

## STRENGTH & CONDITIONING

**D023 or LNS Weightroom unless otherwise noted**

### Tuesday, July 23

7:30 a.m. – 4:30 p.m.	Registration & Exhibit Areas Open
8:30 a.m. – 8:55 a.m.	<b>NCA Strength &amp; Conditioning Sport Meeting:</b> Advisory Committee Updates, Nominations/Selections Recognition
9:00 a.m. – 9:50 a.m.	Amber Burson, Lexington HS, NE – <i>Time -Efficient Strategies for Maximizing Effectiveness in the P.E./S&amp;C Classroom</i> – D023
10:00 a.m. – 10:50 a.m.	Amanda Thober, Shelton HS, NE – <i>Beyond the Lifts</i> – D023
11:00 a.m. – 11:45 a.m.	<b>Welcome &amp; Keynote:</b> Rhonda Revelle, University of Nebraska – <i>Embrace It All</i> – Main Gym
11:45 a.m. – 1:15 p.m.	<b>Lunch on your own</b>
12:00 p.m. – 1:15 p.m.	<b>Nebraska State Performance Testing Championships</b> – Main Gym
1:15 p.m. – 2:05 p.m.	<b>Beyond the X's &amp; O's</b> Chuck Hayes, J. Chad Professional Training – <i>Be In The Know - Youth Substance Abuse Trends</i> – Auditorium
	Rhonda Revelle, University of Nebraska – <i>Women Athletic Leadership</i> – Main Gym
	Amber Fahey, SHIFT – <i>WIN - What's Important Now - Awareness of Where You are "NOW" &amp; Where You Want to Be is Key to Progression, The Power of Setting "Clear" Short Term Progression Goals Throughout Your Season</i> – South Gym
2:20 p.m. – 4:30 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine &amp; Athletic Taping Walk-In Training</i> – Athletic Training Room
2:20 p.m. – 3:10 p.m.	Trent Clausen, Omaha Creighton Prep HS, NE – <i>A Comprehensive Approach to Developing Lower Body Power in the Weightroom</i> – LNS Weightroom
2:20 p.m. – 3:10 p.m.	Chuck Hayes, J. Chad Professional Training – <i>Be In The Know - Youth Substance Abuse Trends, Advanced Discussion and Q&amp;A</i> – Small Theater
3:10 p.m. – 3:30 p.m.	<b>Ice Cream Social</b> - Presented by Nebraska State Education Association – Exhibitor Area
3:30 p.m. – 4:20 p.m.	Sara Domier, Lincoln North Star HS – <i>Sprint/Speed Training for the High School Athlete</i> - LNS Weightroom
4:30 p.m. – 6:00 p.m.	In-Person CPR & AED Training – South Gym (Must register and complete the online training prior to clinic)

### Wednesday, July 24

7:00 a.m. – 2:30 p.m.	<b>Running/Walking for Kindness - Saundi Fugleberg Memorial 5K &amp; 1 Mile Fun Run/Walk</b> – Benefiting the Nebraska Food Bank Network - LNS East Parking Lot
7:00 a.m. – 8:15 a.m.	<b>Fellowship of Christian Athletes Breakfast</b> , Featured Speaker – Mark Armstrong, Former Athletic Director, Lincoln Southwest HS, NE – E117
7:30 a.m. – 2:30 p.m.	Registration & Exhibit Areas Open
8:00 a.m. – 2:00 p.m.	<b>Coaches Care Blood Drive</b> – West Side LNS
8:30 a.m. – 9:20 a.m.	Jon Pfeifer, University of Nebraska – <i>Complete Performance &amp; Conditioning for Wrestling</i> – D023
9:35 a.m. – 10:25 a.m.	Boyd Epley, University of Nebraska (Retired) – <i>Husker Power</i> – D023
10:40 a.m. – 11:10 a.m.	<b>NCA District Meetings &amp; Raffles</b> (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
11:20 a.m. – 12:10 p.m.	Dakota Coon, Wayne State College, NE – <i>Yearly Training Considerations for the Volleyball Athlete</i> – D023
11:55 a.m. – 1:15 p.m.	<b>Lunch on Your Own &amp; NCA Sports Advisory Lunch Meetings</b>
1:30 p.m. – 3:30 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine &amp; Athletic Taping Walk-In Training</i> – Athletic Training Room
1:30 p.m. – 2:20 p.m.	Alexis Jones, Bennington HS, NE – <i>Powerlifting Training for the Developmental Athlete</i> – LNS Weightroom
2:30 p.m. – 3:20 p.m.	Anna McVay, Mickle Middle School, Lincoln, NE & Natalie Essman, Irving Middle School, Lincoln, NE – <i>Strength &amp; Movement for the Middle School Athlete</i> – D023
3:30 p.m. – 3:45 p.m.	<b>Final Drawings</b> – Main Gym