:00am-9:00am	STRAND 13A	Past President's Meeting	

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8:00am-3:00pm	ELITE Hall	NSCA Store Hours	
8:30am-9:20am	SESSION 1 CELESTIN E-H	Optimizing Strength & Conditioning Practitioner Education	Brian Gearity, PhD, ATC, CSCS,*D, NSCA-CPT, FNCSA, Chris Szedlak, PhD & Bettina Callary, PhD
	SESSION 2/RESEARCH ELITE HALL	Marketing Strategies to Help You Advance in Your Profession <i>Sponsored by NSCA Women's Committee</i>	Katherine Roberts
	HANDS-ON & CAREER ELITE HALL	Strength Coach Transition to Physical Therapy	William Hanney, DPT, PhD, ATC, CSCS
	CELESTIN B/C	<p>Abstract Podium Presentations</p> <p>8:30 AM Erica Goldstein Isocaloric drinks effective for promoting recovery in masters class athletes</p> <p>8:45 AM Nile Banks Acute energy drink effects on exercise performance</p> <p>9:00 AM Matthew Cuthbert Traditional versus micro-dosing in-season strength training</p> <p>9:15 AM Harry Cintineo Minimal-equipment blood-flow restriction training</p>	
	Career Connections NSCA Resource Area ELITE Hall	Opportunities for Sport Scientists	Paul Comfort, PhD, CSCS,*D
8:30am-3:00pm	ELITE Hall	Exhibit Hall Open	
8:30am – 10:00am	CELESTIN D	Weightlifting Coaches Special Interest Group Meeting and Roundtable	
9:30am-10:20am	SESSION 1 CELESTIN E-H	From Marathon to 1 RM - The Study of Elite Sport Performance and How to Get There <i>Sponsored by Wu Tsai Human Performance Alliance</i>	Andy Fry, PhD, CSCS,*D, FNCSA*E & Mike Hahn, PhD, CSCS
	SESSION 2/RESEARCH ELITE HALL	Stop Holding Them Back! How Can we Better Prepare our Staff and Athletes? <i>Sponsored by the Diversity, Equity, and Inclusion Committee</i>	Corliss Fingers
	HANDS-ON & CAREER ELITE HALL	Instructional Techniques for Coaches	Allison Randall, PhD, CSCS
	CELESTIN B/C	<p>Abstract Podium Presentations</p> <p>9:30 AM Christopher Proppe Blood flow restriction exercise performed to failure versus 75 repetitions</p> <p>9:45 AM Matthew Hermes The effect of accentuated eccentric loading on bench press performance</p> <p>10:00 AM Paola Rivera Isotonic blood flow restriction exercise and training status</p> <p>10:15 AM Conor Cantwell Multiple set AEL force and velocity characteristics</p>	

