

## STRENGTH & CONDITIONING

*Weight Room or D023 unless otherwise noted*

### Tuesday, July 26

7:30 a.m. Registration & Exhibit Areas Open  
9:00 a.m. – 9:50 a.m. Adam Jantzi, Holdrege HS, NE: *Practical Application of VBT (Velocity Based Training)* – Weight Room  
10:05 a.m. – 10:30 a.m. **NCA Strength & Conditioning Sport Meeting:** *Development of NCA Advisory Committee* – D023  
10:45 a.m. – 11:35 a.m. **Welcome, Celebration of Life - Saundi Fugleberg**  
**Keynote:** Jimmy Page, Author, Speaker, Leadership Coach: *Heroic Coaching: Rediscover your Purpose, Passion, and Power to Win On and Off the Field* – Main Gym  
**Lunch on your own – Visit Exhibitors**  
11:35 a.m. – 1:15 p.m. Zack Follmer, A.T.C., Lexington HS, NE: *The Importance of Sleep* – D023  
1:15 p.m. – 2:05 p.m. Erin Sparrold, ES Nutrition: *Nutrition & Student-Athletes* - D023  
2:20 p.m. – 3:10 p.m. Ice Cream Social – Exhibitor Area  
3:10 p.m. – 3:45 p.m. NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* - Auditorium  
3:45 p.m. – 4:35 p.m.

### Wednesday, July 27

7:30 a.m. Registration & Exhibit Areas Open  
8:00 a.m. – 8:50 a.m. Doc Beeman, 3D Institute: *Parents as Assets* – Auditorium  
8:00 a.m. – 4:00 p.m. *Coaches Care Blood Drive* – West Side LNS  
9:00 a.m. – 9:50 a.m. David Martin, The Jason Foundation: *Suicide & Student-Athletes* – Auditorium  
10:05 a.m. – 10:50 a.m. **District Meetings & Major Raffle at Mtg.** (Elections of Board Members, Election of Advisory Committee Members, Q&A with NCA Board of Directors)  
11:05 a.m. – 11:55 a.m. Neha Raukar, MD, NFHS Sports Medicine: *Policies and Procedures to Reduce Injury and Death From Heat Stroke - Use of Wet Bulb Globe Thermometers* - Library  
11:55 a.m. – 1:15 p.m. **Lunch on Your Own & NCA Sports Advisory Lunch Mtg. at LNS**  
1:30 p.m. – 2:20 p.m. Matthew Peter, Stanton HS, NE: *Programming Athletic Training for Small Schools* – D023  
2:35 p.m. – 3:25 p.m. Jocelyn Suing, CSCS, Bennington HS, NE: *Integrating Speed into Your Classroom/Athletic Program* – Weight Room

### Thursday, July 28

7:30 a.m. Registration & Exhibit Areas Open  
9:00 a.m. – 9:50 a.m. Clete McCleod, University South Dakota: *Reflection of a Veteran S&C Coach* – Weight Room  
10:00 a.m. – 10:50 a.m. Clete McCleod, University South Dakota: *Hands On* - Weight Room  
11:05 a.m. Drawings – Main Gym