

Sessions highlighted in **blue** will be streamed live the week of the event – you will receive a recording AFTER the event of all lectures and Interactive Sessions.

2025 National Conference | Kansas City & Online | July 16-19 | Up to 3.0 CEUs

Tuesday, July 15			
TIME	ROOM	SESSION	PRESENTER
8:00am-5:00pm	2504A	CASCE Board Meeting	
	2503B	Bootcamp Event (invitation only)	
9:30am-6:30pm	HOTEL - Northland	CSCS Exam Prep (Add'l Purchase)	

Wednesday, July 16			
TIME	ROOM	SESSION	PRESENTER
7:30am-4:30pm	HOTEL - Northland	CSCS Exam Prep (Add'l Purchase)	
8:00am-5:00pm	HOTEL - MUSE	NSCA Board of Directors Meeting	
8:00am-12:00pm	2505	CPR/AED/First Aid Certification (add'l cost and pre-sign up, limited seating)	Mike Jarrous, MA, NSCA-CPT, EMT-B
10:00am-5:00pm	2503A	International Meeting Room	
12:00pm-6:00pm	HALL D	Registration Open	
8:30am-5:00pm	DEPART FROM LOEWS	*FULL* (as of 5/1) FIELD TRIP TO KU FOR FACILITY TOUR & EDUCATION – limited availability sign up in registration	
1:00pm-5:00 pm	2505	CPR/AED/First Aid Certification (add'l cost and pre-sign up, limited seating)	Mike Jarrous, MA, NSCA-CPT, EMT-B
2:00pm-5:00pm	HALL D	NSCA Store Open	
2:00pm-2:50pm	3501CD RESEARCH	Why Study Design Matters	Dawn Anderson, PhD, CSCS, TSAC-F
2:00pm-3:50pm	Workshop 1 2502	Current Concepts in Tissue Residency in Training & Rehab Sponsored by Perform Better	Charlie Weingroff, DPT, ATC, CSCS
	Workshop 2 3501AB	Unlock the Power Beneath: Open & Closed Chain Foot Mobilization Sponsored by Perform Better	Rocky Snyder, CSCS, NSCA-CPT
3:00pm-3:50pm	3501CD RESEARCH	Nutritional Considerations Across the Female Athlete Lifespan	Katie Hirsch, PhD
	3501GH	Basketball Special Interest Group Meeting	
	Career Connections NSCA Resource Area	Opportunities with the Army's H2F Program Sponsored by Serco	Serco Staff
3:00pm-6:00pm	HALL D	Exhibit Hall Open	
4:00pm-4:50pm	3501CD RESEARCH	Statistical and Machine Learning Models for Sport and Research Scientist	Samuel Montalvo, CPSS, CSCS,*D
	Career Connections NSCA Resource Area	Building a Strong Strength and Conditioning Staff	Greg Werner, MS, CSCS, RSCC*E
4:00pm-5:50pm	Workshop 3 3501EF	Why You're Still in Pain: The New Science of Chronic Pain	Jessica Bento, MPT & Josh Henkin, CSCS

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		Sponsored by Perform Better	
	Workshop 4 2502	5 Foundations to Grow Your Fitness Business Sponsored by Perform Better	Mark Fisher
	Workshop 5 3501AB	Blood Flow Restriction: Practical Instruction with Live Demonstrations	Morey Kolber, PhD, PT, CSCS,*D, TSAC-F,*D, FNCSA
4:30pm- 5:50pm	2503B	Conference Committee Meeting	
5:00pm- 5:50pm	3501GH	First Timer's Orientation RSVP Required	
	3501CD RESEARCH	Menstrual Cycle Phase Based Strength & Conditioning: A Lab and Field-based Approach	Sam Moore, PhD, CSCS,*D & Abbie Smith- Ryan, PhD, CSCS,*D, FNCSA
	2504A	Education Committee Meeting	
6:00pm- 7:30pm	HALL D	KICK OFF PARTY IN EXHIBIT HALL	

