



# CENTER of EXCELLENCE for SPORT SCIENCE and COACH EDUCATION

EAST TENNESSEE STATE UNIVERSITY

*11th Annual*

## Coaching and Sport Science College

December 9-10, 2016

### Schedule

#### Friday December 9, 2016 (Coach Education)

7:30-8:15am	Registration/Breakfast
8:15-8:30	Welcome/Introduction - Dr. Mike Ramsey
8:30-9:30	Sudden Death-What Should the Coach Know? - Meg Stone
9:30-9:45	Break – Posters
9:45-11:15	How Do We Achieve Athlete-Centered Coaching? - Linda Low
11:15-12:30pm	Controversies in Strength and Conditioning - Dr. Mike Stone
12:30-1:30	Lunch – Posters
1:30-2:00	Servant or Service (I): A brief history of how we got this way - Dr. Mike Stone
2:00-3:30	Servant or Service (II): Proposals for the future of sport science and strength and conditioning - Dr. Guy Hornsby/Dr. Ben Gleason
3:30-3:45	Break – Posters
3:45-4:45	Coach-friendly Data Analytic Technique - Dr. Kimi Sato
4:45-5:45	Roundtable Q&A
6:30-8:30	Banquet- Three Decades of Olympic Experiences - Amy Acuff Saturday December 10, 2016 (LTAD)

#### Saturday December 10, 2016 (LTAD)

7:30-8:15am	Registration/Breakfast
8:15-8:30	Welcome/Update - Dr. Mike Ramsey
8:30-9:30	Long-term Athlete Development, the Center's Approach - Dr. Andy Dotterweich
9:30-9:45	Break
9:45-11:00	Developing Athlete Mindset - Dr. Brad DeWeese
11:00-12:30pm	Building Young Athletes: Right from the start - Dr. Avery Faigenbaum ( <i>Not online</i> )
12:30-1:30	Lunch
1:30-2:30	Case Studies: Insights for long-term athlete monitoring - Dr. Caleb Bazzyler
2:30-4:00	Developing the Athlete: A movement skills perspective - Clive Brewer
4:00-4:30	Roundtable Q&A

### Registration

Online: [www.sportscienceed.com](http://www.sportscienceed.com)

Online Conference	\$375
Full conference	\$275
One Day Only	\$150
Student Rate Full Conference (ID)	\$150
Student Rate Per Day (ID)	\$85

\*Online Conference will provide 3 months of access to all speakers' presentations. The access via private code will be available following the week of conference.  
\*\*Fee is nonrefundable but may be applied to future events.  
\*\*\*A \$25 fee will be charged to those who register online after October 30, 2016, OR at the door.  
\*\*\*\*Groups of 5 or more are eligible for a discount rate of \$250 per person (only applicable for full conference). This can be arranged by calling (423) 439-8477.

CEUs: NSCA, CSCCa

### Conference Papers/Posters

The Center of Excellence for Sport Science and Coach Education (CESSCE) will be hosting posters. The subject matter must deal directly or indirectly with the enhancement of competitive athletes. Posters can focus on advances in coaching, coaching methods, biomechanical, psychological, physiological or sports medicine aspects. In order to submit a poster, authors will need to submit a 3-page summary paper which will be published on [www.sportscienceed.com](http://www.sportscienceed.com) following the review process and acceptance.

For more information about Coaches College papers/posters, including previously published papers and specific submission requirements, please visit [www.sportscienceed.com](http://www.sportscienceed.com).

#### Conference to be held at the Millennium Centre

2001 Millennium Place  
Johnson City, TN 37604  
[www.millctr.com](http://www.millctr.com)



#### Hotel Accommodations

Carnegie Hotel  
1216 W. State of Franklin Road  
Johnson City, TN 37604  
423.979.6400  
[info@carnegiehotel.com](mailto:info@carnegiehotel.com)





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Visit [WWW.SPORTSCIENCEED.COM](http://WWW.SPORTSCIENCEED.COM) for speaker bios and more information

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## Speaker Bios

### Amy Acuff

Five-Time U.S. Olympian, Amy Acuff competed for the United States in the high jump on five Olympic teams, spanning 1996 to 2012, with a best finish of fourth place in Athens. She also competed in seven World Championship Finals. She likes to joke that her daughter Elsa was also a World Championship finalist in 2009. Now a mother of two, Amy founded a technology company aimed at improving training methodology using mobile software solutions.

