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2024 National Conference | Baltimore, MD & Online | July 10-13 | Up to 3.0 CEUs

Tuesday, July 9			
TIME	ROOM	SESSION	PRESENTER
9:30am-6:30pm	hotel	CSCS Exam Prep (Add'l Purchase)	
8:00am-4:00pm		Regional Coordinators Meeting	

Wednesday, July 10			
TIME	ROOM	SESSION	PRESENTER
7:30am-4:30pm	hotel	CSCS Exam Prep (Add'l Purchase)	
8:00am-5:00pm	hotel	NSCA Board of Directors Meeting	
	334	International Meeting Room	
8:00am-7:00pm		CPR CLASS (WILL NEED ROOM ALL DAY WEDNESDAY) #1 8:00-10:00, #2 10:15-12:15, #4 2:45-4:45, #5 5:00-7:00	
12:00pm-6:00pm	Hall E	Registration Open	
2:00pm-5:00pm	Hall E	NSCA Store Open	
2:00pm-2:50pm	RESEARCH #1 337-338	Exploring the Potential of Adaptogen Supplementation in Sport: From Traditional Wisdom to Modern Science	Jeremy Townsend, PhD, CSCS
2:00pm-3:50pm	Workshop #1 339-340	Speed & Agility – Developing Movement Skills to Enhance Multi-Directional Speed & Agility <i>Sponsored by Perform Better</i>	Lee Taft, MS, CSCS
	Workshop #2 341-342	Long Term Athletic Development: Creating Community Impact to Reshape and Enhance Youth Sport Performance, Coaching, and Physical Education	Rick Howard, DSc CSCS*D, RSCC*E, FNCSA, Tony Moreno, PhD, CSCS*D, Jason Semanoff, PhD, CMPC, & Karin Pfeiffer, PhD, FACSM
3:00pm-3:50pm	RESEARCH #2 337-338	Carbohydrate and Protein in the Early Hours of Recovery from Exhaustive Exercise - A Missed Physiologic Opportunity	Erica Goldstein, PhD, RDN, CSCS, CISSN
	336	Basketball Special Interest Group Meeting	

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3:00pm-6:00pm	Hall E	Exhibit Hall Open	
4:00pm-4:50pm	RESEARCH #3 337-338	Weight Management for Athletes in the Age of Weight Loss Drugs	Hannah Cabre, PhD, RDN
4:00pm-5:00pm	333	Education Committee Meeting	
4:00pm-5:50pm	<i>Workshop #3</i> 339-340	Understanding Zone Based Training and Sport Specific Application	Dane Miller
	<i>Workshop #4</i> 341-342	Deceleration & Landing	Matt Ibrahim, MS
	<i>Workshop #5</i> 331-332	Crawl, Walk, Run, Play: Building a Better Warmup <i>Sponsored by Perform Better</i>	Ingrid Marcum, CSCS
4:30pm-5:50pm	330	Conference Committee Meeting	
5:00pm-5:50pm	327-329	First Timer's Orientation RSVP Required	
	RESEARCH #4 337-338	Validity, Reliability and Usage of Resistance Training Technologies	Kyle Beyer, PhD, CSCS,*D
6:00pm-7:30pm	Balcony of Center – perhaps relocate outside center – hotel?	RSCC Happy Hour RSCC and RSVP Required	