Thursday, July 17			
TIME	ROOM	SESSION	PRESENTER
7:00am- 8:20am	3501AB	State/Provincial Directors Assembly	
8:00am- 9:00am	3501GH	Research Consortium Meeting	
8:00am- 4:30pm	HALL D	NSCA Store Open	
8:00am- 5:00pm	HALL D	Registration Open	
8:30am- 6:30pm	HALL D	EXHIBIT HALL OPEN 8:30-10:00am: Light Breakfast provided	
8:00am- 9:00am	3501CD RESEARCH	Abstract Podium Presentations 8:00 AM Drew Smith Athlete Monitoring Wearable Jump Height Validity and Reliability 8:15 AM Emma Worley Yearly injury rates among NCAA Division I football players 8:30 AM Danielle Sterner Exercise tolerance and physical working capacity at pain intensity threshold 8:45 AM Sam Moore Utility of machine learning for identification of athlete availability predictors	
8:30am- 9:20am	2503B	Special Interest Group and Professional Development Group Chair Meeting	
8:30am- 10:00am	2505	SE Regional Meeting	
9:00am- 10:00am	2504A	Research Committee Meeting	

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9:00am-9:50am	3501CD RESEARCH	Abstract Podium Presentations 9:00 AM Tatum Robertson Rapid force characteristics in American football players 9:15 AM Coleman Honea Intensity specific physiological responses during single-limb leg extensions to failure 9:30 AM Desiree George Differences between estimated and actual back squat one-repetition maximum 9:45 AM Brenden Roth Muscle metaboreflex activation on motor unit behavior	
	Career Connections NSCA Resource Area	Building a Sustainable Book of Business	Gustavo Ramos, MS, CSCS
	3501AB	Rugby Special Interest Group Meeting	
	3501GH	NSCA Foundation Data Blitz Patrick Harty Effect of Caffeine Timing on Lower Body Resistance Training Performance Loren Chiu 3D Gluteal Muscle function During Human Movement: A Combined Anatomical and Biomechanical Investigation Mitchel Magrini Need for Speed: The effect of a Power-Focused Resistance Training Program on Neuromuscular Function, t-Cell Activation Rates, and Fall Risk in Older Adults Dimitrije Cabarkapa Basketball Shooting Mechanics: A Markerless Motion Capture Approach Paola Rivera The Chronic Effects of Low-Load Blood Flow Restriction and Creatine Supplementation on Strength and Neuromuscular Function Moderator: Susan Reiner, NSCA Foundation Grant Committee Member	
9:30am-5:00pm	2503A	International Meeting	
10:00am-11:20am	Elevate Session HALL D	NSCA Update and KEYNOTE: Modeling Resistance Exercise – A Useful Algorithm for the Coach & the Sports Scientist	Andy Fry, PhD, CSCS,*D, FNSCA*E
10:30am-11:20am	Ignite Session HALL D	What Coaches Need to Know About Pre-Workout Ingredients NEW TIME	Korey VanWyk, MS, CSCS
11:30am-1:00pm	HALL D	Lunch Provided inside Exhibit Hall	
12:00pm-12:50pm	ELEVATE SESSION HALL D	Bridge the Gap Lecture: A Guide to Practical Implementation of Velocity Based Training	Brian Ciolek, MS, CPSS, CSCS,*D, TSAC-F,*D, RSCC*D
	IGNITE SESSION HALL D	Coaching the Pregnant & Postpartum Athlete	Brianna Battles, MS, CSCS
12:00pm-1:30pm	HALL D	Abstract Poster Session A	
1:00pm-1:50pm	ELEVATE SESSION HALL D	Optimizing Human Performance Sponsored by Wu Tsai Human Performance Alliance	Scott Delp, PhD
	IGNITE SESSION HALL D	Coaching Systems and Speed Sponsored by Women's Committee	Megan Young, MEd, CSCS,*D, RSCC*D
	THRIVE SESSION 2502	Cultivating a Winning Culture	Greg Werner, MS, CSCS, RSCC*E

