

Wednesday, May 22, 2019

11:00am - 12:00pm Opening Reception brought to you by HAMMER STRENGTH

12:00pm - 12:10pm Welcome and Introduction



12:15pm – 2:00pm

Todd Durkin



2:15pm – 3:00pm

University of Tennessee – Garrett Mendenwald



3:10pm - 3:55pm
STRENGTH

Villanova University – John Shackleton – Sponsored by HAMMER

4:00pm – 5:30pm Presenter Hands on Instruction and Demonstrations with Garrett Mendenwald, Rob Harris, and John Shackleton



University of Kentucky – Rob Harris

5:30- 6:30pm Roundtable Discussions

6:30pm – Social

Thursday, May 23, 2019

8:00am – 8:30 Coffee and Bagels



8:30am - 9:15am



Duane Carlisle



9:20am - 10:15am

Gonzaga University – Travis Knight – “Add More Brain to Your Weight Room Gains: Understanding neurological principles and designing more vision, proprioception, reaction, and coordination into your training program.”

1. Key neurological principles that drive adaptation in motor learning.
2. Understand how the role of perception and decision-making influence action.
3. Learn and practice progressive drills for skill acquisition in open activities.
4. Appreciate the value of novelty and stimulation for long term success.

10:00am - 11:55pm Presenter Hands on Instruction and Demonstrations with Duane Carlisle, Travis Knight, and Lorena Torres Ronda



San Antonio Spurs – Lorena Torres Ronda (if NBA schedule permits)
“Conditioning Specific Training of Basketball – Learn key scientific principles in conditioning for basketball players and then watch the practical applications of these principles.”