

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

Sessions highlighted in green are hands-on.



2023 Tactical Annual Training | Las Vegas, NV & Online | August 22-25 | 2.0 CEUs Online

Tuesday, August 22				
Time	Title	Speaker	Track	Room
8:00AM-4:00PM	Exhibitor Move-in/Set-up			M Pavilion
1:00PM-5:30PM	Registration Open			Milan 4-5
1:00PM-5:00PM	NSCA Store Open			Milan 4-5
2:00PM-2:50PM	Energy System Development Methods and Prescription	Jason Ralya, CSCS, TSAC-F & Rob Hartman, MAEd, CSCS	Energy Systems	Milan 1,2,3,6
	Understanding Motor Control and Coordination Implications in Load Carriage Performance: Comparing Warfighter Injury Risk Between Men and Women	Chris Connaboy	IP/RD	Molise 1-4
3:00PM-3:50PM	Ignite Firefighter Wellness - Optimizing Firefighter Recruit Performance	Katie Dennison, MS, TSAC-F & Megan Lautz, MS, RD, CSCS, TSAC-F	Program Design	Milan 1,2,3,6
	Imperial H2F Battalion Integration Concept	Ramon Cossio, CSCS	Administration	Molise 1-4
	Kettlebell Training Sponsored by Perform Better	Kerry Taylor	HANDS-ON	Milan 7-8
First Timer's Orientation				Modena
4:00PM-5:30PM	OPENING CEREMONIES & AWARDS KEYNOTE: Nate Boyer			Milan 1,2,3,6
5:30PM-7:30PM	Kick-Off Party – UNOPPOSED EXHIBIT HALL TIME Exhibitors and Attendees Welcome			M Pavilion

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Wednesday, August 23				
Time	Title	Speaker	Track	Room
7:00AM-5:00PM	Registration Open			Milan 4-5
7:30AM-9:30AM	Exhibit Hall Open – Light Breakfast– Unopposed Hours until 10:30			M Pavilion
8:00AM-4:30PM	NSCA Store Open			Milan 4-5
9:30AM-10:20AM	Bro Science 2.0 – Don't Let What is "Significant" be Confused with What is Important	Brian Schilling, PhD, CSCS, FNCSA	Administration	Milan 1,2,3,6
	Perception and Cognition for Tactical Performance	MAJ Tara Troianello	Mental Performance	Molise 1-4
	Example Strength, Power, And Hypertrophy Training in A Large Police Academy Setting	David Brelinski	Program Design	Modena
10:30AM - 11:20AM	Readiness, Longevity, and Overall Quality of Life	David Siu, CSCS, RSCC*D & MAJ Rick Warren, CSCS, TSAC-F	Program Design	Milan 1,2,3,6
	Exploring Integration Strategies for Physical, Tactical, and Cognitive Training	Adam Whisler, CSCS, TSAC-F & Kathleen Oswald	Mental Performance	Molise 1-4
	Practical Strategies for Doing More with Less While Training Large Groups	Michael Harper	Hands-On/Program Design	Milan 7-8
11:30AM - 12:50PM	Lunch Break – Lunch provided – Unopposed Hours in hall 11:30-1:00			M Pavilion
1:00PM-2:20PM 80 min	A Tactical, Operational and Strategic Guide to Load Carriage Across the Tactical Spectrum	Rob Orr, PhD, TSAC-F,*D	Program Design	Milan 1,2,3,6
	The Scientific Validation Process for Law Enforcement Fitness Testing Standards and Implementation	John Combs, MA, CSCS	Testing/Assessment	Molise 1-4
	Charge Your Brain! How to Specify Your Training	Steve Glamcevski, CSCS	Program Design	Modena
	Tactical Mobility Recovery and Evaluation	Patrick McHenry, MA, CSCS,*D, RSCC*E	Hands-On/Recovery	Milan 7-8
2:30PM-3:20PM	Allostatic Load Management for the Tactical Professional: Optimize, Don't Annihilate	Tunde Szivak, PhD, CSCS,*D	Recovery	Milan 1,2,3,6
	Sport Science in Tactical Training – Evaluating Aerobic and Anaerobic Performance without Fancy Equipment	Eliran Mizelman, MSc	Energy Systems	Molise 1-4