### Dr. Caleb Bazylar

Dr. Bazylar recently received his PhD in sport physiology and performance at ETSU where he served as the head of strength and conditioning and sports science for Men's and Women's Tennis. He has worked in strength and conditioning for the last seven years and is a Certified Strength and Conditioning Specialist through the NSCA. He is now an assistant professor in the Department of Kinesiology, Sport and Recreation Management at East Tennessee State University. His research interests include tapering for strength-power and team sport athletes, maximal strength training, and athlete monitoring.

### Clive Brewer

Clive is a world recognized expert in high performance sports conditioning, athlete development and applied sports science, who has been working as the Assistant Director of High Performance for the Toronto Blue Jays since Feb 2016. Prior to this he has been the Head Strength & Conditioning Coach to Widnes Vikings Rugby League Club, and a consultant to a number of high performance organizations, including Manchester Utd, USA Football, IMG Academy, Wimbledon tennis championships and Sports Med Global Human Performance systems (and their clients). He has formerly held national lead roles as the Head of Human Performance (S&C, science and medicine) with the Rugby Football League and SportScotland's National program manager for Athlete Development. Clive is accredited by the UKSCA, the NSCA, and the British Association of Sport & Exercise Sciences (BASES) as a support scientist, as well as being a chartered scientist with the science council. In 2015 he was awarded a Fellowship with the UKSCA in recognition for his services to strength and conditioning in the UK. His latest book on developing athletic movement skills is due for publication with Human Kinetics in the spring of 2017, & he is regularly in demand to present his work at a number of International conferences.

### Dr. Brad DeWeese

Dr. Brad H. DeWeese is recognized as one of the most decorated coaches in the United States and within international elite sport as he has directed athletes to 7 World Championship titles in 3 different sports, while also collecting a combined 20 Olympic and World Championship medals, alongside 92 medals resulting from World Cup and Pan-American competitions. He is currently serving as a faculty member in the Department of Kinesiology, Sport and Recreation Management at ETSU where he also works as the Head Speed, Strength, & Performance coach at the ETSU U.S. Olympic Training Site for the sports of bobsled, skeleton, canoe/kayak, and individual athletes competing in luge, and track & field. Prior to ETSU, Brad served as the Head of Sport Physiology for the United States Olympic Committee's Winter Division based out of the Olympic Training Center in Lake Placid, NY. Brad is one of the few coach-scientists in any sport to produce both medals and objective data/ scientific findings of the training process. As such, he has authored several articles and chapters on speed development, periodization, and optimal training methods leading to elite performance. Dr. DeWeese obtained his Bachelor's and Master's degrees from Western Carolina University, and his doctorate from North Carolina State University. He is a Certified Strength & Conditioning Specialist with Distinction through the NSCA, certified USATF Level 2 coach in sprints, hurdles, & relays; USATF Certified Instructor; USAW Sport Performance coach; and an ISAK Level 1 Anthropometrist.

### Dr. Andy Dotterweich

Dr. Dotterweich is an Associate Professor within the Sport, Exercise, Recreation and Kinesiology Department at East Tennessee State University. His interests lie in long-term athlete development (LTAD) and community sport development. Currently, he is heading up the LTAD program efforts of the Center of Excellence in Sport Science and Coach Education. In addition to his academic work, Dr. Dotterweich is a USA Rugby certified coach and has 19 years of experience within the sport.

### Dr. Avery Faigenbaum

Dr. Avery Faigenbaum is a Full Professor in the Department of Health and Exercise Science at The College of New Jersey. His research interests focus on pediatric exercise science, physical education, and preventive medicine. As an active researcher and practitioner, he has co-authored over 200 peer-reviewed publications, 40 book chapters and nine books including the *ACE Youth Fitness Manual*, *Youth Strength Training*, and *Progressive Plyometrics for Kids*. Further sharing his research and findings, Dr. Faigenbaum has been an invited speaker on subjects related to youth resistance training and long term athletic development at more than 300 regional, national and international conferences. Dr Faigenbaum is a Fellow of the American College of Sports Medicine and of the National Strength and Conditioning Association.

### Dr. Ben Gleason

Ben Gleason is the assistant professor of exercise science at Northwestern State University of Louisiana. He has worked in multiple human performance and testing roles with the military and in collegiate and high school strength and conditioning, as well as high school football coaching. He has authored peer-reviewed articles on game play analysis and performance enhancement for American football athletes, along with enhancing running performance for military populations. Dr. Gleason has presented at multiple state and regional events on performance enhancement and monitoring practices. His athletic history includes division-1 collegiate football (Memphis) and club rugby in Australia.

