



2014 UW-La Crosse Athletics: High Performance Symposium

The University of Wisconsin – La Crosse Sports Performance Department in conjunction with the UW – L High Performance Team is extremely excited to offer the 1st Annual UW – La Crosse High Performance Symposium. UW – L has a rich tradition of athletic success with an astonishing 63 national titles and 373 conference championships. Academically, UW – L boasts an internationally recognized Exercise and Sports Science department with some of the top researchers in the fields of strength and conditioning, hormonal responses to training, and sports performance nutrition. The list of distinguished speakers includes faculty members from the university, UW – L sports performance staff members and UW – L alumni that are currently working as strength and conditioning professionals and physical therapists in the field.

Date: Saturday, December 20th 2014

Time: 8:00am – 3:30pm

Cost: General Admission \$75.00
 Student Admission \$50.00
 General Admission with USAW Course Discount \$37.50 (with discount code)
 Student Admission with USAW Course Discount \$25.00 (with discount code)
 *Please contact Kevin Schultz to get your discount code

Online Registration: <http://sportsperformance.uwlcamps.com>

Questions Please Contact:

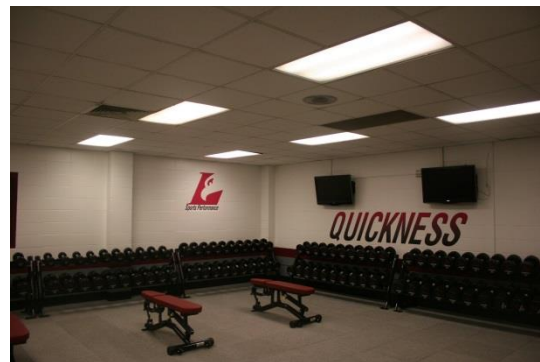
Kevin Schultz
 Director of Sports Performance
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NSCA CEU
APPROVED


0.6 CEUs


Speaker Schedule:

Time	Topic 1	Presenter	Location	Topic 2	Presenter	Location
7:30am - 8:00am	Registration and Check In: Hall of Nations - Centennial Hall [Pre Symposium Snack Sponsored by Muscle Milk]					
8:00am - 9:00am	Development of Young Female Collegiate Athletes	Trevor Hutson	Centennial 1400	Assessment of and Corrective Exercise for Athletes	Erik Meyer	Centennial 1309
9:00am - 10:00am	Sport Specificity and Exercise Classification System	Nic Higgins	Centennial 1400	Salivary Hormone Monitoring in Collegiate Basketball Players	Matt Andre	Centennial 1309
10:00am - 11:00am	The New Age Training- Training Age vs. Biological Age	Clare Kaufman	Centennial 1400	Pre-workout Supplementation for Strength Training	Andrew Jagim	Centennial 1309
11:00am - 12:00pm	Lunch: Hall of Nations - Centennial Hall					
12:00pm - 1:00pm	A Proactive Approach to Preventing Injury and Helping Athletes Move Better	Kasey Crawford	Centennial 1400	Monitoring the Physical Demands of Sport Practice	Glenn Wright	Centennial 1309
1:00pm - 2:00pm	Strength and Power Development for Track and Field Athletes	Phil Whitesitt	Centennial 1400	Nutritional Periodization and Supplementation	Kevin Schultz	Centennial 1309
2:00pm - 3:00pm	Player Development for Football at North Dakota State University	Jim Kramer	Centennial 1400	The Applied use of Social Psychological Theory in Strength and Conditioning	Alessandro Quartiroli	Centennial 1309
3:00pm - 3:30pm	Closing Remarks: Hall of Nations - Centennial Hall [Post Symposium Snack Sponsored by Organic Valley & Honey Stinger]					



Speaker Biographies:

