

**2021 National Conference**

**Lectures in Session 1 and Session 2 will be streamed for those purchasing online, recorded and available for 1 year for those participating in person and online.**

**Bodyweight Training PreCon, Hands-on and Career talks will be recorded and available for 1 year for those participating in person and online. (not streamed)**

**\*\*all details below are subject to change, please refer to the website and mobile app for the most current, up to date details.**

**Tuesday, July 6<sup>th</sup> 2021**

TIME	ROOM	SESSION	PRESENTER
10:00am-4:00pm		NSCA Board of Directors	
10:00am – 6:30pm	Europe 3	CSCS Exam Prep (Add'l Purchase)	

**Wednesday, July 7<sup>th</sup> 2021**

TIME	ROOM	SESSION	PRESENTER
8:00am-3:00pm		NSCA Board of Directors Meeting	
8:00am-3:30pm	Europe 3	CSCS Exam Prep	
2:00pm-5:00pm	Atlantic Hall	NSCA Store Hours	
2:00pm-6:00pm	Atlantic Hall	Registration/ Conference App Help Desk Open	
3:00pm-6:00pm	Atlantic Hall	Exhibit Hall Open	
4:00pm-5:00pm	Europe 7	Education Committee Meeting	
4:00pm-5:50pm	Atlantic Hall Session 2 & Research	PRE-CON Toggling the Metabolism: Strategies for the Stubborn Fat Loss Client Sponsored by Perform Better	Ali Gilbert, CSCS
	Atlantic Hall HANDS-ON & CAREER	PRE-CON Implementing Circuit Based Restoration in Speed/Power Training Programs Sponsored by Perform Better	Boo Schexnayder, CSCS
	Pacific B	PRE-CON Bodyweight Training Workshop	Juan Carlos Santana, MEd, CSCS, *D, FNCSA
	Europe 4	Conference Committee Meeting	
5:00pm - 6:00pm	Asia 1	First Timer's Orientation RSVP Required	

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6:00pm- 7:30pm	Atlantic Hall	Kick-Off Party
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Thursday, July 8<sup>th</sup> 2021

TIME	ROOM	SESSION	PRESENTER
7:00am-8:30am	Europe 7	State/Provincial Directors Assembly	
7:30am-8:30am	Hands on or outside?	Yoga-Inspired Training (YIT) Method Morning Warm Up	Dana Santas, CSCS, E-RYT
7:30am-5:00pm		Registration/ Conference App Help Desk Open	
7:30am-5:00pm		NSCA Store Hours	
8:30am-5:00pm		Exhibit Hall Open	
8:30am-9:20am	Atlantic Hall Session 2 & Research	Advanced Training for Overhead and Rotational Athletes: Combining Old School and New School Training	Mark Kovacs, PhD, CSCS, *D
	Atlantic Hall HANDS-ON & CAREER	Best Practice Recommendations for Teaching Strength and Conditioning in Large Online Courses <b>CAREER TALK #1</b>	Blain Harrison, PhD, ATC, CSCS, *D
	Asia 2 Podium	Abstract Podium Presentations 8:30 AM   Corey Fitzgerald   College Football Strength & Conditioning 8:45 AM   Shea Connell   RSImod Differences in Division III Athletes 9:00 AM   Martin Janikov   Kinetic Differences Between Maximal Countermovement, Hurdle, and Box Jumps 9:15 AM   Dan Omcirik   Squat Jump Height is Associated with Faster Landmine Punch Throw	
	Europe 5	Special Interest Group Chair Meeting	