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	Career Connections NSCA Resource Area ELITE Hall	Opportunities in Strength & Conditioning Academics	Abbie Smith-Ryan, PhD, CSCS,*D, FNNSCA and Brandon Roberts PhD, CSCS,*D, TSAC-F
	STRAND 1	Performing Arts Coaches Special Interest Group Meeting	
	STRAND 13B	Sports Medicine and Rehabilitation Special Interest Group Meeting	
10:30am- 11:20am	SESSION 1 CELESTIN E-H	Developing Gamespeed – Ensuring Context in Speed and Agility Training	Ian Jeffreys, PhD, CSCS,*D, NSCA- CPT,*D FNNSCA, RSCC*E
	SESSION 2/RESEARCH ELITE HALL	Making Sense of Asymmetry in Sport Performance and S&C Research	Chris Bailey, PhD, CSCS,*D, RSCC
	CELESTIN B/C	Abstract Podium Presentations 10:30 AM Baron Thompson Individualized volume progressions on strength adaptations in trained men 10:45 AM Christopher Bonilla Practice effect on ACFT performance 11:00 AM Jasmin Jenkins MDL EMG and hemodynamics in hypoxia 11:15 AM Dan Omcirck The load-velocity profiles of different landmine punch throw variations	
	HANDS-ON & CAREER ELITE HALL	NSCA Foundation Data Blitz	Malia Blue, CSCS, Erica Goldstein, MS, RD, CSCS, Paul Comfort, PhD, CSCS,*D, Andy Fry, PhD, CSCS,*D, FNNSCA*E and Emily Tagesen, CSCS
	Career Connections NSCA Resource Area ELITE Hall	Pursuing a Graduate Degree in Strength & Conditioning	Brian Gearity PhD, ATC, CSCS,*D, NSCA- CPT, FNNSCA & Rachel Larson, PhD, CSCS,*D, TSAC-F,*D
	STRAND 1	Personal Trainers Professional Development Group Meeting	
	10:30am- 12:00pm	ELITE Hall	Abstract Poster Session A
11:30am- 12:30pm	CELESTIN D	Women in Strength & Conditioning: Discuss, Connect, Strategize <i>Sponsored by the Women's Committee</i>	
11:30am- 1:00pm	CELESTIN A	JSCR Meeting	
	ELITE Hall	UNOPPOSED Exhibit Hall Luncheon <i>Lunch provided</i>	
12:30pm- 1:30pm	CELESTIN D	Women's Committee Meeting	
12:30pm- 3:00pm	STRAND 13A	Nomination Committee Meeting	
12:30pm- 2:00pm	ELITE Hall	Abstract Poster Session B	

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1:00pm-1:50pm	SESSION 1 CELESTIN E-H	Sarcopenia in the Aging Adult: Health and Fitness Programming Implications	Jaynie Bjornaraa, PhD, MPH, PT, CSCS,*D, CSPS,*D
	SESSION 2/RESEARCH ELITE HALL	Hitting "Reset" with Floatation Therapy: Exploring the Mind-Body Benefit for Athletes	Lydia Caldwell, PhD
	HANDS-ON & CAREER ELITE HALL	Freestyle Warm-Up	Molly Binetti, MEd, CSCS, RSCC
	STRAND 13B	Soccer Special Interest Group Meeting	
	STRAND 1	College Coaches Professional Development Group Meeting	
	CELESTIN B/C	Abstract Podium Presentations 1:00 PM Sally Paulson Physical performance and sleep quality 1:15 PM Pasquale Succi Is a verification bout required for the determination of VO2max? 1:30 PM Damjana Cabarkapa Kinetic characteristics of setting motions in women's volleyball 1:45 PM Michael Toczko RPE as a measure of subjective fatigue in first responders	
2:00pm-2:50pm	SESSION 1 CELESTIN E-H	Stem Cell Therapy for Orthopedic Conditions: Hope Versus Hype	Morey Kolber, PT, PhD, CSCS,*D
	SESSION 2/RESEARCH ELITE HALL	Neuromuscular Adaptations to Strength Training in Older Adults	Kylie Harmon, MS, CSCS,*D
	HANDS-ON & CAREER ELITE HALL	Demystifying Teaching Snatches for Sport Performance	Anna Swisher, PhD, CSCS and Mel Herl, CSCS,*D, RSCC
	CELESTIN D	NSCA's Strength Training for Soccer Roundtable Discussion <i>Brought to you by Human Kinetics</i>	
	STRAND 1	Bodybuilding Special Interest Group Meeting	
	STRAND 13B	Long Term Athletic Development Special Interest Group Meeting	
3:00pm-3:50pm	SESSION 1 CELESTIN E-H	What is a Sport Scientist: Past, Present, Future	Mike Stone, PhD, CSCS, FNCSA
	<i>Tear down of Hall begins – moving hands-on/career stage to left of registration</i>		
	STRAND 13B	Track and Field Special Interest Group Meeting	
4:00pm-4:50pm	SESSION 1 CELESTIN E-H	2 nd KEYNOTE: Lessons From a Veteran Strength Coach	Tommy Moffitt, CSCS, RSCC*E
7:00pm-9:30pm	CELESTIN E-H	NSCA Awards Banquet - RSVP Required Sponsored in part by Matrix	