 UW – L Alumni

 High Performance Team Member



Kevin Schultz MS, LMT, CSCS, RSCC, USAW, CISSN, CKTP, MFD  

Director of Sports Performance: University of Wisconsin – La Crosse

Director of High Performance Team and Symposium Coordinator

Kevin Schultz enters his fourth season as the director of sports performance for the UW-La Crosse intercollegiate athletic department and as an assistant football coach in 2014. Prior to coming to UW-L, Schultz served as the director of strength and conditioning at Carnegie Mellon University (Pa.). Schultz received his bachelor's degree in exercise and sport science teaching with concentrations in strength and conditioning and coaching competitive athletics from UW-L and his master's degree in exercise and sport science human performance with an emphasis in strength and conditioning also from UW-L in. Schultz received a Post-Masters Certificate in Rehabilitation Sciences with an emphasis in corrective exercises from California University of Pennsylvania. The following year Schultz received an Associates Certificate from the Community College of Allegheny County in massage therapy. In 2012 Schultz received a Post-Masters Certificate in Rehabilitation Sciences with an emphasis in sport psychology from California University of Pennsylvania. He holds the distinction as a registered Strength & Conditioning Coach® and Certified Strength and Conditioning Specialist by the National Strength Coaches Association, a Level 1 Certified Weightlifting Club Coach and Sports Performance Coach by USA Weightlifting, a Certified Corrective Exercise Specialist and Certified Performance Enhancement Specialist by the National Academy of Sports Medicine (NASM), a Certified Strength & Conditioning coach by the United States Cross Country and Track & Field (USTFCCCA), a Registered® USATF Level 1 Coach by USA Track & Field, a Certified Technical Coach by the USTFCCCA, a Certified Sports Nutritionist by the International Society of Sports Nutrition, a Certified Fitness Nutrition Specialist by NASM, a BioSignature® Level 1 Practitioner by the Poliquin Group, a Certified Kinesio® Taping Practitioner by Kinesio® Taping Association, is trained as an Upper Body Active Release Therapy Practitioner, is Certified as a Myofascial Decompression Practitioner, and is licensed by the state of Wisconsin as a massage therapist.



Matt Andre PhD, CSCS*D, USAW 

Assistant Professor of Exercise and Sports Science: University of Wisconsin – La Crosse

Dr. Andre earned his PhD in Exercise Physiology at the University of Kansas under the direction of Dr. Andrew C. Fry, and earned his M.S. in Exercise Science at George Mason University under the direction of Jason B. Winchester. Both mentors are experienced in conducting research studies involving using the T/C ratio to monitor athletic performance, and they both taught the presenter about this field of research. The presenter conducted several hormonal studies, including a dissertation project which monitored T/C for two highly-competitive NCAA DI basketball teams, weekly, throughout an entire season. Additionally, the presenter is currently co-investigating a similar project with NCAA DII women's basketball and applying for a grant to continue this research with NCAA DIII women's basketball.



Kasey Crawford MS, CSCS, USAW, CES 

Assistant Director of Sports Performance / Assistant Gymnastics Coach: University of Wisconsin – La Crosse

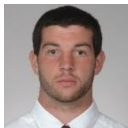
Kasey Crawford is in her third year as an assistant sports performance coach in UW-L's Sports Performance Center in 2014-15. Crawford begins her seventh season as an assistant coach for the UW-La Crosse gymnastics team in 2014-15. She was a four-year letter winner and two-year team captain with the Eagles. She was selected the 2013 National Collegiate Gymnastics Association (NCGA) North Central Region Assistant Coach of the Year and 2012 NCGA Assistant Coach of the Year. A member of three NCGA Championship teams, Crawford was a three-time All-Wisconsin Intercollegiate Athletic Conference (WIAC) selection and the WIAC Scholar-Athlete in 2008. She earned NCGA All-America honors in all-around (third in 2005), uneven parallel bars (third in 2005 and second in 2008), vault (third in 2005) and balance beam (second in 2008). Crawford has five years of experience as the head dance instructor and gymnastics coach at Lake Owen Camp as well as working as a Level 5-8 USAG gymnastics judge.



