

STRENGTH & CONDITIONING

D023 unless otherwise noted

Tuesday, July 25

7:30 a.m. Registration & Exhibit Areas Open
7:30 a.m. – 3:45 p.m. NHSACA Silent Auction – LNS Exhibitor Area
9:00 a.m. – 9:50 a.m. Boo Schexnayder, Louisiana State University: *Applying a Sprint Coach's Philosophy to Strength and Conditioning*
10:05 a.m. – 10:30 a.m. **NCA Strength & Conditioning Meeting:** Advisory Committee Nominations/Selections
10:45 a.m. – 11:35 a.m. **Welcome & Keynote:** Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – Main Gym
11:35 a.m. – 1:15 p.m. **Lunch on your own – Food Trucks – LNS Parking East Parking Lot**
11:45 a.m. – 1:00 p.m. Nebraska State Performance Testing Championships – Main Gym
1:15 p.m. – 2:05 p.m. Boo Schexnayder, Louisiana State University: *Speed and Plyometric Program Design*
2:20 p.m. – 3:10 p.m. Boo Schexnayder, Louisiana State University: *Preseason Weight Training Program Design*
3:10 p.m. – 3:45 p.m. Ice Cream Social - *Presented by Nebraska State Education Association* – Exhibitor Area
3:45 p.m. – 4:35 p.m. NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* – Auditorium

Wednesday, July 26

7:00 a.m. *Running/Walking for Kindness - Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network* - LNS East Parking Lot
7:30 a.m. Registration & Exhibit Areas Open
7:30 a.m. – 3:45 p.m. NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – LNS Exhibitor Area
8:00 a.m. – 4:00 p.m. *Coaches Care Blood Drive* – West Side LNS
9:00 a.m. – 9:50 a.m. Boo Schexnayder, Louisiana State University: *In-Season Weight Training Program Design*
10:05 a.m. – 10:50 a.m. **NCA District Meetings & Raffles** (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
11:05 a.m. – 11:55 a.m. Boo Schexnayder, Louisiana State University: *Designing and Implementing Circuit Training*
11:55 a.m. – 1:15 p.m. **Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym**
1:30 p.m. – 2:20 p.m. Boo Schexnayder, Louisiana State University: *Simple Teaching Progressions for Key Lifts*
2:35 p.m. – 3:25 p.m. Boo Schexnayder, Louisiana State University: *ACL Rehabilitation and Return to Play Training*

Thursday, July 27

7:30 a.m. Registration & Exhibit Areas Open
9:00 a.m. – 9:50 a.m. Boo Schexnayder, Louisiana State University: *Handling Hamstrings – Prevention and Rehabilitation*
10:00 a.m. – 10:50 a.m. Boo Schexnayder, Louisiana State University: *Lesson Learned and Questions and Answers*
11:05 a.m. Drawings – Main Gym