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	INTERACTIVE SESSION HALL D	Teach Perfect Lifting Form Every Time: Simplifying Complex Movement Coaching	Gustavo Ramos, MS, CSCS
	3501CD RESEARCH	Abstract Podium Presentations 1:00 PM Emma Rice Comparing high-intensity functional training and sprint-interval training on performance metrics 1:15 PM Chen-ting (Kenny) The impact of the training season on countermovement jump performance 1:30 PM Allison Brown Effects of various music on maximal muscle strength and precision 1:45 PM Carson O'Coynne Relationship of stride and jump asymmetries in well-trained runners	
	Career Connections NSCA Resource Area	President's Chat: Powered by AI (Ask Ian)	Ian Jeffreys, PhD, CSCS,*D, NSCA-CPT,*D, RSCC*E, FNSEA
	2504A	Awards Committee Meeting	
	3501GH	Personal Trainers Professional Development Group Meeting	
	2505	Special Populations Special Interest Group Meeting	
	3501AB	Performing Arts Coaches Special Interest Group Meeting	
	3501EF	Sports Medicine/Return to Performance Special Interest Group Meeting	
2:00pm-2:50pm	ELEVATE SESSION HALL D	Gary Dudley Lecture: Electrical Stimulation for Neuromuscular Testing & Training	Scott Bickel, PhD, MPT
	IGNITE SESSION HALL D	Bridge the Gap Lecture: Taking Clients from Rehab to Performance	Ian Wright, PT, DPT, SCS, OCS, CSCS, NSCA-CPT, TSAC-F
	THRIVE SESSION 2502	The Facility Culture Code: Lessons from 12 Years and \$34m in Revenue <i>Sponsored by Perform Better</i>	Mark Fisher
	INTERACTIVE SESSION HALL D	Bridge the Gap Practical: A Guide to Practical Implementation of Velocity Based Training	Brian Ciolek, MS, CPSS, CSCS,*D, TSAC-F,*D, RSCC*D
	3501CD RESEARCH	From Inflammation to Regeneration: How the Immune System Supports Muscle Recovery	Adam Jajtner, CSCS,*D
	Career Connections NSCA Resource Area	Tips for Pursuing a PhD in Your Field	Abbie Smith-Ryan, PhD, CSCS,*D, FNSEA
	2503B	Women's Committee Meeting	
	2505	High School Coaches Professional Development Group Meeting	
	3501EF	Strongman Special Interest Group Meeting	
	3501GH	Sport Science and Performance Technology Special Interest Group Meeting	
	3501AB	Golf Special Interest Group Meeting	
2:00pm-3:30pm	HALL D	Abstract Poster Session B	
3:00pm-3:50pm	ELEVATE SESSION HALL D	Muscle Hypertrophy: To Infinity & Beyond	Brandon Roberts, CSCS,*D, TSAC-F,*D
	IGNITE SESSION HALL D	Optimizing Movement: The Role of Plyometrics and Med Ball in Performance Training <i>Sponsored by EXOS</i>	Phillip Nash