9:30am-10:20am	Atlantic Hall Session 2 & Research	Bridge the Gap Lecture: Speed Based Knee Rehabilitation and Return to Play Protocols Sponsored by Perform Better	Boo Schexnayder, CSCS
	Atlantic Hall HANDS-ON & CAREER	Building Financial Resilience <b>CAREER TALK #2</b>	Aaron Komarek & Trip Higginbotham
	Asia 2 Podium	Abstract Podium Presentations 9:30 AM   Tyler J. Neltner   Mechanomyographic Responses to Maximal, Reciprocal, Isokinetic Fatigue 9:45 AM   Dimitrije Cabarkapa   Kinematic Variables Related to Optimal Free Throw Shooting Performance 10:00 AM   Robert W. Smith   Mechanomyographic Amplitude and Frequency Remain Unchanged Following a Fatiguing Task 10:15 AM   Meghan Magee   Bone Density Differences Between Weight Bearing and Non-weight Bearing Sports	
	Europe 4	Bodybuilding and Fitness Competition Special Interest Group Meeting	
	Europe 6	Rugby Special Interest Group Meeting	
10:30am-11:30am	Pacific Hall C SESSION 1	<b>OPENING CEREMONIES AND KEYNOTE PRESENTATION:</b> Interdepartmental Collaboration in Elite Sport	Chris Gizzi, MS, CSCS, RSCC Green Bay Packers (35 min)
11:30am-1:00pm	Lunch Break (lunch not provided)		
12:00pm-12:50pm	Atlantic Hall Session 2 & Research	Bridge the Gap Lecture: The Testosterone Epidemic: Navigating the Inevitable in Men's Health Sponsored by Perform Better	Ali Gilbert, CSCS
12:00pm-1:30pm	Atlantic Hall Poster	Abstract Poster Session A	
1:00pm-1:50pm	Pacific Hall C Session 1	How Hypertrophy and Strength Training Differ, and How You Can Make Sure to Get the Best of Both	Mike Israetel, PhD
	Session 2 & Research	Developing A Comprehensive Dynamic Movement Prep To Increase Athleticism and Reduce Injuries	Micah Kurtz, MS, CSCS,*D
	Atlantic Hall HANDS-ON & CAREER	Bridge the Gap Practical: Speed Based Knee Rehabilitation and Return to Play Protocols Sponsored by Perform Better	Boo Schexnayder, CSCS

	Europe 5	Women's Committee Meeting	
	Europe 4	High School Coaches Special Interest Group Meeting	
	Europe 6	Figure Skating Special Interest Group Meeting	
2:00pm-2:50pm	Pacific Hall C Session 1	<b>Gary Dudley Lecture:</b> Muscle Building and beyond: What is Your Training Doing for You? <b>RESEARCH #1</b>	Jill Slade, PhD
	Session 2 & Research	Platelet Rich Plasma: Hope Versus Hype	Morey Kolber, PhD, PT, CSCS,*D
	Atlantic Hall HANDS-ON & CAREER	Bridge the Gap Practical: The Testosterone Epidemic: Navigating the Inevitable in Men's Health Sponsored by Perform Better	Ali Gilbert, CSCS
	Asia 2	Council on Accreditation of Strength and Conditioning Education (CASCE) Accreditation Informational Session	
2:00pm-3:30pm	Atlantic Hall	Abstract Poster Session B	
3:00pm-3:50pm	Pacific Hall C Session 1	High Intensity Interval Training – An Updated Application for Old School Sprints	Abbie Smith-Ryan, PhD, CSCS,*D, FNCSA
	Session 2 & Research INTERNATIONAL	Biomechanics of Function	Juan Carlos Santana, MEd, CSCS,*D, FNCSA
	Online – will provide Zoom Link	Strategies for Dealing with COVID Fatigue and Stress with SIG Business Meeting to Follow Sponsored by Exercise/Sports Psych Special Interest Group	
	Europe 5	Diversity & Inclusion Committee Meeting	
	Europe 3	Finance Committee Meeting	

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	Europe 4	Golf Special Interest Group Meeting	
3:00pm-4:50pm	Atlantic Hall HANDS-ON & CAREER	The Anterior Pubic Joint   Demystifying Groin Injuries and Athletic Pubalgia	Emily Splichal, DPM, MS, MPH
4:00pm-4:50pm	Pacific Hall C Session 1	Sorting through Nutrition Confusion around Red Meat, Organic, and Plant-Based Diets	Marie Spano, MS, RD, CSCS
	Session 2 & Research INTERNATIONAL	Assessment and Training to Improve Landing Performance and Lower Injury Risk	Jeremy Sheppard, PhD, CSCS, RSCC*E
	Europe 5	Membership Committee Meeting	
	Europe 6	Sport Science and Performance Technology Special Interest Group	
5:00pm-6:30pm	Atlantic Hall	EXHIBITOR RECEPTION – All Attendees Welcome	
6:30pm	TBD	<b>RSCC Happy Hour</b> <b>RSCC and RSVP Required</b>	

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Friday, July 9<sup>th</sup>, 2021