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Thursday, July 11			
TIME	ROOM	SESSION	PRESENTER
7:00am-8:20am	336	State/Provincial Directors Assembly	
8:00am-9:00am	327-329	Research Consortium Meeting	
8:00am-4:30pm	Hall E	NSCA Store Open	
8:00am-5:00pm	Hall E	Registration Open	
	334	International Meeting Room	
8:30am-6:30pm	Hall E	EXHIBIT HALL OPEN <i>8:30-10:00am: Light Breakfast provided (unopposed)</i>	
8:30am-9:20am	337-338	Abstract Podium Presentations 8:30 AM   Andrew Cleary   Predictive Ability of the NBA Draft Combine 8:45 AM   Stephanie Sontag   Yoga Influences Strength and Motor Unit Behavior in Active Adults 9:00 AM   Tsuyoshi Nagatani   Effect of Traditional and Cluster Set Structures on Barbell Trajectories 9:15 AM   Allen Redinger   Seasonal Musculoskeletal and Neuromuscular Adaptations in Cross-Country Athletes	
	330	Special Interest Group and Professional Development Group Chair Meeting	
9:00am-10:00am	333	Research Committee Meeting	
9:30am-10:20am	327-329	Women's Solution Session	
	337-338	Abstract Podium Presentations 9:30 AM   Adam Sundh   Accentuated Eccentric Loading: Repetition-to-Repetition Comparisons 9:45 AM   Wi-Yeh Chien   Reactive Strength Performance and Eccentric Phase of Jump 10:00 AM   Po-Hsuan Hu   Explosiveness in Semi-Professional Pitchers 10:15 AM   Hi-Chien Chiang   Associations between Isometric and Eccentric Force Production	
	Career Connections NSCA Resource Area	Career Connection: Private Sector Coaching	Lee Taft, MS, CSCS & Joel Raether, MAEd, CSCS, TSAC-F, RSCC*D
	336	Rugby Special Interest Group Meeting	
10:30am-11:30am	SESSION 1	OPENING CEREMONIES AND KEYNOTE PRESENTATION: Aging Powerfully – Who Says I'm Too Old?	Joe Signorile, PhD
11:30am-1:00pm		Lunch Provided inside Exhibit Hall	
12:00pm-12:50pm	SESSION 1	Bridge the Gap Lecture: Meet Your Deep Core	Arienne Missimer, DPT, RD, CSCS
	SESSION 2	Building a High-Performance Model for Sport: Directed by Data and Driven by Purpose	Anthony Turner, PhD, CSCS,*D
12:00pm-1:30pm		Abstract Session A	

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1:00pm-1:50pm	SESSION 1	TBD <i>Sponsored by Wu Tsai Human Performance Alliance</i>	Sam Ward (?)
	SESSION 2	The Effects of High Demand Training Load on Performance in D1 Women's Collegiate Basketball Players <i>Sponsored by the Women's Committee</i>	Andrea Hudy, MA, MBA, CSCS, RSCC*E
	CAREER/HANDS-ON	OPEN	OPEN
	337-338	Abstract Podium Presentations 1:00 PM   Damjana Cabarkapa   The Impact of Learning Effect on Vertical Jump Performance 1:15 PM   Faith Brown   Relationships of External and Internal Load in Women's Collegiate Basketball 1:30 PM   Jacob Hurwitz   Fatigue Performance: GPS Data-Driven Analysis for Strategic In-Game Decision Making 1:45 PM   Benjamin Mendelson   Comparison Between a Maximal Treadmill Test and a 3-Minute Test	
	Career Connections NSCA Resource Area	Career Connection: Sports Nutrition and RD/Nutrition Careers	Hannah Cabre, PhD, RDN
	330	Awards Committee Meeting	
	327-329	High School Coaches Professional Development Group Meeting	
	336	Figure Skating Special Interest Group Meeting	
	331-332	Sports Medicine/Rehabilitation Special Interest Group Meeting	
2:00pm-2:50pm	SESSION 1	Gary Dudley Lecture: Past, Present, and future of ACL injury Prevention	Greg Myer, PhD, CSCS
	SESSION 2	Staying Power: Strategies for Longevity, Resilience, and High-Performance Over the Long Term <i>Sponsored by Perform Better</i>	Ingrid Marcum, CSCS
	CAREER/HANDS-ON	The Science & Application of Advanced Weight Training Techniques for Muscle Hypertrophy	Guillermo Escalante, DSC, MBA, ATC, CSCS
	RESEARCH #5 337-338	Tactical Athlete Nutrition: Considerations for Health and Performance	Drew Gonzalez, MS, CSCS, TSAC-F and Rick Kreider, PhD
	Career Connections NSCA Resource Area	Career Connection: Opportunities for Sport Scientists	Anthony Turner, PhD, CSCS,*D
	333	Women's Committee Meeting	
	336	Special Populations Special Interest Group Meeting	
	339-340	Strongman Special Interest Group Meeting	
	331-332	Sport Science and Performance Technology Special Interest Group Meeting	
327-329	Golf Special Interest Group Meeting		
2:00pm-3:30pm	Abstract Poster Session B		
3:00pm-3:50pm	SESSION 1	Re-Establishing the Agility Ladder Back into Training <i>Sponsored by Perform Better</i>	Lee Taft, MS, CSCS

