

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 from Sessions 1-3 and Hands-On



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

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
2:00PM-2:50PM	Energy System Development Methods	Jason Ralya, CSCS, TSAC-F & Rob Hartman, MAEd, CSCS	Energy Systems	Session 1 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	Session 2 Molise 1-4
3:00PM-3:50PM	Trial By Fire: Optimizing Recruit Performance	Katie Dennison, MS, TSAC-F & Megan Lautz, MS, RD, CSCS, TSAC-F	Program Design	Session 1 Milan 1,2,3,6
	Establishing a Foothold: Integrating Human Performance into Military Units	Ramon Cossio, CSCS	Administration	Session 2 Molise 1-4
	Kettlebell Training <i>Sponsored by Perform Better</i>	Kerry Taylor	HANDS-ON	Milan 7-8
	The Energy System Development Methods	Jason Ralya, CSCS, TSAC-F & Rob Hartman, MAEd, CSCS	CHALK TALK	Marche
	First Timer's Orientation			Session 3 Modena
4:00PM-5:30PM	OPENING CEREMONIES & AWARDS KEYNOTE: Nate Boyer			Session 1 Milan 1,2,3,6
5:30PM-7:30PM	Kick-Off Party – UNOPPOSED EXHIBIT HALL TIME Exhibitors and Attendees Welcome			M Pavilion

**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 from Sessions 1-3 and Hands-On

<b>Wednesday, August 23</b>				
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 9:30			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	Session 1 Milan 1,2,3,6
	Perception and Cognition for Tactical Performance	MAJ Tara Troianello	Mental Performance	Session 2 Molise 1-4
	Resistance Training in a Police Academy – Sample Program and Logistical Considerations	David Brelinski	Program Design	Session 3 Modena
10:30AM - 11:20AM	Readiness, Longevity, and Overall Quality of Life	David Siu, CSCS,*D RSCC*D & MAJ Rick Warren, CSCS, TSAC-F	Program Design	Session 1 Milan 1,2,3,6
	Exploring Integration Strategies for Physical, Tactical, and Cognitive Training	Adam Whisler, CSCS, TSAC-F & Kathleen Oswald	Mental Performance	Session 2 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 - 1:00PM	Lunch Break – Lunch provided – Unopposed Hours in hall 11:30-1:00			M Pavilion
1:00PM-2:20PM 80 min	Charge Your Brain! How to Specify Your Training	Steve Glamcevski, CSCS	Program Design	Session 1 Milan 1,2,3,6
	The Scientific Validation Process for Law Enforcement Fitness Testing Standards and Implementation	John Combs, MA, CSCS	Testing/Assessment	Session 2 Molise 1-4
	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	Session 1 Milan 1,2,3,6
	Sport Science in Tactical Training	Eliran Mizelman, MSc	Energy Systems	Session 2 Molise 1-4
	The Rookie: The Reality of Training Today's Police Recruits from Recruitment to Real World Policing	Jeremy Potter, CSCS	Program Design	Session 3 Modena

**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 from Sessions 1-3 and Hands-On

	Run With CLASS: Gait Retraining for Musculoskeletal Injury One Step at a Time	Kelly Leugers, DPT, PT, TSAC-F	Hands-On/IP/RD	Milan 7-8
3:30PM-4:20PM	Values Based Decision Making for Creating and Sustaining High Performance Teams	Brent Moore, CSCS, TSAC-F, RSCC	Testing/Assessment	Session 1 Milan 1,2,3,6
	The Fat of the Matter: Body Composition in Special Warfare Candidates	Kimberly Feeney, MS, RD, CSCS	Nutrition	Session 2 Molise 1-4
	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
	Sport Science in Tactical Training	Eliran Mizelman, MSc	CHALK TALK	Marche
4:30PM-5:20PM	Data: Where Does it Lie?	James Smuda, CSCS & Rob Hartman, MAEd, CSCS	Administration	Session 1 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	Session 2 Molise 1-4
	How to Implement Micro-dosed Programming for TSAC Facilitators	Ian Bonder, MS, CSCS,*D & Andrew Shim, EdD, CSCS,*D	Program Design	Milan 7-8
	Give LEO Injuries Arrest: Movement Prep for Dynamic Police Work	Tex McQuilkin, MS, CSCS & Ofc Cali Hinzman, TSAC-F	CHALK TALK	Marche
5:30PM-7:00PM	EXHIBITOR RECEPTION (unopposed) All Attendees & Exhibitors Welcome			

