

2009

Over 400 years
of training, knowledge and experience

Midwest Sports Performance Conference

May 8-9, 2009

University of Kansas
Anderson Family Strength & Conditioning Center



Conference Co-Directors

Andrew C. Fry, Ph.D., CSCS
Chair, Dept. of Health, Sport and Exercise Sciences
The University of Kansas
785-864-0784 (office) • Email: acfry@ku.edu

Andrea Hudy
University of Kansas Athletics
Asst. Athletic Director/Sports Performance
(785) 864-7127 (office) • Email: ahudy@ku.edu



1.3 CEU's

SCHEDULE 2009 Midwest

F R I D A Y , M A Y 8

8:45 AM	Opening Remarks	Andrea Hudy
TRACK 1		P R E S E N T E R
9:00-10:30 AM	Physiology of Resistance Training: Implications for Practice	William Kraemer, Ph.D.
10:30-10:45 AM	Break	
10:45-11:30 AM	Optimizing Sprint Speed Through Training	Steven Plisk
11:30-11:45 AM	Break	
11:45-12:30 PM	From the Lab to the Court, How an Exercise Physiologist Can Help the Coach	Philip Gallagher, Ph.D.
12:30-1:30 PM	Lunch	
1:30-2:15 PM	Basic Programming for High School Sports	Mike Nitka
2:15-2:30 PM	Break	
2:30-3:15 PM	BCS Bowl Competition Series: Competitions for the Off-Season	Jerry Martin
3:15-3:30 PM	Break	
3:30-5:00 PM	Overtraining in the Weight Room—How Does it Affect Performance?	Andrew Fry, Ph.D
5:00-7:00 PM	Open Workouts (Anderson)	
TRACK 2		
10:00-10:30 AM	KU Off-Season Football Program	Chris Dawson
10:30-11:00 AM	Break	
11:00-11:30 AM	Competitive Drills	Jerry Martin
11:30-12:00 PM	Break	
12:00-12:30 PM	Speed and Agility Training	Steven Plisk
12:30-1:30 PM	Lunch	
1:30-2:15 PM	Technical Aspects of Sprint Training	KU Track Coach
2:15-2:30 PM	Break	
2:30-3:15 PM	Technical Aspects of Olympic Lifting	Whitney Rodden
3:15-4:00 PM	Break	
4:00-5:00 PM	Prehabilitation for Throwing and Rotational Sports	Darric Honnold
5:00-7:00 PM	Open Workouts (Anderson)	

Conference Hotel

SpringHill Suites of Lawrence
One Riverfront Plaza
Lawrence, KS 66044
Phone: 1-785-841-2700
Special Conference room rate \$109(+ tax)*

(May 8-9 hotel room availability in the city of Lawrence is extremely limited)
Travel concerns contact Darric at dhonnold@ku.edu.

Maps and directions to Lawrence and KU campus:
<http://www.ku.edu/visit/maps.shtml>

*All reservations must be made before April 10, 2009, or before the 2009 Midwest Sports Performance Conference room block is sold out!!!