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	The Rookie: The Reality of Training Today's Police Recruits from Recruitment to Real World Policing	Jeremy Potter, CSCS	Program Design	Modena
	Run With CLASS: Gait Retraining for Musculoskeletal Injury One Step at a Time	Kelly Leugers, DPT, PT, TSAC-F, COL (R) Don Goss, DPT, ATC, Sara Mathews	Hands-On/IP/RD	Milan 7-8
3:30PM-4:20PM	Values Based Decision Making to Create and Sustain High Performance Teams	Brent Moore, CSCS, TSAC-F, RSCC	Testing/Assessment	Milan 1,2,3,6
	The Fat of the Matter: Body Composition in Special Warfare Candidates	Kimberly Feeney, MS, RD, CSCS	Nutrition	Molise 1-4
	OPEN			Modena
	Give LEO Injuries Arrest: Movement Prep for Dynamic Police Work	Tex McQuilkin, MS, CSCS & Ofc Cali Hinzman, TSAC-F	Hands-On – IP/RD	Milan 7-8
4:30PM-5:20PM	Data: Where Does it Lie?	James Smuda, CSCS & Rob Hartman, MAEd, CSCS	Administration	Milan 1,2,3,6
	Modernizing Physical Employment Standards; Adventures and Lessons Learned in the Pursuit of a New Physical Standard for Police Duty	Leslie Frei and Rachel Blacklock, MA	Testing/Assessment	Molise
	How to Implement Micro-dosed Programming for TSAC Facilitators	Ian Bonder, MS, CSCS,*D & Andrew Shim, EdD, CSCS,*D	Program Design	Milan 7-8
5:30PM-7:00PM	EXHIBITOR RECEPTION (unopposed) All Attendees & Exhibitors Welcome			

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Thursday, August 24				
Time	Title	Speaker	Track	Room
7:00AM-7:50AM	Tactical Strength & Conditioning Special Interest Group (SIG) Meeting		Interactive	Marche
7:30AM-5:00PM	Registration Open			Milan 4-5
7:30AM-9:00AM	Light Breakfast in the Exhibit Hall (unopposed 1.5 hrs)			M Pavilion
8:00AM-4:30PM	NSCA Store Open			Milan 4-5
9:00AM-9:50AM	Lucky Number 7: Lessons From 7 Years as Civilian Coach in the Fire Service	Vanessa Frost-Piedrahita, CSCS	Testing/Assessment	Milan 1,2,3,6
	Persuade-Change-Influence. Giving Your Service Members Recognition and Purpose in Order to Retain Them	Jon Clancy, CSCS, TSAC-F	Mental Performance	Molise 1-4
	Periodization for Aerobic Development in Tactical Athletes	Brian Leary	Program Design	Modena
10:00AM - 11:20AM (80 min)	U.S. Border Patrol Academy: Lessons in Cutting Attrition Without Killing Standards	Garth Spendiff, MS, CSCS, TSAC-F, Ryan Landrum, & Manuel Cruz	Administration	Milan 1,2,3,6
	Growth and Development Through Policy and Leadership in the Fire Service	Anthony Clinker & Nicholas Rhodes	Mental Performance	Molise 1-4
	Integrating Evidence-Based Tactical Athlete Training at a Senior Military College	Rachele Pojednic, Med, CSCS & Scott Caulfield, MA, CSCS,*D, RSCC*D	Program Design	Modena
	Stop Fearing Flexion	Taylor Starch, CSCS, TSAC-F, RSCC	HANDS-ON	Milan 7-8
11:30AM - 1:00 PM	Lunch Break (in the exhibit hall unopposed 1.5 hrs)			M Pavilion
1:00 PM	Exhibit Hall Closes – Exhibitors begin move-out			M Pavilion
1:00PM-1:50PM	Holistic Health & Fitness (H2F): Culture Change in the US Army	Doug Briggs, PhD, CSCS,*D, RSCC*E	Administration	Milan 1,2,3,6
	A Longitudinal Approach to Supporting the Career Lifespan of a Police Officer	Syl Lemelin, MS, CSCS, TSAC-F	Program Design	Molise 1-4
	Barbells and Combat: Improving Control Tactics through the Weight Room	Patrick Szpak, MA, CSCS,*D	Program Design	Modena
	TBD Sponsored by Perform Better	Lee Burton	HANDS-ON	Milan 7-8
2:00PM-2:50PM	Managing Your Measures! Cutting Through the Chaos of Data Paralysis by Analysis by	Joseph Denk, MS, CSCS, CPSS	Technology	Milan 1,2,3,6