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	SESSION 2	The Cheat Code: Lessons I've Learned to Gain Buy In & Support for Your Strength & Conditioning Program	Micah Kurtz, MS, CSCS,*D, USAW, FMS, CFSC
	Career/Hands-on	Bridge the Gap Practical: Meet Your Deep Core	Ariane Missimer, DPT, RD, CSCS
	RESEARCH #6 337-338	Growth and Maturation: Implications for the Youth Athlete and Key Stakeholders	Andy Seraphin, CPSS, CSCS
	327-329	Weightlifting Special Interest Group Meeting	
	330	Diversity, Equity & Inclusion Committee Meeting	
	339-340	Nutrition Special Interest Group Meeting	
	333	Finance Committee Meeting	
	336	Lacrosse Special Interest Group Meeting	
4:00pm- 4:50pm	SESSION 1	Hip Impingement Syndrome: Implications for the Strength & Conditioning Professional	Morey Kolber, PT, PhD, CSCS,*D
	SESSION 2	Experimentation to Prescription: Eccentric Training	Luke Storey, BSc, MSc, CSCS
	RESEARCH #7 337-338	Chronic Effects of Creatine Supplementation with BFR Exercise	Paola Rivera
	Career/Hands-on	<p>NCSA Foundation Data Blitz</p> <p>Lily Zandieh   Evaluation of Vitamin D3 Supplementation on Skeletal Muscle Strength in Resistance Trained Adult Females</p> <p>Robert Lockie   The Effects of Structured Strength and Conditioning Programs on Motor Skill, Movement Competency, and Physical Fitness of High School Athletes</p> <p>Krissy Kendall   Priming: Influence of Set-c=Configuration on Delayed Neuromuscular, Physical and Reaction Time Performance</p> <p>Jennifer Rivera   Effects of Myofascial Release on Athletic Performance and Recovery Following Resistance Exercise</p> <p>Rhodri Lloyd   The effects of Targeted Neuromuscular Training on Lower Limb Injury Risk Factors in Young Female Child Athletes</p>	
	327-329	Exercise/Sports Psych Special Interest Group Roundtable	
	336	Football Special Interest Group Meeting	
	331-332	Health & Wellness Special Interest Group Meeting	
	333	Membership Committee Meeting	
5:00pm- 6:30pm		Exhibit Hall Reception – attendees & exhibitors welcome	

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Friday, July 12			
TIME	ROOM	SESSION	PRESENTER
7:30am-3:00 pm		EXHIBIT HALL OPEN <i>7:30-9:00 am, Light Breakfast provided (unopposed)</i>	
7:30am-3:00pm		Registration Open	
8:00am-5:00pm	334	International Meeting Room	
8:00am-9:00am	333	Past President's Meeting	
8:00am-3:00pm		NSCA Store Open	
8:30am-9:20am	SESSION 1	Bridge the Gap Lecture: Blood Flow Restrictions	Dan Lorenz, DPT, MSPT,ATC/L, CSCS
	SESSION 2	Making the Right Calls: Integrating Sports Science into the Rehabilitation Decision-Making Process	Nicole Greufe, MS, CSCS, CPSS & Braidly Soile, DPT, SCS, CSCS
	337-338	Abstract Podium Presentations 8:30 AM   Minh Nguyen   Position-Specific Conditioning Impact on Soccer Performance 8:45 AM   Madelin Siedler   Relationships Between RMR-ratio, Cognitive Restraint, and Oral Contraceptive Use 9:00 AM   Megan Sax van der Weyden   Cluster Analysis to Optimize Training in ROTC Cadets 9:15 AM   Michael Perlet   Sustained Muscle Oxygenation Following Arterial Occlusion Predicts Specific Force	
8:30am-10:30am	327-329	CASCE Accreditation Roundtable: Trends from the Field Informing CASCE Accreditation	
9:30am-10:20am	SESSION 1	Implementing Weightlifting Derivatives for Strength and Power Development: Exercise and Loading Considerations	Timothy Suchomel, PhD, CSCS, *D, RSCC, USAW-I
	SESSION 2	The Impact of Mentor Relationships <i>Sponsored by the Diversity, Equity, and Inclusion Committee</i>	
	Career/Hands-On	OPEN	
	337-338	Abstract Podium Presentations 9:30 AM   Christian Rodriguez   Reliability of Skeletal Muscle Mass and Total Body Water Estimation 9:45 AM   Nicolas Philipp   Stretch-Shortening Cycle Fatigue Response in Collegiate Basketball Players 10:00 AM   Bryson Trask   Effects of Repetition Cadence on Neuromuscular Responses During Fatiguing Exercise 10:15 AM   Coleman Honea   Physiological and Neuromuscular Responses to Exercise Throughout the Menstrual Cycle	
	Career Connections NSCA Resource Area	Career Connection: DPTs Working with S&C	Arienne Missimer, DPT, RD, LDN, CSCS
	331-332	Performing Arts Coaches Special Interest Group Meeting	