Sports Performance Conference

S A T U R D A Y , M A Y 9

TRACK 1		
8:00-9:45 AM	How Humans Adapt to a Carbohydrate Restricted Diet	Dr. Mary Vernon, Jeff Volek, Ph.D Dr. Steve Phinney, Ph.D
9:45-10:00 AM	Break	
10:00-11:00 AM	Functional Total Body Integrated Movement	Doug Edwards
11:00-11:15 AM	Break	
11:15-12:00 PM	Application of Olympic Lifts in Team Training Environments	Jeff Reinardy
12:15-1:15 PM	Lunch	
1:15-2:00 PM	Evidence Based Heart Rate Training	Marcelo Aller
2:00-2:15 PM	Break	
2:15-3:00 PM	UNC's Off-Season Football Program	Jeff Connors
3:00-3:15 PM	Break	
3:15-4:00 PM	Sport Science at the Canadian Sport Centre, Montreal	Perry Koziris, Ph.D.
4:00-4:15 PM	Break	
4:15-5:00 PM	Breakaways/Roundtables	
TRACK 2		
8:30-9:00 AM	Squat Workshop	Andrew Fry, Ph.D.
9:00-9:15 AM	Break	
9:15-9:45 AM	Football Programming	Chris Dawson
9:45-10:00 AM	Break	
10:00-10:45 AM	Basketball Programming	Andrea Hudy
10:45-11:30 AM	Break	
11:30-12:00 PM	Plyometric Progression	Molly McKinnon
12:00-1:30 PM	Lunch	
1:30-2:00 PM	Chain and Band Training in the Weight Room	Brady Holt
2:00-2:30 PM	Break	
2:30-3:00 PM	Tendos in the Weight Room	Jeff Connors
3:00-3:30 PM	Break	
3:30-5:00 PM	Weight room workouts Breakaways/Roundtables	

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Preparing an athlete to compete in any sport and at any level requires supervision and training from a team of sports medicine professionals. Best practice training methods, student wellness education and well designed programs for in-season and off-season preparation result in constant improvement at all skill levels. This two-day workshop offers a combination of theory and practice presented by many of college athletics most respected sports medicine professionals. Take advantage of the rare opportunity to hear and experience the latest methods from sports performance experts representing the nation's most successful athletic programs.

Lunch each day is included in registration fee.
You are invited to a casual social Friday, May 8,
from 7 to 9 PM at Biggs BBQ

If you are traveling by air, Kansas City International Airport is
approximately 45 minutes from the KU campus. Shuttle service
is available at the airport to all car rental companies.

Full Conference Registration

Early Conference Registration: \$225.00 • Late Conference Registration: \$250.00
Student Registration: \$100.00 (Student ID Required)

Conference Schedule

Friday, May 8: 7:30-8:45 AM—Registration & check-in
9:00-12:30 PM—Conference sessions
12:30 PM-1:30 PM—Lunch
1:30-5:00—Conference sessions
7:00-9:00 PM—Social @ Biggs BBQ

Saturday, May 9: 8:00-12:15 PM—Conference sessions
12:15-1:15 PM—Lunch
1:15-4:00 PM—Conference sessions
4:15-5:00 PM—Roundtable discussions & conference wrap-up

Registration 2009 Midwest Sports Performance Conference

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Full Conference Registration

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Student Registration: \$100.00 (Student ID Required)

*All reservations must be made before April 8, 2009, or before the
2009 Midwest Sports Performance Conference room block is sold out!

Name: _____

Address: _____ T-Shirt size: Small Medium Large XLarge XXLLarge

City: _____ State: _____ Zip: _____ Email: _____

METHOD OF PAYMENT

Mastercard VISA Discover AMEX

Card Number _____ Expiration _____

Signature _____

CHECK: Please make payable to Kansas Athletics and
mail with this form to:

Midwest Sports Performance Conference
Andrea Hudy, Asst. Athletics Director/Sports Performance
1651 Naismith Drive • Athletics Complex Exp, Lawrence, KS 66045-7538

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Conference Presenters

William J. Kraemer, Ph.D., Ph.D., CSCS, FNSCA, FACSM

Dr. William J. Kraemer is a full professor in the Department of Kinesiology in the Neag School of Education working in the Human Performance Laboratory at the University of Connecticut, Storrs, CT since 2001. He also holds an appointment as a full professor in the Department of Physiology and Neurobiology along with an appointment as a Professor of Medicine at the UCONN Health Center/School of Medicine.

Steve Plisk, MS, CSCS

Steve is the Proprietor & Director of Excelsior Sports, and has over two decades of experience in Sports Performance and Strength & Conditioning at the collegiate and olympic levels as well as in the private sector. He earned his BS in Exercise & Sport Science at SUNY Buffalo, and his MS in Kinesiology at the Univ. of Colorado. He is a prolific author and frequent presenter at professional conferences and symposia.

Philip Gallagher, Ph.D.

