



2016 National Conference



Mike Young PhD.
Athletic Lab



Tudor Bompa PhD.
Tudor Bompa
Institute



Carl Valle
InsideTracker



Michael Srock
James F. Byrnes HS



Brian Shrum
Duquesne Univ.



Todd Hamer
Robert Morris
University



Joshua Miller
The College of
William & Mary

May 13th & 14th, 2016

Hosted by: California University of Pennsylvania

For more information, please visit: www.naseinc.com

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■ The Conference Daily Schedule is also available by clicking [here](#).

■ Register for the May 13 and 14 Conference Online [here](#).

Conference Presenter Profiles

Mike Young is the founder & owner of Athletic Lab. Mike is the guiding force behind Athletic Lab's training philosophy & methodology. He oversees all training, instructor quality & staff education. A world-renowned expert in the field of speed development and conditioning for sport where he is recognized for his work in coaching the Olympic Lifts and creating specialized strength, speed and conditioning programs to help maximize the performance of any athlete. Mike has a BS in Exercise Physiology from Ohio University, an MSS in Coaching Science from Ohio University & a PhD in Biomechanics from LSU. Additionally, he has been recognized as a Certified Strength & Conditioning Specialist (CSCS) from the National Strength & Conditioning Association, a Level 3 coach by USA Track & Field, a Level 2 coach by USA Weightlifting & a CrossFit Level 1 coach. He is on the advisory board for the Korean Weightlifting Federation and has been featured in publications ranging from the New York Times to ESPN Insider.

Tudor Bompa is often regarded as the father of periodization theory, a training system developed by the Soviets that emphasised on variable loads for optimal performance throughout the year rather than maintaining a constant training focus. Bompa's training theory was a summary of periodization basics laid out by L.P. Matveev and others in his early (and unfortunately only) English published Theory and Methodology of Training. Bompa's understanding of periodization has been passed from the Eastern Bloc to the Americas in a bit incomplete and sometimes inaccurate interpretation. As a coach, Dr. Bompa trained 11 medalists in various Olympics (2 gold medals) and World championships in 2 sport disciplines: track and field and rowing. He was himself an Olympic rower, and he later revolutionized the training concepts in cross country skiing. Currently, Bompa is a Professor Emeritus at York University in Toronto.

Carl Valle has coached Track and Field at every level, from high school to the Olympic level in the sprints and hurdles. He has had the privilege of working with great athletes that have been All-American and school record holders. A technology professional, Coach Valle has expertise in performance data as well as an understanding for practical application of equipment and software. Carl is currently the director of innovation for InsideTracker, and focuses his time on testing elite athletes and using technology to help everyone on any level of human performance reach their goals.

Mike Srock is a graduate of St. Thomas University in Florida, Srock is a Certified Specialist for Speed (CSS) with the National Association of Speed and Explosion (NASE), and he also serves on the NASE National Board of Directors and the Certification Board. He is a Senior National Coach and a Sports Performance Coach with USA Weightlifting, a Bronze Level Coach with USA Wrestling, Srock a Certified Kettlebell Instructor with KettleBell Concepts, a Certified NIKE SPARQ Trainer and a Certified Tsunami Bar Coach.

Srock has been Region Director for the South Carolina High School Strength Coaches Association, 1999-2015. He has been the President of the South Carolina High School Strength Coaches Association 2008 - 2011. Srock has won numerous Coach of the Year titles including Strength Coach of the Year for the South Carolina Athletic Coaches Association (2007 and 2011), USA Weightlifting East Coach Gold Coach of the Year (2001), and USA Weightlifting East Coach Gold Satellite Center Coach of the Year (2000). He was named the 2009 Max Emfinger All-American Bowl strength and defensive line coach.

Todd Hamer is the head strength and conditioning coach at Robert Morris. Hamer is responsible for designing and implementing programs for each of RMU's 16 Division I intercollegiate sports. Named head strength and conditioning coach in May of 2007, Hamer came to RMU from George Mason University, where he served in the same capacity since 2004. At George Mason, Hamer was responsible for the women's basketball, women's lacrosse, baseball, women's soccer, softball and women's track and field teams. A graduate of Penn State with a Bachelor of Science degree, Hamer received a master's degree from Virginia Commonwealth University. Prior to George Mason, Hamer was the head strength and conditioning coach at Marist College from 2002 to 2004. He worked with each of the 23 intercollegiate programs for the Red Foxes and was also responsible for the day-to-day operations of the Marist College Fitness Center. Before taking the position at Marist, Hamer was an assistant strength & conditioning coach at The Citadel in Charlestown, South Carolina. In August of 2001, Hamer worked as a graduate assistant for Virginia Commonwealth University. At VCU, he worked with soccer, field hockey, track and field and volleyball in all aspects of strength and conditioning. He also assisted in the design of a new 5,500-square foot weight room at VCU.