TIME	ROOM	SESSION	PRESENTER
7:00am-5:00pm		Registration/ Conference App Help Desk Open	
7:00am-5:00pm		NSCA Store Hours	
7:00am-8:00am	Asia 1	Research Consortium Breakfast	
7:30am-8:20am	Atlantic Hall HANDS-ON & CAREER (maybe outside?)	Yoga-Inspired Training (YIT) Method Morning Warm Up	Dana Santas, CSCS, E-RYT
8:00am-10:00am	Europe 3	Research Committee Meeting	
8:30am-9:20am	Pacific Hall C Session 1	Bridge the Gap Lecture: The Cognitive/Exercise Intersection in Sport Performance	Brandon Stone, CSCS
	Session 2 & Research INTERNATIONAL	The Surprising Hydration Properties of Milk <i>Sponsored by National Dairy Council</i>	Bob Murray, PhD
	Atlantic Hall HANDS-ON & CAREER	Feet, Fascia & Functional Movement	Emily Splichal, DPM, MS, MPH
	Asia 2 Podium	Abstract Podium Presentations 8:30 AM   Rawsam Alasmar   Effects of Exercise While Suspended on Back Pain and Step-Activity 8:45 AM   Harry Cintineo   Internal Workload Relates to HRV in Collegiate Athletes 9:00 AM   Alexa Chandler   Internal and External Workloads During Consecutive Volleyball Matches 9:15 AM   Thomas Cardaci   ROTC Cadet Military Performance and Fitness Responses to Training	
	Europe 4	College Special Interest Group Meeting	
8:30 am-2:00pm	Atlantic Hall	Exhibit Hall Open	
8:30am – 10:00am	Asia 1	Weightlifting Coaches Special Interest Group Meeting and Roundtable	

9:30am-10:20am	Pacific Hall C Session 1	Bridge the Gap Lecture: Speed/Movement Training for Football, Basketball, Baseball - Overview of the General Training Required for All and Implementation of Specificity	Pete Bommarito, CSCS, USAW
	Atlantic Hall Session 2 & Research	Balance, Whole Body Vibration, Lower Body Fatigue	Nicole Dabbs, PhD, FNCSA
	Asia 2 Podium	Abstract Podium Presentations 9:30 AM   Baykal Altiner   Legitimacy in the Strength & Conditioning Field 9:45 AM   Valerie Smith   Evaluation of Load and Recovery in American Football Players 10:00 AM   Marc Lewis   Monitoring Training Load in American Football 10:15 AM   Bridget McFadden   Performance Changes Across Academic Years in Women Collegiate Soccer Athletes	
	Atlantic Hall Hands-on & Career	The Five Levels of Leadership: A Practical Guide for Coaches, Trainers, and Business Owners to Make a Difference <b>Career Talk #3</b>	Ben Wax, PhD
	Europe 4	Performing Arts Coaches Special Interest Group Meeting	
	Europe 6	Sports Medicine and Rehabilitation Special Interest Group Meeting	
	10:30am-11:20am	Pacific Hall C SESSION 1	From the Lab to the Field: Using Biomarkers to Enhance Training and Nutrition Programming
Atlantic Hall SESSION 2 & Research		Preventing or Reducing Hip and Lower Back Degeneration	Robert Linkul, MS, CSCS,*D, NSCA-CPT,*D, FNCSA
Asia 2 Podium		Abstract Podium Presentations 10:30 AM   John Paul Anders   Resistance Exercise and Cognitive Function 10:45 AM   Sally Paulson   Effects of Muscular Power on Gait Speed 11:00 AM   Patrick Harty   Isokinetic Squat Performance is Associated with Leg Press One-Repetition Maximum	
Atlantic Hall HANDS-ON & CAREER		Bridge the Gap Practical: The Cognitive/Exercise Intersection	Brandon Stone, CSCS
Europe 4		Baseball Special Interest Group Meeting and Roundtable (title to follow)	
10:30am-12:00pm	Atlantic Hall Poster	Abstract Poster Session A	
11:30am-1:00pm	Europe 7	JSCR Meeting	