Clare Kaufman MS, CSCS, SCCC, USAW 

Assistant Strength & Conditioning Coach: Temple University

Clare Kaufman is in her second year at Temple University in Philadelphia working primarily with Field Hockey, Lacrosse, Cross Country and Tennis. Kaufman had spent the previous two years in various roles at the University of Tennessee, where she earned her master's degree in kinesiology in May, 2013. She served as a graduate assistant strength and conditioning coach with the men's and women's swimming and diving teams as well as the women's basketball team from 2012-13, and from 2011-12 she worked with the women's swimming and women's soccer teams. Prior to returning to Tennessee after having completed an internship there in the summer of 2010, Kaufman spent a year as an assistant strength and conditioning coach at the University of Hartford. She earned a bachelor's degree in exercise and sports science from Wisconsin-La Crosse in 2010, and also competed on the track & field team. Kaufman is certified by the National Strength and Conditioning Association, the Collegiate Strength and Conditioning Coaches Association and is a USAW- Level 1 Performance Coach.



Nic Higgins MS, CSCS, SCCC, USAW, PES, CES, NG 360 

Assistant Director of Sports Performance: DePaul University

Nic Higgins is in his first year of an assistant director of sports performance and works directly with men's and women's track and field, men's and women's cross country, women's soccer, and men's golf. Nic will also assist with men's and women's basketball. Higgins came to DePaul after spending his last two years at the University of Texas, where he implemented and designed for novice rowing, women's golf and assist with rowing, track and field and men's swim as well as football. Before arriving at the University of Texas, Nic Higgins worked as an intern at the University of Wisconsin-La Crosse assistant with all varsity sports as well as University of Minnesota under the Olympic strength and conditioning department. Higgins completed his undergraduate work at the University of Wisconsin-La Crosse with a degree in Exercise Science and earned his master's in Health Promotion in a concentration in Sports Performance and Injury Prevention from California of Pennsylvania in 2013. Higgins holds certifications in CSCS, SCCC, USAW Level 1 Sports Performance.



Trevor Hutson CSCS, SCCC

Assistant Director to Strength & Conditioning Coach: Gardner-Webb University

Trevor Hutson is in his second year at Gardner Webb University. He spent the first year as a Graduate Assistant in the Strength and Conditioning Department studying Exercise Science and Sports Pedagogy. He assisted with the Football team and wrote programs for Wrestling, Volleyball, Men's Soccer, and Men's Tennis. As he continued school into his second year he was promoted to Assistant Director of Strength and Conditioning. In addition to still working with Football, Wrestling, Volleyball, Men's Soccer, Men's Tennis he added Women's Lacrosse and the internship program for Strength and Conditioning. Prior to Gardner Webb he worked as an intern for 9 months with the South Carolina Gamecocks. At South Carolina, he worked with the Football Team, Men/Women's Track and Field and Men's Soccer Teams. Trevor graduated from the University of Wisconsin-La Crosse in May of 2013 with a Bachelor's Degree in Exercise Sports Science, a Nutrition minor and a Collegiate Coaching concentration. He also played for the UWL football team as a tight end for four years. Trevor has earned certifications through the NSCA earning his CSCS and also through the CSCCa earning his SCCC.



Andrew Jagim PhD, CSCS, CISSN

Assistant Professor of Exercise and Sports Science: University of Wisconsin – La Crosse

Dr. Jagim serves as an Assistant Professor in the Exercise & Sport Science Department at the University of Wisconsin - La Crosse. Dr. Jagim is also a certified strength and conditioning specialist through the National Strength and Conditioning Association as well as a Certified Sports Nutritionist through the International Society of Sports Nutrition. Dr. Jagim's line of research focuses on various exercise and nutritional interventions to improve performance and body composition.