Saturday, July 9			
TIME	ROOM	SESSION	PRESENTER
	ELITE Hall	Registration Open	

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7:30am-11:30am	ELITE Hall	NSCA Store Hours	
8:00am-10:00am	CELESTIN A	SCJ Meeting	
8:00am-10:00am	STRAND 10	New Board of Directors Meeting	
8:30am-9:20am	SESSION 1 CELESTIN E-H	Bridge the Gap Lecture: Return to Sport with a Holistic and Integrated Approach To Common Lower Extremity Issues	Loren Landow, CSCS,*D, RSCC*E
	SESSION 2/RESEARCH ELITE HALL	Evidence Based Peak Week Strategies for Bodybuilding	Guillermo Escalante, DSC, MBA, ATC, CSCS
	HANDS-ON & CAREER ELITE HALL	Servant Leadership: Impactful Leadership for Successful Trainers, Coaches, and Business Owners	Ben Wax, PhD
	CELESTIN B/C	<p>Abstract Podium Presentations</p> <p>8:30 AM Danilo Tolusso The influence of fatigue on reliability of performance recovery metrics</p> <p>8:45 AM Christoph Szedlak Stakeholders of a S&C certification body identify psychosocial coaching practice</p> <p>9:00 AM Faith Brown Analysis of in-season workloads in women's collegiate basketball</p> <p>9:15 AM Erica Marshall Vagal recovery following high load and blood flow restriction exercise</p>	
9:30am-10:20am	SESSION 1 CELESTIN E-H	True Experimental Research for Progressing Strength & Conditioning Knowledge	Loren Chiu, PhD, CSCS
	SESSION 2/RESEARCH ELITE HALL	Autoregulation: Using Velocity and RPE to Dictate Load	John Odgers, CSCS
	HANDS-ON & CAREER ELITE HALL	Tools to Help Your Deskbound Clients Move	Ben Reuter, PhD, ATC, CSCS,*D
	CELESTIN B/C	<p>Abstract Podium Presentations</p> <p>9:30 AM Chad Kerkisick Force and damage responses to high and low force producers</p> <p>9:45 AM Elisabeth Ohrnberger Relationships between body composition and injury rates in collegiate runners</p> <p>10:00 AM Roger Kollock The impact of anthropometrics on dynamic stability</p> <p>10:15 AM Valerie Neira Power production asymmetry during cycling time-trial</p>	
	Career Connections NSCA Resource Area ELITE Hall	High School Strength & Conditioning	Mike Nitka, MS, CSCS, RSCC*E, FNCSA,*E
10:00am-11:30am	ELITE Hall	Abstract Poster Session A	
10:30am-11:20am	SESSION 1 CELESTIN E-H	The Effect of NSAIDs on Exercise Adaptations	Brandon Roberts, PhD, CSCS,*D, TSAC-F
	HANDS-ON & CAREER ELITE HALL	Bridge the Gap Practical: Return to Sport with A Holistic and Integrated Approach to Common Lower Extremity Issues	Loren Landow, CSCS,*D, RSCC*E
	CELESTIN B/C	Abstract Podium Presentations	

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		<p>10:30 AM Bridget Melton Evolution of physical training in law enforcement academies</p> <p>10:45 AM Catherine Saenz TIAARA study: Building the collegiate dancer health and performance profile</p> <p>11:00 AM Michael Lane Effects of wearing explosive ordinance disposal equipment on metabolic demands</p> <p>11:15 AM Robert Lockie Age-related differences in firefighters from a health and wellness program</p>	
11:30am-12:20pm	SESSION 1 CELESTIN E-H	<p>3RD KEYNOTE: Keys to Success and Longevity in the Strength and Conditioning Field</p>	<p>Dan Dalrymple, CSCS, RSCC*E</p>