**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 from Sessions 1-3 and Hands-On

Thursday, August 24				
Time	Title	Speaker	Track	Room
7:00AM-7:50AM	Tactical Strength & Conditioning Professional Development Group (PDG) 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 Strength Coach in the Fire Service	Vanessa Frost-Piedrahita, MSED, CSCS*D, RSCC	Testing/Assessment	Session 1 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	Session 2 Molise 1-4
	Periodization for Aerobic Development in Tactical Athletes	Brian Leary	Program Design	Session 3 Modena
	How to Implement Micro-dosed Programming for TSAC Facilitators	Ian Bonder, MS, CSCS,*D & Andrew Shim, EdD, CSCS,*D	CHALK TALK	Marche
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	Session 1 Milan 1,2,3,6
	Effective Leadership Through the Lens of Positive Psychology and Tools to Effectively Change Policy Within Your Organization	Anthony Clinker & Nicholas Rhodes	Mental Performance	Session 2 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	Session 3 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

**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 from Sessions 1-3 and Hands-On

1:00PM-1:50PM	Holistic Health & Fitness (H2F): Culture Change in the US Army	Doug Briggs, PhD, CSCS,*D, RSCC*E	Administration	Session 1 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	Session 2 Molise 1-4
	Barbells and Combat: Improving Control Tactics through the Weight Room	Patrick Szpak, MA, CSCS,*D	Program Design	Session 3 Modena
	A Movement-Based Approach to Reducing Injuries <b>Sponsored by Perform Better</b>	Lee Burton, PhD, CSCS	HANDS-ON	Milan 7-8
	Periodization for Aerobic Development in Tactical Athletes	Brian Leary	CHALK TALK	Marche
2:00PM-2:50PM	Managing Your Measures: Reducing Data Paralysis by Analysis & Maximizing Monitoring Value	Joseph Denk, MS, CPSS, CSCS, RSCC*D	Technology	Session 1 Milan 1,2,3,6
	Strong as a Mother - Postnatal Return-to-Training	Kara Radzak, PhD, ATC	IP/RD	Session 2 Molise 1-4
	The Reality of Training Law Enforcement: Why it Matters	Tom Nagel, MS CSCS, TSAC-F	Program Design	Session 3 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	Session 1 Milan 1,2,3,6
	Stress on Stress: The Reality of the Job	Jim McDonald, CSCS, NSCA-CPT, TSAC-F	Program Design	Session 2 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	Session 3 Modena
	Drills for Running Technique	Victor Hall, CSCS	Hands-on	Milan 7-8
	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	CHALK TALK	Marche
4:00PM-4:50PM	Sleep, Caffeine, & Alcohol; Perception is Not Reality	Travis Harvey, PhD, CSCS	Mental Performance	Session 1 Milan 1,2,3,6
	How to Incorporate Human Physiology and Individual Data to Provide Pathways to Injury Prevention	Andy Anich, CSCS	IP/RD	Session 2 Molise 1-4

**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 from Sessions 1-3 and Hands-On

Friday, August 25				
Time	Title	Speaker	Track	Room
7:30AM-11:00AM	Registration Open			Milan 4-5
7:30AM-9:00AM	Light Breakfast (provided)			Milan 4-5
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	Session 1 Milan 1,2,3,6
	The Science of Sleep: Linking Sleep Hygiene to Tactical Performance	Guy Leahy, MEd, CSCS,*D	Mental Performance	Session 2 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 within a Battalion	Beth Bearden, CSCS, TSAC-F	Program Design	Session 1 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	Session 2 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	Session 1 Milan 1,2,3,6
	Redefine ROI-Prioritize Quality of Life	Annette Zapp, MA, CSCS,*D, TSAC-F,*D	Program Design	Session 2 Molise 1-4
	Training With Musculoskeletal Injury in Tactical Professionals	Jeffrey Paschall, CSCS	IP/RD	Session 3 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	Session 1 Milan 1,2,3,6
	Injury Risk Mitigation for Tactical Athletes: Mastering the Basics	CPT Jake Hathcock, TSAC-F	IP/RD	Session 2 Molise 1-4