Jim Kramer MS, CSCS, SCCC, USAW

Director of Athletic Performance: North Dakota State University

Jim Kramer is in his eleventh season as the director of athletic performance at North Dakota State University. The Bison have won three consecutive NCAA Division I Football Championship Subdivision (FCS) national titles, three Missouri Valley Football Conference championships and a Great West Football Conference title since his arrival. In 2013 Jim was selected by Samson Equipment and American Football Monthly as the Football Championship Subdivision (FCS) Strength and Conditioning Coach of the Year. Prior to North Dakota State University he was a Coordinator of Strength and Conditioning for the United States Olympic Committee. Prior to joining the USOC in July of 2002, Jim was the Head Strength and Conditioning Coach at the University of Northern Iowa. Here he was responsible for developing the institutions first Strength and Conditioning program, and played an integral part of an athletic department that achieved a top 25 ranking in the 2002 Athletic Directors Sears Cup competition. While at Northern Iowa Jim received the NSCA's National Strength and Conditioning Coach of the Year award in 1998-99. From 1992 to 1997 he served as Assistant Director of Player Development and Assistant Strength and Conditioning Coach at Georgia Tech. Jim received his Master's degree in Exercise Science from Appalachian State University in August of 1993 and his Bachelor's degree in Physical Education from the University of Wisconsin-La Crosse in 1989.



Erik Meyer DPT, MS, CSCS

Physical Therapist: Beaver Dam Community Hospital

The presenter is currently a physical therapist at Beaver Dam Community Hospital. In addition to patient responsibilities Mr. Meyer helped to create ACL post-surgical protocols and return to sport testing. He also performs running video analysis and does occasional athletic event coverage at local high schools in the Beaver Dam area. In previous work experience he has performed pre-participation physicals for middle and high school athletes. Mr. Meyer graduated with his Doctorate of Physical Therapy from Franklin Pierce University in Goodyear, AZ in 2012. While in physical therapy school Mr. Meyer had several clinicals including at Howard Head Sports Medicine which is a medical provider for the US Ski and Snowboard team. Prior to attending physical therapy school he earned his Master of Science in Human Performance from the University of Wisconsin-La Crosse in 2009. Mr. Meyer attained a Bachelor's degree in Health Fitness with a Minor in Coaching from Gustavus Adolphus College in 2006, where he played football for 3 years.



Alessandro Quartiroli PhD

Assistant Professor of Psychology: University of Wisconsin – La Crosse

Dr. Alessandro (Ale) Quartiroli originally came from Milan-Italy, Dr.Q lived in Madrid-Spain before moving to the wild and beautiful West Virginia. He completed his "Laurea" (5 year degree) in Psychology and a EU-executive master in Sport Mediation living between the two Mediterranean countries. He received his PhD in Sport and Exercise Psychology from West Virginia University, where he also received an MS in Athletic Coaching Education and a MA in Community Counseling. His research interests are focused on the professional and ethical issues related to the sport and exercise psychology profession (e.g., training, best and most effective practice), the psychology of physical activity and health behaviors, and the psycho-socio-cultural aspects related to sport and exercise participation.



Phil Whitesitt MS, CSCS, CES, USATF

Associate Director of Sports Performance / Associate Head Men's Track & Field Coach: University of Wisconsin – La Crosse

Phil Whitesitt begins his eighth year as a member of the UW-La Crosse men's track & field coaching staff in 2014-15. His responsibilities include coaching the throwing events, writing strength and conditioning programs, and assisting with administrative duties. Along with his coaching responsibilities, Whitesitt teaches physical education courses at UW-L and is associate director of sports performance for the Eagles' athletic department. Whitesitt was a member of the UW-L track and field team from 2001-2004 when the team won eight straight national championships. He was a four-time NCAA III All-America in the 35-pound weight throw and hammer. He earned his undergraduate degree in physical education from UW-L in 2005 and his master's degree in human performance with an emphasis in strength and conditioning in 2008.



Glenn Wright PhD, CSCS

Associate Professor of Exercise and Sports Science: University of Wisconsin – La Crosse

Glenn Wright has a PhD in Exercise Physiology and was a strength and conditioning coach for 9 years (assistant DI, head D3). He is presently the Director of the Graduate Program in Human Performance, a program for those interested in training or doing research with competitive athletes. His area of research interest is in the training, assessment, and monitoring of team sport athletes.