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	Developing and Implementing Efficient & Comprehensive Monitoring Strategies			
	Strong as a Mother - Postnatal Return-to-Training	Kara Radzak, PhD, ATC	IP/RD	Molise 1-4
	The Reality of Training Law Enforcement: Why it Matters	Tom Nagel, MS CSCS, TSAC-F	Program Design	Modena
	It's All in The Hips: How to Assess and Train the Hips and Pelvis for Elite Performance, Injury Risk Reduction, and Management of Low Back Pain in the Tactical Athlete	Matthew Zanis, DPT	Hands-On - IP/RD	Milan 7-8
3:00PM-3:50PM	Fuel for the Fight: Nutrition Considerations When Glycogen is Low	Lee Margolis, CSCS	Nutrition	Milan 1,2,3,6
	Stress on Stress: The Reality of the Job	Jim McDonald, CSCS, NSCA-CPT, TSAC-F	Program Design	Molise 1-4
	Utilizing Biological Sex-Informed Training Interventions to Develop Prospective U.S. Air Force Special Warfare Candidates	John Mata, CSCS,*D, TSAC-F	IP/RD	Modena
	Drills for Running Technique	Victor Hall, CSCS	Hands-on	Milan 7-8
4:00PM-4:50PM	Sleep, Caffeine, & Alcohol; Perception is Not Reality	Travis Harvey, PhD, CSCS	Mental Performance	Milan 1,2,3,6
	How Human Physiology and Individualized Data Provide Pathways to Injury Prevention	Andy Anich, CSCS	IP/RD	Molise 1-4

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Friday, August 25				
Time	Title	Speaker	Track	Room
7:30AM-11:00AM	Registration Open			Milan 4-5
7:30AM-9:00AM	Light Breakfast in Foyer			M Pavilion
8:00AM-10:30AM	NSCA Store Open			Milan 4-5
8:00AM-8:50AM	Firefighter Health, Safety, and Readiness: Occupational Threats and Countermeasures	Mark Abel, PhD, CSCS,*D, TSAC-F,*D	Program Design	Milan 1,2,3,6
	The Science of Sleep: Linking Sleep Hygiene to Tactical Performance	Guy Leahy, MEd, CSCS,*D	Mental Performance	Molise 1-4
9:00AM-9:50AM	No Small Parts: How a Strength and Conditioning Coach Can Affect Multi-Echelon Integration of the H2F System into a Battalion	Beth Bearden, CSCS, TSAC-F	Program Design	Milan 1,2,3,6
	From Testing to Training: Evolving Test Batteries to Impact Program Design for Special Operations Personnel	Jordan Foley, CSCS & Alexander Morgan CSCS, RSCC	Testing/Assessment	Molise 1-4
	Mindful Breathing Practices to Promote Recovery and Situational Awareness in Academy Recruits	Troy Torrence, MS, CSCS,*D, RSCC*E	Hands-On - Recovery	Milan 7-8
10:00AM-10:50AM	Data, Statistics, and Human Performance: 5 Things I Wish I had Known Much Earlier in My Career	Chris Frankel, PhD	Testing/Assessment	Milan 1,2,3,6
	Redefine ROI-Prioritize Quality of Life	Annette Zapp, MA, CSCS,*D, TSAC-F,*D	Program Design	Molise 1-4
	Finding Ways to Continue Training While Injured	Jeffrey Paschall, CSCS	IP/RD	Modena
11:00AM-11:50AM	Law Enforcement Physical Training and Fitness Standards Across the United States – What We Learned and How it Can Help TSAC Practitioners	Joseph Dulla, TSAC-F & Robert Lockie, PhD, TSAC-F	IP/RD	Milan 1,2,3,6
	Injury Risk Mitigation for Tactical Athletes: Mastering the Basics	CPT Joseph Hathcock, TSAC-F	IP/RD	Molise 1-4