

## Friday November 30, 2018

- 7:30-8:00am Registration/Breakfast  
8:00-8:15 Ballroom: Welcome/Introduction – Meg Stone, Dr. Mike Ramsey  
8:15-9:45 Ballroom: Tapering and Peaking for Optimal Performance in Team Sports, Dr. Iñigo Mujika  
9:45-10:00 Coffee/Tea, Snacks – Posters  
10:00-11:00 137A: A Fistful of LTAD: The Good, The Bad, and The Ugly...and the Outlaw Josey Wales, Dr. Joe Eisenmann  
137B: A Mentorship Program: Mentoring is a Brain to Pick, An Ear to Listen, and A Push in the Right Direction, Meg Stone  
11:00-11:10 Transition  
11:10-12:10pm 137A: The importance of Proper Sport Movement Skills in a LTAD Model: Overview and Teaching Movement Sequence, Dr. Larry Meadors  
137B: Training tactics toward Olympic qualification and competition: An overview of concepts and strategies utilized during the 2018 Quadrennial, Dr. Brad DeWeese  
12:10-1:30 Lunch – Posters  
1:30-3:00 Ballroom: Youth Resistance Training: Theory Applied, Dr. Kyle Pierce  
3:00-3:15 Coffee/Tea, Snacks – Posters  
3:15-4:15 137A: High School S&C in Monongalia County: A Grassroots LTAD Program, Dr. Guy Hornsby  
137B: Agility training: where are we heading?, Dr. Mark Chiang  
4:15-4:25 Transition  
4:25-5:25 Ballroom: Roundtable Q&A (tentative)  
6:30-8:30 Banquet Dinner: From hopeful to Olympian: a firsthand account of the physical development and preparation toward the 2018 Games, Chris Kinney, OLY

## Saturday December 1, 2018

- 7:30-8:00am Registration/Breakfast  
8:00-8:15 Ballroom: Welcome/Introduction – Meg Stone, Dr. Mike Ramsey  
8:15-9:45 Ballroom: Investing in Our Future...or, One Buc(caneer) at a Time, Dr. Andy Dotterweich  
9:45-10:00 Coffee/Tea, Snacks – Posters  
10:00-11:00 137A: Pathway to Performance, Clive Brewer  
137B: Simplicity is complicated - Monitoring basics, from fatigue management to performance, Dr. Jeremy Gentles, Christine Coniglio  
11:00-11:10 Transition  
11:10-12:10pm 137A: LTAD in Practice, TJ Buchanan  
137B: Monitoring Chronic Training Adaptation: A Case Study, Dr. John Wagle  
12:10-1:30 Lunch – Posters  
1:30-3:00 Ballroom: LTAD: Creating A Pathway To High Performance, James Baker  
3:00-3:15 Coffee/Tea, Snacks – Posters  
3:15-4:15 Ballroom: Training Programs and Periodization to Optimize Gains in Muscle Strength and Power, Dr. Mike Stone  
4:15-4:25 Transition  
4:25-5:25 Ballroom: Roundtable Q&A (tentative)



CENTER of EXCELLENCE  
for SPORT SCIENCE  
and COACH EDUCATION

EAST TENNESSEE STATE UNIVERSITY