



# CENTER of EXCELLENCE for SPORT SCIENCE and COACH EDUCATION

EAST TENNESSEE STATE UNIVERSITY

*10th Annual*

## Coaching and Sport Science College

December 11-12, 2015

### Schedule

#### Friday December 11, 2015

7:30-8:15am	Registration/Breakfast
8:15-8:30	Welcome/Introduction
8:30-9:30	History of Weightlifting
9:30-9:45	Break – Posters
9:45-11:00	Developing Weightlifting Youth
11:00-12:30pm	Practical Technique
12:30-1:30	Lunch – Posters
1:30-2:30	Starting a Weightlifting Club
2:30-3:30	Biomechanics (Part I)
3:30-3:45	Break—Posters
3:45-4:45	Biomechanics (Part II)
4:45-5:45	Roundtable
6:30-8:30	Banquet

#### Saturday December 12, 2015

7:30-8:15am	Registration/Breakfast
8:15-8:30	Welcome/Update
8:30-9:30	The Use of Olympic Lifts in Sport
9:30-9:45	Break
9:45-11:00	Why We Do What We Do
11:00-12:30pm	Technology in Weightlifting
12:30-1:30	Lunch
1:30-2:30	Weightlifting-Sprinting
2:30-3:30	Bilateral vs. Unilateral Training
3:30-4:30	Weightlifting Derivatives

### Registration

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

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

\*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 November 13, 2015, 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)



**IntegrationSports**



**Dan Wathen, Title: History of Weightlifting**

Dan Wathen is an athletic trainer for Mercy Health in Youngstown, OH. He is the athletic trainer emeritus at Youngtown State University where he served for 32 years. A former president of the National Strength & Conditioning Association, he received its Strength Coach of the Year honor in '89 and Lifetime Achievement Award in '96. He is a former competitive weightlifter and powerlifter, winning numerous titles in the '70s and '80s.

**Dr. Kyle Pierce, Title: Developing Weightlifting Youth**

Kyle Pierce is an associate professor of kinesiology and health science at Louisiana State University in Shreveport and director of the LSUS USA Weightlifting Development Center. Pierce is a former weightlifter, and his studies in kinesiology are most often applied to sports and athletic performance, especially in the sport of Olympic weightlifting.

**Dr. Satoshi Mizuguchi, Title: Practical Technique**

Dr. Satoshi Mizuguchi is an assistant professor in the Department of Exercise and Sport Science. He was the first to graduate from the ETSU doctoral program in Sport Physiology and Performance in 2012. He has been actively involved in strength and conditioning and sport science, and has worked with numerous collegiate sports. Presently he is the Head Weightlifting Coach for the Olympic Training Site, and this year he coached Megan Poole to a bronze medal in the 2014 Senior National Weightlifting Championships.

**Leo Totten, Title: Starting a Weightlifting Club**

Leo Totten is the founder and head coach of the East Coast Gold Weightlifting Team. Established in 1992, it is the largest and one of the most successful teams in the U.S., winning 15 national men's and women's team titles. Starting with only five members, it has grown to over 300 members with 13 satellite centers across the east coast and beyond. Leo is also President of Totten Training Systems, LLC, a company offering certifications, seminars and consulting in the field of Olympic lifting, strength and power development. With over 30 years experience as a teacher and coach, he has been a coach or team leader at two Olympic Games, three Pan-Ams, five World Championships and is a USAW 5 (Senior International) Coach.

**Dr. KangWei Ai, Title: Biomechanics, Part I & II**

Dr. Ai is a professor at the China Institute of Sport Science (CISS) in the Center of Competitive Sport Research. He has been involved in sport biomechanics, and has worked with numerous Chinese Olympic Teams, mainly with weightlifting for over 30 years. With Ai's assistance, several weightlifters became Olympic gold medalists. He is a recognized expert in the area of movement analysis in China, and is currently responsible for technique diagnosis in daily training using the newest real-time feedback system developed by Ai in 2013. Dr. Ai brings a wealth of experience working with elite-level weightlifters and coaches to the 2015 Coaches College.

**Clive Brewer, Title: The Use of Olympic Lifts in Sport**

Clive was responsible for stabilizing the strength and conditioning program for the Widnes Vikings Rugby League Club in England. Strength and Conditioning and Sport Science are two areas where Clive is recognized as an expert in program design and implementation. He is also the Strength and Conditioning Coordinator of the Wimbledon Tennis Championships. Clive is UKSCA accredited, NSCA accredited and a chartered scientist with the Science Council in the UK.

**Dr. Mike Stone, Title: Why We Do What We Do**

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 2015 Coaches College.

**Dr. Kimi Sato, Title: Technology in Weightlifting**

Dr. Kimitake (Kimi) Sato is entering his fifth year as a faculty member in the Department of Exercise and Sport Science at ETSU. He is responsible for men and women's golf and supervises students who work with softball. Dr. Sato's research interest including 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.

**Dr. Brad DeWeese, Title: Weightlifting-Sprinting**

Dr. Brad DeWeese is an assistant professor at ETSU in the Department of Exercise and Sport Science. Formerly the Head Strength and Conditioning Coach and Physiologist at the Olympic Training Center in Lake Placid, New York, Dr. DeWeese has prepared athletes such as Steve Holcomb and Lolo Jones for the 2014 Winter Olympics in Sochi. He is a recognized expert in the area of Speed Development and lectures frequently for USA Track and Field in its coaches education program.

**Chris Bellon, Title: Bilateral vs Unilateral Training**

Chris is a third-year doctoral student in the Sport Physiology and Performance program at ETSU. During his time at ETSU, Chris has served as a Strength & Conditioning Coach for the Women's Basketball and Track and Field teams (Sprinters). Currently, Chris is serving as an Associate Strength and Conditioning Coach for the Athletics Department at ETSU and is working toward the completion of his dissertation. His research interests include speed development tactics and implementation of bilateral versus unilateral strength training methods.

**Caleb Bazzyler, Title: Bilateral vs Unilateral Training**

Caleb Bazzyler is currently pursuing his PhD in sport physiology and performance at ETSU. He also serves 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 six years including as an intern at Florida State University.

**Dr. Tim Suchomel, Title: Weightlifting Derivatives**

Dr. Suchomel is an Assistant Professor in the Exercise Science Department at East Stroudsburg University. His primary research interests are optimal methods of training and monitoring performance in athletes. Prior to East Stroudsburg, he was the head student sport scientist for weightlifting at the Olympic Training Site at East Tennessee State University.



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