### Dr. Guy Hornsby

Dr. Hornsby, a graduate of the ETSU Sport Physiology PhD program, is a Teaching Assistant Professor in Athletic Coaching Education (emphasis in Kinesiology) in the College of Physical Activity and Sport Sciences at West Virginia University. He is also the Head Coach of West Virginia Weightlifting, the largest weightlifting club in the state of West Virginia. Prior to joining the faculty at WVU he worked as a Strength and Conditioning Coach with 160th SOAR(A) (Fort Campbell, KY) and has held faculty positions at Virginia Commonwealth University, College of Charleston, and Glenville State College. Dr. Hornsby has published several peer-reviewed papers on periodization and athlete monitoring, as well as presented on these topics at both the National NSCA Annual Meeting (2015) and at the National NSCA Coaches Conference (2014). Additionally, he has authored a book chapter titled "Strength and Conditioning Coaching" for the textbook *Fundamentals of Kinesiology*. Dr. Hornsby is an active member of USA Weightlifting, serving as the West Virginia Local Weightlifting Committee (LWC) President, a member of the USAW LWC Presidents Advisory Committee, and last year with the help of USAW joined researchers from ETSU to collect kinematic data at the 2015 IWF World Weightlifting Championships in Houston, TX.

### **Linda Low**

Linda has been at the forefront of coach education in the UK for a number of years, and is recognized as a pioneer in the field-based training of a coach education workforce across a number of sports. This resulted in Linda being awarded the prestigious award of UK Coach Developer of the Year in 2014. Linda's experience has been developed through a number of roles including National coach education program manager for SportScotland (the national body for sport) and the National coaching program manager for the Rugby Football League prior to becoming a consultant working internationally. A former Scottish International track & field competitor, her passion for the sport has also seen Linda lead the UK Athletics National Trainer Program for coach education for a number of years. Linda was part of the technical advisory group that led the design and development of the UK Coaching Framework, which changed the face of competency-based coaching qualifications across the UK from 2002 and on, and she delivers on international leadership development programs for coaches and women in sport.

### **Dr. Kimi Sato**

Dr. Kimitake (Kimi) Sato is entering his seventh year as a faculty member in the Department of Kinesiology, Sport and Recreation Management at ETSU. He is responsible for men and women's golf and supervises students who work with softball. Dr. Sato's research interests include sports product testing for performance enhancement and injury prevention purposes. Dr. Sato is an active member of NSCA, ISBS, and USAW, serving as a board member of ISBS (2013-present), and chaired the organizing committee for the 2014 ISBS conference.

### **Meg Stone**

Meg Stone is a two time Olympian competing in the discus for Great Britain and she was a gold medal winner in the 1982 Commonwealth Games. Meg competed in track and field for the University of Arizona and still holds the NCAA shot and discus collegiate record. Meg took the position of Head Strength and Conditioning Coach at the University of Arizona in 1984, the first woman to hold such a position. She moved into the same position at Texas Tech in 1994. Meg returned to Track and Field in 1996 as the Associate Head Track and Field Coach at Appalachian State University. In 1999 she returned to her native Scotland to become the National Track and Field Coach, the first woman in Europe to hold a National coaching position. Meg has coached several international level athletes including 4 Olympians (throwers, jumpers and sprinters) in both the United States and Great Britain. While working in the university system she also coached many athletes later playing in the NBA, MLB and NFL. Meg has also worked extensively with road cyclist and paralympic groups through Carmichael Training Systems in Colorado Springs. Before moving to ETSU Meg was a Coaching Manager at the USOC in Colorado Springs. Currently, Meg serves as Director of the Center of Excellence for Sport Science and Coach Education at East Tennessee State University, which is a designated U.S. Olympic Training Site.

### **Dr. Mike Stone**

Dr. Mike Stone is world renowned in the area of strength and conditioning research. He has over 200 peer-reviewed publications and has contributed to and written numerous book chapters. Dr. Stone has been a researcher, a coach, and a consultant in the area of strength and conditioning, having coached several elite-level weightlifters and throwers. Dr. Stone was the U.S. Weightlifting sport science representative on the International Weightlifting Federation's Sport Science Committee. Formerly the Head of Physiology for the U.S. Olympic Committee and now the Lab Director and graduate coordinator at ETSU, Dr. Stone brings expertise in power development to the 2016 Coaches College.