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	INTERACTIVE SESSION HALL D	Active Soft Tissue Methods in Training and Rehab Sponsored by Perform Better	Charlie Weingroff, DPT, ATC, CSCS
	3501CD RESEARCH	Basketball Sport Science – Current Research & Future Directions	Dimitrije Cabarkapa, PhD, CSCS,*D, NSCA-CPT,*D
	2505	Increase Your Credibility and Value in Your School District: Creation of an HS S&C Curriculum Sponsored by Hammer Strength & the NSCA Foundation	Justin Loudon, CSCS, RSCC*D & Gary McChalicher, EdD, CSCS
	3501GH	Weightlifting Special Interest Group Meeting	
	2503B	LIFT Committee Meeting	
	3501EF	Nutrition Special Interest Group Meeting	
	2504A	Finance Committee Meeting	
	3501AB	Lacrosse Special Interest Group Meeting	
4:00pm-4:50pm	ELEVATE SESSION HALL D	Beyond the Rotator Cuff: Evolution of Shoulder Training Sponsored by Perform Better	Jessica Bento, MPT
	IGNITE SESSION HALL D	Navigating the Sport Science Behind Strength & Conditioning: Elevating Performance Through Integrated Insights	Adam Sundh, CPSS,*D, CSCS,*D
	THRIVE SESSION 2502	Athlete Profiling Using Countermovement Jump Metrics	Cisco Reyes, PhD, CSCS,*D
	INTERACTIVE SESSION HALL D	Bridge the Gap Practical: Taking Clients from Rehab to Performance	Ian Wright, PT, DPT, SCS, OCS, CSCS, NSCA-CPT, TSAC-F
	3501GH	Introduction to CASCE Accreditation: Shaping the Future of Strength & Conditioning Programs	
	3501CD RESEARCH	Warfighter Health & Human Performance, from Science to Performance	David Church, PhD, CSCS & Blaine Lints, CSCS
	3501AB	Exercise/Sports Psych Special Interest Group Roundtable	
	2505	Football Special Interest Group Meeting	
	3501EF	Health & Wellness Special Interest Group Meeting	
	2503B	Membership Committee Meeting	
5:00pm-6:30pm	COLLEGE BASKETBALL EXPERIENCE	ATTENDEE & EXHIBITOR PARTY Show your lanyard to enter	
6:30pm – 8:00pm	NO OTHER PUB in P&L District	RSCC Reception RSCC & RSVP Required	

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Friday, July 18			
TIME	ROOM	SESSION	PRESENTER
7:30am-4:00 pm	HALL D	EXHIBIT HALL OPEN <i>7:30-9:00 am, Light Breakfast provided</i>	
7:30am-3:00pm	HALL D	Registration Open	
8:00am-9:00am	2504A	Past President's Meeting	
8:00am-3:00pm	HALL D	NSCA Store Open	
8:30am-9:20am	ELEVATE SESSION HALL D	Bridge the Gap Lecture: Developing an Effective Biomechanical Assessment to Enhance Human Performance	Jay Patel, PhD, CPSS,*D, CSCS, TSAC-F
	IGNITE SESSION HALL D	Designing Movement Screens for General Populations <i>Sponsored by Perform Better</i>	Rocky Snyder, CSCS, NSCA-CPT
	Career Connections Resource Area	Industry Development: Strength & Conditioning Salary Trends and Projections	Eric McMahon, MEd, CSCS,*D, TSAC-F,*D, RSCC*E
	3501CD RESEARCH	Abstract Podium Presentations 8:30 AM Benjamin Mendelson Firefighter performance and recovery in repeated three-minute all out tests 8:45 AM Gianna Mastrofina Physiological responses during live-fire training of incumbent and recruit firefighters 9:00 AM Shawn Akridge Cognitive and physical performance profiles predict fatigued executive function 9:15 AM Andre Rebelo Drop landing as a neuromuscular fatigue assessment	
	3501GH	Women's Solution Session	
	Foundation Booth Resource Area	LinkedIn Profile Review Sponsored by Strength Coach Network & NSCA Foundation	Dr. Brandon Roberts
9:30am-10:20am	ELEVATE SESSION HALL D	Strength and Conditioning Strategies for the Tactical Athlete	Jay Dawes, PhD, CSCS, NSCA-CPT, TSAC-F, FNCSA
	IGNITE SESSION HALL D	The Science of Supplements: Beyond the Hype	Liz McNear, MS, CSSD, RD
	THRIVE SESSION 2502	Force Continuum - A Unique Approach to Prescribe Percentage Based Training to Achieve Specific Training Adaptation	Mirek Babiarz, MS, CSCS, RSCC,*D
	INTERACTIVE SESSION HALL D	Funishment: Reframing Discipline at Sports Practice	Tex McQuilkin, MS, CSCS,*D
	3501CD RESEARCH	Abstract Podium Presentations 9:30 AM Kworweinski Lafontant Physio-feedback-based exercise intervention for body composition and physical function 9:45 AM Alyssa Parten Upper and lower body resistance exercise increases lipid oxidation	