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	336	College Coaches Professional Development Group Meeting	
10:30am-11:20am	SESSION 1	Bridge the Gap Lecture: Speed Science: Applying Sprint Research to Field Sport Programming	Cory Walts, MS, CSCS, RSCC*D & Ken Clark
	SESSION 2	Photobiomodulation: Using the Power of Light to Benefit Performance & Recovery	Jennifer Novak, MS, CSCS,*D
	Career/Hands-On	Injecting Movement Training Seamlessly into Daily Preparation	Joel Raether, MAEd, CSCS, TSAC-F, RSCC*D
	337-338	<p>Abstract Podium Presentations</p> <p>10:30 AM   Shane Murphy   Braking Differences Between Traditional and Flywheel Squats</p> <p>10:45 AM   Krissy Sanchez   Exploration of Motivation and Physical Activity of Law Enforcement Officers</p> <p>11:00 AM   Kate Winstanley   Menstrual Cycle and Contraceptive Use on Joint Laxity</p> <p>11:15 AM   Stuart Roche   Forceful to Fast: Countermovement Jumps with Rigid and Flexible Barbells</p>	
	Career Connections NSCA Resource Area	Career Connection: Youth & High School S&C	Micah Kurtz, MS, CSCS,*D
	336	Combat Sport Special Interest Group Meeting	
10:30am-12:00pm		Abstract Poster Session A	
11:30am – 1:00pm		LUNCH w/ EXHIBITORS	
	331-332	JSCR Meeting	
12:30pm – 2:00pm		Abstract Poster Session B	
12:30pm – 3:00pm	330	Nomination Committee Meeting	

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1:00pm-1:50pm	SESSION 1	From Sport to Special Populations – Bridging the Gap of Human Performance Training	Joe Signorile, PhD & Bryan Mann, PhD, CSCS,*D, TSAC-F,*D, FNCSA	
	SESSION 2	Selecting Metrics that Matter: A Framework to Guide Practitioners During Jump Testing	Chris Bishop, PhD	
	Career/ <b>Hands-On</b>	Bridge the Gap Practical: Blood Flow Restrictions	Dan Lorenz, DPT, MSPT,ATC/L, CSCS	
	339-340	Soccer Special Interest Group Meeting		
	Career Connections NSCA Resource Area	Career Connection: Tactical S&C	Logan Brodine, CSCS, RSCC*D	
	337-338	Abstract Podium Presentations 1:00 PM   Yang Yang   American Football Muscular Strength Difference Starter vs. Non-Starter Using IMTP 1:15 PM   Shawn Akridge   HRP and SDC Mediate Memory Task Response Time Under Stress 1:30 PM   Christopher Cleary   Similar Outcomes Between Healthy and Previously Injured Individuals 1:45 PM   Drake Eserhaut   Biomarker and Cardiovascular Responses to BFR+RE in Trained Men		
2:00pm-2:50pm	SESSION 1	Making Connections Through Data & The Gen Z Experience	Andrea Hudy, MA, MBA, CSCS, RSCC*E	
	SESSION 2	Rethinking Pre-Participation Screening: New Perspective on Injury Prevention	Travis Pollen, PhD	
	Career/ <b>Hands-On</b>	Bridge the Gap Practical: Speed Science: Applying Sprint Research to Field Sport Programming	Cory Walts, MS, CSCS, RSCC*D & Ken Clark	
	RESEARCH #8 337-338	Resistance Training and the Motor Unit	Trent Herda, PhD	
	327-329	Track & Field Coaches Special Interest Group Meeting		
	339-340	Bodybuilding Special Interest Group Meeting		
	336	Long Term Athletic Development (LTAD)Special Interest Group Meeting		
	Career Connections NSCA Resource Area	Career Connection: S&C and Social Media	Jacob Goodin, PhD, CPSS, CSCS	
3:00pm-3:50pm	SESSION 1	Michael H. Stone Sports Science Lecture: Enhancing Team Sports Performance Insights and Actionable Strategies from Tracking Technologies	Marco Duca	
	SESSION 2	Effective Strategies for Strength & Conditioning Coaches to Support and Assess Athletes During Rehabilitation	Paul Read, PhD, MSc, ASCC, CSCS,*D	
	RESEARCH #9 337-338	Monitoring Considerations for the Female Athlete	Yvette Figueroa, PhD, CSCS,*D & Jen Bunn	
	336	Powerlifting Special Interest Group Meeting		
	<i>Tear down of Hall begins 4:00 – need to address HOW</i>			