A native of Moon Township, Pa., Hamer is a competitive powerlifter and competed in the International Powerlifting Association National Championships in 2002. He continues to compete and won the 2001 USAPL Virginia State Championship. In addition, he is a competitive member of the International Power Lifting Association. His best lifts are 545 pounds for squat, 425 pounds for bench and 540 pounds for deadlift. He is a regular presenter for the National Strength and Conditioning Association (NSCA).

Josh Miller is the assistant strength and conditioning coach at The College of William and Mary. He works with the Tribe's field hockey, lacrosse, men's and women's swimming, men's and women's tennis, track & field and cross country teams. Additionally, he serves as the first assistant to football. He possesses USA Weightlifting Level 1 Sports Performance Coach certification, while also owning NASM - Performance Enhancement Specialist and NASE - Speed and Explosion Specialist certifications. He is currently working towards his CSCCa – SCCC. During his time with the Tribe, he has helped W&M programs earn three CAA Championships, including the first men's swimming title in school history. Miller was a scholarship baseball player at California University of Pennsylvania, where he earned his bachelor's degree in sports management in 2010. He earned his master's degree in performance enhancement and injury prevention from California (Pa.) as well. While earning his master's degree, he worked as a graduate assistant strength and conditioning coach at California (Pa.) in 2011. Miller served as the head performance coach at Tidewater Physical Therapy in 2012 and 2013, while also serving as a graduate assistant strength and conditioning coach at W&M in 2013.

Brian Shrum who has been coaching in Western Pennsylvania since 1995, comes to the Bluff from California University of Pennsylvania where he was the assistant strength and conditioning coach the past two seasons. He also was a volunteer assistant coach at St. Vincent's University for the past two seasons. In addition to experience at the collegiate level, Shrum has served as assistant director of coaching and girl's ODP director at PA West Soccer Association and Olympic developmental coach at USYSA Region One. Additionally, Shrum led Southmoreland High School to a 107-43-8 record from 2001-09. The Scotties appeared in the WPIAL Playoffs seven times and qualified for the PIAA Championship once. Shrum graduated from California University of Pennsylvania in 2009 with a degree in sports management. He earned a master's degree from CalU the following year in exercise science with an emphasis in sports enhancement and injury prevention. In addition to holding a USSF "A" license from the US Soccer Federation and a National Youth License from the United States Youth Soccer Association, Shrum holds numerous exercise certifications: Performance Enhancement Specialist from National Academy of Sports Medicine, Certified Speed and Explosion Specialist from National Academy Speed and Explosion and Certified Strength and Conditioning Specialist from National Strength and Conditioning Association.



Conference Itinerary

Friday, May 13, 2016

4:00 PM to 5:00 PM	Registration
5:00 PM to 5:30 PM	Dinner
5:30 PM to 6:00 PM	Conference Greetings: George Dintiman, PhD. & Brian Oddi, PhD. Headline Speaker: Mike Young, PhD.
6:00 PM to 7:00 PM	Presentation: Neuromechanics & Physical Capabilities of Speed Location: Convocation Center Arena Floor
7:00 PM to 8:00 PM	Evening Wrap Up: George Dintiman, PhD. & Brian Oddi, PhD.

Saturday, May 14, 2016

7:30 AM to 8:00 AM	Continental Breakfast
8:00 AM to 9:00 AM	Speaker: Tudor Bompá, PhD. - Tudor Bompá Institute Presentation: The Role of Force in Speed & Agility
9:00 AM to 10:00 AM	Speaker: Carl Valle - InsideTracker Presentation: Practical Acceleration Solutions for Coaches
10:00 AM to 11:00 AM	Speaker: Todd Hamer - Robert Morris University Presentation: The Reality of Training Speed in Division I
11:00 AM to 12:00 AM	Speaker: Mike Srock - James F. Byrnes HS. Practical Workshop: Demonstration of Speed Drills & Techniques
12:00 AM to 1:00 PM	Lunch
1:00 PM to 2:00 PM	Speaker: Tudor Bompá, PhD. - Tudor Bompá Institute Presentation: The Relevancy of Devices and Training Equipment Pertaining to Their Respective Markets
2:00 PM to 3:00 PM	Speaker: Josh Miller - The College of William & Mary Presentation: Using Analytics to Guide Programming
3:00 PM to 4:00 PM	Speaker: Brian Shrum - Duquesne University Presentation: The External Stimuli for Improving Speed in Soccer
4:00 PM to 4:30 PM	Q&A Roundtable Session: Robert Sepesy & Phil Vitalbo - Cal Univ. of PA Topic: <i>TBD</i>
4:45 PM to 5:15 PM	Q&A Roundtable Session: Scott Howell - Tudor Bompá Institute Topic: <i>TBD</i>
5:30 PM to 6:00 PM	Conference Wrap Up: George Dintiman, PhD. & Brian Oddi, PhD