Phil received his Ph.D. in Human Bioenergetics from Ball State University in 2000, where he continued on for his post-doctoral training. Ball State had just received a grant from NASA to examine the effects of prolonged spaceflight on skeletal muscles. After four years of post-doctoral work he accepted a position at the University of Kansas and has assumed the role Director of the Applied Physiology Laboratory. Dr. Gallagher has over 20 peer-reviewed publications in international journals and 45 peer-reviewed abstracts published in international journals mainly focused on techniques to improve muscle mass and performance.

Mary Vernon, MD, FAAFP, CMD

Mary Vernon, MD, FAAFP, CMD, is board certified in bariatric and family medicine. She is in private practice in northeast Kansas, with office locations in Lawrence and the Kansas City metropolitan area. She currently serves as the Chair of the Board of the American Society of Bariatric Physicians. She has served as adjunct clinical faculty for the University of Kansas School of Medicine. Dr. Vernon has served as a medical bariatric consultant for The Duke Diet and Fitness Center and The University of Kansas Energy Balance Lab Weight Control Research Program as well as Atkins Nutritional, Inc and the Veronica Atkins Foundation.

Andrew C. Fry, Ph.D., CSCS

Andy Fry is currently the chair of the Dept. of Health, Sport & Exercise Sciences at the University of Kansas where he is also a professor in the exercise science program. He received his doctorate from Penn State University, and did post-doctoral training at Ohio University. He has been a member of the Board of Directors of the NSCA where he served a term as vice president. Additionally, he has chaired the Sport Science and Medicine committee for USA-Weightlifting. Early in his career, Andy owned and operated a fitness center, and since then he has assisted with the strength and conditioning programs at several universities and high schools, including the University of Connecticut, Penn State University, Ohio University, and the University of Memphis. Currently, his research interests include the muscle, endocrine and performance responses and adaptations to resistance exercise, as well as overtraining.

Doug Edwards, ATC/L

Doug is currently the Director of Sports Performance and Work Conditioning Coordinator at The Athletic & Rehabilitation Center in Kansas City. He has 17 years experience working with athletes in the areas of sports medicine, sports performance and physical therapy. Doug is known throughout the Kansas City area as one of the finest sports performance specialist in the area—having worked with athletes from high school through professional. Doug's unique education and experience allow him to combine his expertise in physiology and human performance in working with both injured and healthy individuals. After receiving his undergraduate degree from the University of Missouri—Columbia, Doug continued his education at the University of Nebraska—Lincoln while working with the Wrestling and 2-time National Champion Football programs.

Jeff S. Volek, Ph.D., R.D., F.A.C.N.

Dr. Jeff Volek is an associate professor and exercise and nutrition researcher at the University of Connecticut. He is a Registered Dietitian (R.D.) and holds a Ph.D. from Penn State University, where his major fields of study were exercise physiology and nutrition. Having published more than 170 peer-reviewed studies in the last decade, he is one of the most prolific exercise, diet, and supplement researchers in the world. He has performed some of the seminal scientific work on dietary supplements such as creatine, carnitine, and a variety of other ergogenic aids. He has particular interest in research looking at whey protein and manipulation of carbohydrate as a way to enhance body composition in response to resistance training. He is also a former powerlifter.

Jeff Reinardy, MS, CSCS

Jeff is in his 8th year at Winona State University as Director of Strength and Conditioning/Fitness responsible for 10 Division II teams. Previously he was the head strength and conditioning coach for Olympic sports at Iowa State University, an assistant at the University of Memphis, and an assistant at the US Olympic training center in Colorado. Reinardy was part of two men's basketball national championships, numerous conference championships, and several individual national champions at both the Division I and II levels. He also holds club coach and sports performance certifications through USA Weightlifting, and is the former ADFPA American Squat record holder of 555 pounds at 148 weight class and four Minnesota state ADFPA championships.