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		10:00 AM Andrew LeMense Firefighter immune, biochemical, and cortisol responses to smoke diver training 10:15 AM Lyric Richardson Influence of noxious fatiguing exercise on motor unit behavior	
	2505	Ice Hockey Special Interest Group Meeting	
	3501AB	Powerlifting Special Interest Group Meeting	
	Foundation Booth Resource Area	LinkedIn Profile Review Sponsored by Strength Coach Network & NSCA Foundation	Dr. Jacob Mota
9:30am-11:20am	3501EF	Navigating CASCE Accreditation: Interactive Workshop	
9:30am-3:00pm	2503A	International Meeting Room	
10:30am-11:20am	ELEVATE SESSION HALL D	Leveraging Technology and AI for Personalized Exercise Programming and Sport Performance Analysis	Susie Reiner, PhD, CSCS, NSCA-CPT
	IGNITE SESSION HALL D	Strength, Psychology, and Mental Health: The High Performance Framework	Jim Davis, MEd, MA, CSCS, RSCC*E
	Thrive Session 2502	From Lab Bench to Tailboard: Spanning the Gap in Fire and Rescue Research	Annette Zapp, MA, CSCS,*D, TSAC-F,*D
	INTERACTIVE SESSION HALL D	Bridge the Gap Practical: Developing an Effective Biomechanical Assessment to Enhance Human Performance	Jay Patel, PhD, CPSS,*D, CSCS, TSAC-F
	3501CD RESEARCH	Abstract Podium Presentations 10:30 AM Madison Mingo Evaluation of neuromuscular function in patellar tendinopathy using nonlinear analysis 10:45 AM Faith Brown Playerload and player efficiency in women's collegiate basketball athletes 11:00 AM Minh Nguyen Linking physical performance metrics to shooting power and accuracy 11:15 AM Jiahao Yang The application of accentuated eccentric loading in resistance training	
	Foundation Booth Resource Area	LinkedIn Profile Review Sponsored by Strength Coach Network & NSCA Foundation	Todd Hamer
	3501EF	Combat Sport Special Interest Group Meeting	
10:30am-12:00pm	HALL D	Abstract Poster Session A	
11:30am – 1:00pm	HALL D	LUNCH w/ EXHIBITORS	
	3501AB	JSCR Meeting	
12:30pm – 2:00pm	HALL D	Abstract Poster Session B	
12:30pm – 3:00pm	2504A	Nomination Committee Meeting	
1:00pm-1:50pm	ELEVATE SESSION HALL D	Strength & Conditioning: Foundation for Longevity	Jeff McBride, PhD, CSCS, FNCSA
	IGNITE SESSION HALL D	Breaking Barriers in Baseball Sponsored by the Lift Committee	Bob Kendrick, President Negro Leagues Baseball Museum