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4:00pm-4:50pm	RESEARCH #10 – 337-338	Fat-free Mass Index in Sport: A Solution for Concerns of Assessing Body Fat Percentage in Sport	Andrew Jagim, PhD, CSCS
6:30pm-9:30pm	HOTEL	NSCA Awards Banquet - RSVP Required <i>Sponsored in part by Matrix</i>	

Saturday, July 13			
TIME	ROOM	SESSION	PRESENTER
7:30am-8:30am		Light Breakfast provided	
7:30am-11:30am		Registration Open	
8:00am – 11:00am		NSCA Store Open	
8:00am-5:00pm	334	International Meeting Room	
8:00am-10:00am	331-332	SCJ Meeting	
	HOTEL	New Board of Directors Meeting	
8:30am-9:20am	SESSION 1	Optimizing Body Composition for Athletic Performance	Todd Miller, PhD, CSCS, TSAC-F
	SESSION 2	Targeting Mechanisms that Enhance Sprint Performance	Matt Hank, MS, CSCS*D, RSCC*D, USAW
	337-338	Abstract Podium Presentations 8:30 AM   Samuel Montalvo   In-Season Force-Velocity Sprint Profiling in Division I NCAA Baseball Athletes 8:45 AM   David DiPaola   3-Minute Cognitive Condition Detection with Motion and Machine Learning 9:00 AM   Dimitrije Cabarkapa   Vertical Jump Performance of Elite 3x3 Basketball Players 9:15 AM   Lucy Kember   Tuck Jump Assessment Biomechanical Deficits in Adolescent Athletes Post ACLR	
	327-329	Educators Special Interest Group Meeting and Roundtable	
	Career Connections NSCA Resource Area	Career Connection: Collegiate S&C	Cory Walts, MS, CSCS, RSCC*D

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9:30am-10:20am	SESSION 1	Embedded Sport Science: Building a Sport Science Program from the Ground Up	Jacob Goodin, PhD, CPSS, CSCS & Erik Pedersen, MS, CSCS,*D, RSCC
	Career Connections NSCA Resource Area	Career Connection: Dr. William Kraemer	William Kraemer, PhD, CSCS
	337-338	Abstract Podium Presentations 9:30 AM   David Looney   U.S. Marines with Perfect Physical and Combat Fitness Test Scores 9:45 AM   Christopher Latella   Weight Category Optimization for Para Powerlifting 10:00 AM   Ruihang Zhou   Impact of BFR Training on Endurance Performance and Fatigue Perception 10:15 AM   Quincy Johnson   Practice and Game External Training Loads in Collegiate American Football	
	327-329	Personal Trainers Professional Development Group Meeting	
10:00am-11:30am		Abstract Poster Session A	
10:30am-11:20am	SESSION 1	Elite Athletes Meet Elite Operators	Hunter Schurrer, CSCS, RSCC*D
	SESSION 2	Optimizing the Utilization of Research to Enhance Athlete Performance	Josh Secomb, PhD, CPSS, Level 3 Elite Coach (Australian Strength and Conditioning Association)
	337-338	Abstract Podium Presentations 10:30 AM   Harry Cintineo   Visuomotor Reaction Time Task Learning Effects and Test-Retest Reliability 10:45 AM   Sten Stray-Gundersen   Acute Effect of Nerve Stimulation on Marksmanship in Tactical Personnel 11:00 AM   Jacob Goodin   Comparative Analysis of AI Models in Sport Specific Program Design 11:15 AM   Jeremy Ross   Wellness Screening for Special Operations Overreaching	
11:30am-12:20pm	SESSION 1	2ND KEYNOTE: Plyometrics in the History of NSCA	Don Chu, PhD, CSCS, NSCA-CPT