Mike Nitka, MS, CSCS, *D, FNSCA

Coach Mike Nitka has been a member of the NSCA since 1985. His NSCA volunteer service includes the Conference Committee, Chairman of the High School SIG, and Column Editor of the NSCA Journal's High School Column; he has been a member of three Strategic Planning Committees as well. As an instructor of Physical Education at Muskego High School in Muskego, WI for the past 31 years, he earned his Masters degree from the University of Wisconsin-LaCrosse and has earned the NSCA Fellow distinction.

Whitney Rodden, MS, CSCS, ATC, USAW, SCCC

Coach Rodden is the Head Strength and Conditioning Coach at MidAmerica Nazarene University in Olathe, Kansas. Whitney had served as the Assistant Strength and Conditioning Coach at Kansas University (2002-05). She is a highly successful competitive Olympic style weightlifter with remarkable technique. Coach Rodden has been a demonstrator and coach at state and national events. She is a member of the USA Weightlifting, National Strength & Conditioning Association, and National Athletic Trainer's Association.

Chris Dawson, MA, CSCS, NASE, USAW

Chris Dawson is in his 7th year as the Director of Strength & Conditioning at The University of Kansas. He works directly with the football team and was awarded the National Collegiate Strength and Conditioning Coach of the Year Award by the Professional Football Strength and Conditioning Coaches Society following the 2007 season. Prior to arriving at Kansas, he spent time at The University of Minnesota, the Dallas Cowboys, the Las Vegas Outlaws (of the XFL), and the University of Oklahoma.

Jeff Connors, MA, CSCS

Jeff is in his eighth year as the University of North Carolina's Strength and Conditioning Coordinator and his seventh as an assistant athletic director. While his primary focus is the football team's strength and conditioning, Jeff oversees the department's entire strength and conditioning program and also works specifically with the women's basketball team. Connors went to Carolina after spending 10 seasons as East Carolina's Director of Strength & Conditioning, and four years as the Head Strength and Conditioning Coach at Bucknell University. Jeff is a Master Strength & Conditioning Coach (Collegiate Strength & Conditioning Coaches association) and has been the featured speaker at several NSCA National Conferences. In 1996, he was the NSCA Regional Director of the Year and was nominated for the NSCA National Strength Coach of the Year in 1991. Connors was a competitive power lifter, winning four state titles, and has been ranked as high as fourth nationally. He also holds a Level I certification in Olympic-style weightlifting by U.S.A.-Weightlifting.

Perry Koziris, Ph.D., FNSCA, FACSM, CSCS* D, ACSM-CHFS, USAW-SPC

Dr. Lymperis "Perry" Koziris is currently the Exercise Physiologist for the Canadian Sport Centre – Montreal. He received his bachelors and masters degrees from McGill University in Montreal, where he served as the Strength & Conditioning Coach for the Canadian national champion McGill Football team. He then earned his doctorate in exercise physiology from Penn State University. After post-doctoral training in muscle physiology at the University of Illinois – Chicago, Perry was on the faculty at North Texas University for several years. He is currently on the Board of Directors for the National Strength and Conditioning Association, and has previously received the NSCA's prestigious Young Investigator award.

Steve Phinney, MD, Ph.D.

Steve Phinney is an independent medical scientist with more than 30 years experience in the design and performance of clinical studies relating to energy metabolism, obesity, essential fatty acids, and inflammation. For the last 6 years, Dr. Phinney has worked in the biotechnology start-up sector, serving as Vice President of R&D for Efficas, Inc., and as Vice President for Clinical Research at Galileo Laboratories. Prior to his transition into industry in 1998, Dr. Phinney worked in academia, most recently at the University of California at Davis where he held the rank of Professor of Medicine. He received a BS in Chemistry from Antioch College, the MD degree from Stanford University, and a PhD in Nutritional Biochemistry from MIT.