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	THRIVE SESSION 2502	LEAVE OPEN	
	INTERACTIVE SESSION HALL D	Evidence-Based Plyometric Coaching for Youth Athletes	Jason Pedley, PhD
	2505	Soccer Special Interest Group Meeting	
	3501EF	College Coaches Professional Development Group Meeting	
	Foundation Booth Resource Area	LinkedIn Profile Review Sponsored by Strength Coach Network & NSCA Foundation	Dr. Bryanne Bellovary
	3501CD RESEARCH	Abstract Podium Presentations 1:00 PM Michael Perlet Similar blood pressures and fatiguing isometric exercise 1:15 PM Andrew Veith Motor unit adaptations with short-term resistance training of FDI 1:30 PM Caitlyn Meehan Effects of set structure on repetitions in reserve accuracy 1:45 PM Cassie McDonald Isometric mid-thigh pull force-time characteristics of resistance trained volleyball athletes	
2:00pm- 2:50pm	ELEVATE SESSION HALL D	Training Muscular Strength: A Task-Specific Approach	Tim Suchomel, PhD, CSCS,*D, RSCC*D
	IGNITE SESSION HALL D	The Fascial Shift: Rethinking Strength & Movement for Optimal Performance Sponsored by Perform Better	Josh Henkin, CSCS
	3501GH	Connecting Sport and Performance Coaches and USOPC American Development Model to Community Physical Activity Plans	Jordan Kelly, USOPC Coaching Manager, Robin Shook, PhD KC Healthy Lifestyles Collaborative, Nicole Hobbs, Shape America, Tony Moreno, PhD, CSCS, Rick Howard, DSc, CSCS,*D, RSCC*E, FNSCA, Justin Loudon, CSCS, RSCC, Gary McChalicher, EdD, CSCS
	THRIVE SESSION 2502	Fantastic Fallacies and Where to Find Them in Strength and Conditioning: Enhancing Performance through Critical Thinking	Jonathon Weakley, PhD
	INTERACTIVE SESSION HALL D	Foot and Core Sequencing in Context to Return to Performance	Apurva Mathankar, PhD, CSCS,*D, NSCA-CPT,*D
	Career Connections NSCA Resource Area	President's Chat: Powered by AI (Ask Ian)	Ian Jeffreys, PhD, CSCS,*D, NSCA-CPT,*D, RSCC*E, FNSCA
	3501CD RESEARCH	Aerobics in an Anaerobic World	Joshua Keller, PhD, CSCS,*D

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	Foundation Booth Resource Area	LinkedIn Profile Review Sponsored by Strength Coach Network & NSCA Foundation	Dr. Ludmila Cosio-Lima
	2505	Bodybuilding Special Interest Group Meeting	
	3501EF	Figure Skating Special Interest Group Meeting	
3:00pm-3:50pm	ELEVATE SESSION HALL D	Michael H Stone Sport Science Lecture: What Can We Learn from Competitive Weightlifters: A Discussion Beyond Just Exercise Selection	Guy Hornsby, PhD, CSCS,*D, RSCC*D & Andrew Layne, PhD, CSCS
	IGNITE SESSION HALL D	Congratulations! You Just Received Your First Head Strength Coach Job! Now What?	Carmen Pata, MS, CSCS,*D, RSCC*E
	INTERACTIVE SESSION HALL D	How to Make Agility Training Fun, Competitive, and Cognitively Challenging	Corey Petersen, MEd, CSCS
	3501CD RESEARCH	Alcohol (Mis)Use and Muscle Regeneration: Insights from Cell Culture Models	Danielle, Levitt, PhD, CSCS,*D
	Career Connections Resource Area	Tips to Preparing for the CPSS Exam	Brian Ciolek, MS, CPSS, CSCS,*D, TSAC-F,*D, RSCC*D
	Foundation Booth Resource Area	LinkedIn Profile Review Sponsored by Strength Coach Network & NSCA Foundation	Dr. Mary-Kate Feit
	3501EF	Entrepreneur Special Interest Group Meeting	
	3501AB	Long Term Athletic Development (LTAD) Special Interest Group Meeting	
	Tear down of Hall begins 4:00		
4:00pm-4:50pm	THRIVE SESSION 2502	KEYNOTE: What’s Next? Assessing Career Opportunities Outside of the Team Sports Setting	Joe Kenn, MA, CSCS,*D, RSCC*E
	3501CD RESEARCH	Dietary and Sport Supplement Recommendations for Peak Cognitive Performance	Shawn Arent, PhD, CSCS,*D
	3501GH	Common Analytical Mistakes in Strength and Conditioning Research: How to Understand Them and How to Correct Them	Kevin Giordano, PhD, DPT, PT, CSCS
6:30pm-9:30pm		NSCA Awards Banquet - RSVP Required Sponsored in part by Matrix	