	Lunch Break (lunch not provided)		
12:00pm-3:00pm	Europe 5	Nomination Committee Meeting	
12:30pm-2:00pm	Atlantic Hall Poster	Abstract Poster Session B	
1:00pm-1:50pm	Pacific Hall C SESSION 1	Assessing and Developing Athletic Motor Skill Competencies in Youth	Rhodri Lloyd, PhD, CSCS,*D
	Atlantic Hall SESSION 2 & Research	Training Variables and the Influence of Athletes' Health: How Concerned Should We Be?	Adam Jajtner, CSCS
	Atlantic Hall HANDS-ON & CAREER	<b>Career Talk #4</b> Covid-19 Return to Campus Process: From Discussion, to President, to Activity	Bob Alejo, CSCS,*D, RSCC*E
	Europe 6	Soccer Special Interest Group Meeting	
2:00pm-2:50pm	Pacific Hall C SESSION 1 International	Posterior Chain Development: The Aesthetics, Performance, Injury Risk Continuum	Paul Comfort, PhD, CSCS,*D Nick Ripley, PhD, CSCS* <sup>D</sup> , RSCC &
	Atlantic Hall SESSION 2 & Research	Diversity Action Plan for High Performance	Judi Brown Clarke, PhD
	Atlantic Hall HANDS-ON & CAREER	Bridge the Gap Practical: Speed/Movement Training for Football, Basketball, Baseball - Overview of the General Training Required for All and Implementation of Specificity	Pete Bommarito, CSCS, USAW
	Europe 6	Long Term Athletic Development Special Interest Group Meeting	
3:00pm-3:50pm	Pacific Hall C SESSION 1	<b>Michael H. Stone Sports Science Lecture</b> Muscular Strength: The Foundation of Athletic Performance	Tim Suchomel, PhD, CSCS,*D, RSCC
	Atlantic Hall SESSION 2 & Research	The Ketogenic Diet and Ketone Supplementation as Strategies to Improve Athletic Performance and Recovery	Alexander Hutchison, PhD, CSCS
	Atlantic Hall HANDS-ON & CAREER	Transitioning from Collegiate to Tactical Strength & Conditioning <b>Career Talk #5</b>	Mike Caro, MS, CSCS,*D, RSCC
	Asia 1	The Adversities Faced by Today's Strength Professional: a Diversity, Equity and Inclusion Forum	

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	Europe 3	Past Presidents Meeting	
	Europe 6	Track and Field Special Interest Group Meeting	
4:00pm-4:50pm	Atlantic Hall SESSION 2 & Research	2 <sup>nd</sup> KEYNOTE: Lessons from a Veteran Strength Coach	Joe Kenn, MA, CSCS, RSCC*E
6:30pm-9:00pm	Pacific C	NSCA Awards Banquet (RSVP Required)	

**Saturday, July 10<sup>th</sup>, 2021**

TIME	ROOM	SESSION	PRESENTER
7:30am-11:30am		Registration/ Conference App Help Desk Open	
8:00am-10:00am	Europe 7	SCJ Meeting	
8:00am-12:00pm	Europe 1	New Board of Directors Meeting	
8:00am-11:30am		NSCA Store Hours	
8:30am-9:20am	Pacific Hall C SESSION 1	Performance Interventions and Operationalizing Data	Clive Brewer, MS, CSCS
	Atlantic Hall SESSION 2 & RESEARCH	Effects of Resistance Training on Fat Metabolism Regulation	Michael Ormsbee, PhD, CSCS,*D
	Asia 2 Podium	Abstract Podium Presentations 8:30 AM   Ian Bonder   Occupational Specific Training for Law Enforcement Officers 8:45 AM   David Looney   Energy System Contributions to Supramaximal Exercise in Warfighters 9:00 AM   Brittany Bozzini   Varying Match Demands Across Collegiate Beach Volleyball Competition Weekends 9:15 AM   Michael Lane   Changes in Body Composition for Collegiate Athletes via DEXA Scan	
	Europe 4	Strongman Special Interest Group Meeting	
9:30am-10:20am	Pacific Hall C SESSION 1	From Strength Coach to . . . ?	Pat Ivey, PhD, CSCS, RSCC*E

	Atlantic Hall SESSION 2 & Research	Essential Amino Acid Supplementation to Maximize Skeletal Muscle Anabolism	David Church, PhD, CSCS
	Asia 2 Podium	Abstract Podium Presentations 9:30 AM   Ann Brown   Normal Weight Obesity in Collegiate Dancers 9:45 AM   Michael Polascik   BFR: Effect 1-RM S/C College Football I-AA Athletes 10:00 AM   Lance Bollinger   Quadriceps EMG Activity During Flywheel Squats 10:15 AM   Shana McKeever   Power Production Characteristics of Three Jumping Exercises in Resistance-Trained Women	
	Atlantic Hall HANDS-ON & CAREER	Mobility Training for Strength and Flexibility	Mike Bracko, EdD, CSCS
10:00am-11:30am	Atlantic Hall Poster	Abstract Poster Session A	
10:30am-11:20am	Pacific Hall C SESSION 1	3 <sup>RD</sup> KEYNOTE: Current Trends in Velocity Based Training	Bryan Mann, PhD, CSCS,*D, TSAC-F,*D, FNCSA, RSCC*D
	Asia 2 Podium	Abstract Podium Presentations 10:30 AM   Tim Suchomel   Load Effect on Jump Shrug Force and Power	