Andrea Hudy, MS, CSCS, USAW-1

Andrea Hudy, Assistant Athletics Director for Sport Performance, is in her fifth year at Kansas. Hudy directs the strength and conditioning activities for the men's and women's basketball teams and oversees the training of all other Olympic sports. Hudy came to Kansas after nine and a half years at the University of Connecticut, where she worked closely with the Huskies' national champion men's and women's basketball teams. Hudy was part of eight national championship teams while at Connecticut—two men's basketball, five women's basketball, and one men's soccer. In all, she has been a part of nine national championships which includes the 2008 Men's Basketball team at Kansas, including the seven Jayhawks drafted in the NBA. She has worked with 25 former student-athletes who went on to play in the NBA. Hudy earned her Bachelor of Science degree in kinesiology at Maryland and her Masters of Arts degree in Sport Biomechanics from Connecticut. She is a certified strength and conditioning specialist by the National Strength and Conditioning Association and a USAW Level I Coach. Additionally, Hudy is pursuing her national massage certification.

Brady Holt, MS, CSCS, USAW-SP

Brady Holt is entering his seventh year as a strength and conditioning coach. He began his career at the University of Texas, Austin, in the Spring of 2002 as a volunteer assistant working in the weight room with football, women's soccer, volleyball, tennis and men's track and field as well as all aspects of the off-season conditioning of baseball and men's golf. He began a strength and conditioning graduate assistantship at Utah State University in July, 2003, working with all 17 varsity sports including football, men's and women's basketball, softball, women's soccer, volleyball, gymnastics, men's and women's tennis, men's and women's track and field, and men's golf. He completed his Master's degree in Exercise Science May of 2005. In January, 2006, he began as Head Strength and Conditioning coach at the University of Evansville where he was single-handedly responsible for all aspects of training for all 14 varsity sports and over 250 athletes. Brady joined the KU strength staff in July of this year. He currently assists with men's and women's basketball and is the strength coach for rowing and women's golf.

Marcelo Aller, CSCS, ACSM, SPARQ

Marcelo Aller is the National Athletics Accountant Manager for Polar. He has completed comprehensive research comparing and contrasting the methods to developing the metabolic system and central nervous system. He travels the nation demonstrating cutting edge technology for heart rate training at numerous venues and events. Marcelo is certified with the NSCA, ACSM, and SPARQ.

Jerry Martin, MA, CSCS*D

Coach Jerry Martin is a Certified Strength and Conditioning Specialist with Distinction (CSCS*D) from the National Strength and Conditioning Association (NSCA). He received the National Strength Coach of the Year Award in 2004 by the NSCA. While at UCONN his program has been involved in 8 National Championships, 3 post season Bowl Championships and a bronze medal with USA Women's Field Hockey along with numerous Big East titles. He earned his Masters degree in Exercise Training and Testing.

Molly McKinnon, MS, CSCS, USAW-1

Molly is in her fourth year as an assistant strength and conditioning coach at the University of Kansas. She is in charge developing all aspects of strength and conditioning for Softball, Soccer, and Men's Golf. Molly has been observing lactate levels amongst her soccer athletes during pre-season, post-season, and at the conclusion of the competitive season along with using the team polar system to simulate post-season training to game day data. She was a collegiate athlete playing basketball while pursuing her undergraduate degree in exercise physiology at the University of New Mexico. Molly is certified with the NSCA, USAW-1 and got master's degree in exercise physiology and sports administration from the University of New Mexico.

Darric Honnold, MS, CSCS, USAW-1, PICP

Honnold is in his seventh season as assistant strength and conditioning coach at the University of Kansas and is currently responsible for the baseball, track and field, cross-country, and swimming and diving teams. Before arriving at Kansas, Darric was a graduate assistant at Winona (Minn.) State University from 2000-02 where he earned his master's degree in educational leadership and assisted in the creation and development of strength and conditioning program from the ground up. Honnold received his B.S. in exercise science from Iowa State University in 2000 where he served as a volunteer assistant strength coach for three years working with all of the Cyclones' Olympic sports. The Des Moines, Iowa, native also holds several certifications and memberships including the NSCA, USAW as a club coach level 1 and sports performance coach, and Poliquin International Certification Program.



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