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Saturday, July 19			
TIME	ROOM	SESSION	PRESENTER
7:30am-8:30am	HALL D	Light Breakfast provided	
	Educator Series 3501AB	Educators Special Interest Group Meeting	
7:30am-11:30am	HALL D	Registration Open	
8:00am – 11:00am	HALL D	NSCA Store Open	
8:00am-10:00am	2505	SCJ Meeting	
	HOTEL MUSE	New Board of Directors Meeting	
8:30am-9:20am	ELEVATE SESSION HALL D	Physiology of Sweat and Sweat Testing Sponsored by Gatorade	Philip Agostinelli, PhD, CSCS
	INTERACTIVE SESSION HALL D	Putting the “Dynamic” into an Athletes Dynamic Warm-up	Eric Telly, MAT, CSCS, NSCA-CPT
	3501CD RESEARCH	Abstract Podium Presentations 8:30 AM Timothy Suchomel Force production of stronger vs weaker men during back squats 8:45 AM Samuel Montalvo In-season sprint acceleration and predicts game performance in baseball athletes 9:00 AM Mark Abel Firefighter injury risk evaluation: Neuromuscular function 9:15 AM M. Ryan Mason Firefighter injury risk evaluation – working memory	
	Educator Series 3501AB	Andragogy in Strength & Conditioning Education	Justin Kilian, PhD, MEd, CSCS,*D & Brad Leshinske, PhD, CPSS, CSCS
9:30am-10:20am	ELEVATE SESSION HALL D	Developing Strength that Transfers to Speed and Athleticism MOVED FROM IGNITE SESSION	Mike Young, PhD, MS, CSCS,*D, RSCC*D
	IGNITE SESSION HALL D	LEAVE EMPTY	
	INTERACTIVE SESSION HALL D	Isometric Training	Melody Schoenfeld, MA, CSCS
	Career Connections NSCA Resource Area	Tactical Strength & Conditioning Opportunities	Mark Christiani, CSCS, RSCC & Tony Acevedo, LDN, CSCS, ISSN
	Educator Series 3501AB	Technological Advancements in Educational Settings	Gerald Larson, PhD, CSCS

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	3501CD RESEARCH	Abstract Podium Presentations 9:30 AM Sten Stray-Gundersen Effects of combining high-intensity functional training with respiratory muscle training 9:45 AM Kayleigh Doyle Predictors of reactive leg drop performance in adults 10:00 AM David Hooper Predicting heart rates in cross country runners 10:15 AM Nicholas Ripley Effect of goals scored on match demands for lacrosse officials	
9:30am-1:00pm	2503A	International Meeting Room	
10:00am-11:30am	HALL D	Abstract Poster Session A	
10:30am-11:20am	ELEVATE SESSION HALL D	OPEN	
	INTERACTIVE SESSION HALL D	Agility Enhancement – Directional Acceleration and Reacceleration	Jimmy Radcliffe, MS, CSCS,*D
	IGNITE SESSION HALL D	LEAVE EMPTY	
	3501CD RESEARCH	Abstract Podium Presentations 10:30 AM Greg Ryan Predicting NFL draft position using 2024 NFL combine data 10:45 AM Austin Parks Vertical jump and throwing lead leg relationship 11:00 AM Guillermo Escalante Effects of drug practices on body composition and blood biomarkers 11:15 AM Andrew Fry Batted ball velocity and vertical jumps	
	Educator Series 3501AB	Designing and Delivering Engaging and Practical Strength & Conditioning Coursework	MaryKate Feit, PhD, CSCS,*D, RSCC*D
11:30am-12:20pm	ELEVATE SESSION	KEYNOTE: Training Female Athletes: Biological Differences vs. Individual Needs	Travis Triplett, PhD, CSCS,*D