

Saturday May 22, 2010

Registration starts at 7:00 am

** Please note changes**

	Lecture Hall 1	Lecture Hall 2
8:00 – 9:00 am	Tim Beltz – Developing a Strength Base	Matt Nichol – Training Energy Systems for Hockey
9:15-10:15 am	Amanda Kimbell – Building a National Champion	Larry Cahalin – Inspiratory Training for Hockey
10:30-12:30	Keynote Presentation Dr. Bill Sands Lecture Hall 2	Dr. Bill Sands – Recovery - Myths, Paradoxes, and Placebos
12:30-1:30	Lunch Provided	Lunch Provided
1:30-2:30 pm	Keith D’Ameilo – Assessing the Basketball Athlete	Frank Burggraff – Protecting the Stride
2:45-3:45	Charlie Weingroff – Lower Extremity Performance and WBV Training Methods	Skahan – The NHL Training Model
4:00-6:00 pm	Keynote Presentation Bill Hartman Lecture Hall 2	Bill Hartman – Corrective Exercise Strategies for High Level Athletes
6:00-8:00 pm	Reception	Location: TBA Reception

Sunday May 23, 2010

	Lecture Hall 1	Lecture Hall 2
8:30 – 9:30 am	Mike Curtis – A Systematic Approach to Movement Training for Basketball	Jack Blatherwick – Sources of Information
9:45-10:45 am	Alan DeGennaro – Injury Prevention and Sport Lecture Hall 2	Alan DeGennaro – Injury Prevention and Sport
11:00-1:00	Keynote Presentation Mike Boyle Lecture Hall 2	Mike Boyle – Death of the Squat
1:00pm	Closing Remarks	Closing Remarks
