

SPORTS PERFORMANCE
ENHANCEMENT
CONSORTIUM

Applying Scientific Principles and Methods Within Sport Training and Conditioning



NSCA Certification Commission
approved 1.6 CEUs for CSCS and
NSCA-CPT certified attending this event.

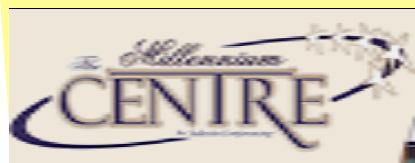
NATA approved 20 CEUs for attending
this event.

-All lunches and snacks throughout the
Coaches and Sports Sciences College
are included with registration.

Symposium Held at

Millennium Centre,

Johnson City, TN 37614



<http://www.centreatmillenniumpark.com>



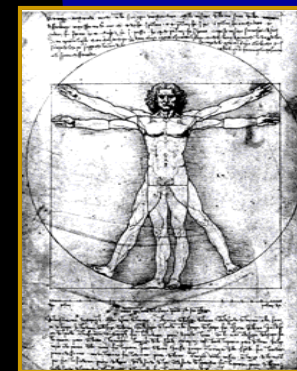
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ETSU-SPEC

Sports Performance
Enhancement
Consortium

SECOND ANNUAL
Coaches &
Sports Sciences
College

2007



December 13th - 15th

*Advancing Sport Through
Scientific Methods and
Principles*

Official Meeting of the
UKSCA and JATI

PROGRAM SCHEDULE

Thursday December 13th

4:30-5:00pm Registration
5:00-6:30pm *Strength Training-Past, Present, and Future*
-Dan Wathen
6:45-8:30pm Banquet

Friday December 14th

7:30-8:05am Registration and Complimentary Breakfast
8:05-8:15am Welcome
8:15-8:30am *The SPEC Program— What We Do and Why*
— Meg Stone
8:30-10:30am *Periodization A-Z— Are We Going Astray?*
-Dr. Greg Haff
10:45-11:45am *Measurement Techniques, Maximum Strength, Explosive Exercise, Unstable Training and a Few Other Things You Probably Have Not Thought About.*
- Dr. Jeff McBride
11:45-12:45pm Lunch (provided)
12:45-1:45pm *Measurement Techniques PART II* —Dr. Jeff McBride
1:45-3:00pm *Strength and Conditioning for Endurance Events*
- Dr. Mike Stone
3:00-4:15pm *Psychological Aspects of Coaching and Athlete Development* -Ian Jeffreys
4:15-5:15pm *Cardiovascular Aspects of Strength Training*
-Dr. Mike Ramsey

Saturday December 15th

7:15-7:45am Registration and Complimentary Breakfast
7:45-8:00am Welcome -Meg Stone
8:00-8:30am *What it Means to be a Coach* - Meg Stone
8:30-9:45am *Some Thoughts on Athlete Development*
-Clive Brewer
10:00-11:00am *Development of a High School Strength and Conditioning Program* -Dr. Larry Meadors
11:00-11:45am *Facility Development for High School, College, and Beyond* - Steve Plisk
11:45-12:45pm Lunch (provided)
12:45-2:00pm *LSU-S USA Weightlifting Development Center -Weightlifting and Beyond* -Dr. Kyle Pierce
2:00-3:00pm *Strength and Conditioning for Soccer*
-Hiroshi Hasegawa
3:15-4:15pm *American Football Strength and Conditioning – Observation on Periodization/Variation*
- Dr. Jay Hoffman
4:20-5:00pm Round Table

2007 KEYNOTE SPEAKERS

Dan Wathen: Head Athletic Trainer and Strength and Conditioning Coordinator at Youngstown State University

Meg Ritchie-Stone: Two-Time Olympian and Distinguished Strength and Conditioning Coach, Founder of SPEC

Dr. Greg Haff: Assistant Professor in Exercise Physiology at West Virginia University School of Medicine

Dr. Jeff McBride: Associate Professor in Biomechanics for Appalachian State University, Boone, NC

Dr. Mike Stone: Director of the Exercise and Sport Sciences Laboratory, ETSU. Previous Head of Physiology for the USOC

Ian Jeffreys: Performance Director of All-Pro Performance, Wales, UK. On the board of directors of the UKSCA

Dr. Mike Ramsey: Assistant Professor for East Tennessee State University, Emphasis in Cardiovascular Physiology

Clive Brewer: National Lead for Athlete Development at Sport Scotland, BASES accredited Sports Scientist

Dr. Larry Meadors: High School Strength and Conditioning Program Consultant

Steve Plisk: Director of Excelsior Sports, Former Sports Performance Director with Velocity Sports Performance. Steve also has over 15 years as a collegiate S & C coach

Dr. Kyle Pierce: Director and Coach of the USA Weightlifting Development Center, LSU Shreveport

Hiroshi Hasegawa: Former VP of NSCA Japan, established Japan Association of Training Instructors, a non-profit organization, Performance director of Max Performance Development, Conditioning advisor of the Japanese Soccer League Professional Football Club.

Dr. Jay Hoffman: Chair, Department of Health and Exercise Science at The College of New Jersey

JOHNSON CITY, TN INFORMATION

BY AIR: Tri-Cities Airport serves the local region. Carriers are Delta, Northwest, and USAir. Larger

Airports: McGhee Tyson Airport (Knoxville, TN, 2-hour drive) and Asheville Regional Airport (Asheville, NC, 1-hour drive).

BY CAR: Coming from the North, South, and West use I-81 to I-26. From the East, take I-26 from Asheville. Take exit 31 onto University Parkway and follow the signs to campus.

NEARBY HOTELS:

Carnegie Hotel: <http://www.carnegiehotel.com/Home.htm>

Phone: (423)-979-6400 (Mention SPEC Coaches College)

Sleep Inn: Phone: (423)-915-0081

Hampton Inn: Phone: (423)-929-8000

For other area information and list of hotels, please email Jenna Kraska: zjmk20@goldmail.etsu.edu

REGISTRATION

\$135 Per Person Before December 1st*

\$60 Per Student Before December 1st*

*After Dec. 1st, there will be an additional \$20 charge for registration.

NAME _____

PHONE NUMBER:(_____) _____

ADDRESS: _____

CITY: _____ STATE: _____

ZIP CODE: _____ COUNTRY: _____

EMAIL: _____

AFFILIATION: _____

COACHING LEVEL: _____ High School _____ Collegiate

_____ National _____ International

SPORT(S): _____

DISCLAIMER: "Hands-On" Sessions will involve physical activity pertaining to that session's topic as specified by the schedule. Participation is fully voluntary and one is required to know and abide by his/her own physical limitations.

For More Information Contact: Meg Stone at (423) 439-8479 or (423) 737-3901 or e-mail at stoneme@etsu.edu

TBR#: 170-031-07.SM