

CHATTANOOGA CHRISTIAN SCHOOL STRENGTH & CONDITIONING CLINIC SATURDAY, MAY 6, 2023



KEITH
BELTON



KATE
DECKER



JOEY
GUARASCIO



TOMMY
MOFFITT



ETHAN
REEVE



JOSH
STORMS

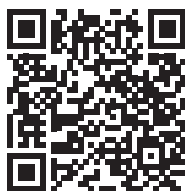


VIC
VILORIA

CLINIC INFORMATION:

Hosted by:
Tony Decker
Director of Sports Performance
Chattanooga Christian School
3354 Charger Drive
Chattanooga, TN 37409

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passion for the profession!

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AGENDA:

- 7:00 a.m. **Breakfast/Registration**
- 7:45 a.m. **Ethan Reeve & Tony Decker - Welcome & Introductions**
- 8:00 a.m. **Tommy Moffitt - What I Learned in 30+ Years of Coaching**
- 9:00 a.m. **Keith Belton - Holistic Approach to Training Athletes**
- 10:00 a.m. **Kate Decker - Enhancing Athleticism While Reducing Potential for Injury**
- 11:00 a.m. **Lunch** (Provider by Kiefer U.S.A.)
- 12:00 p.m. **Joey Guarascio - Reverse Engineering the Demands for Football**
- 1:00 p.m. **Josh Storms - The Florida State Way**
- 2:00 p.m. **Vic Viloría - Objective Based Training for Football**
- 3:00 p.m. **Q&A**

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CHATTANOOGA CHRISTIAN SCHOOL (CHATTANOOGA, TN) SATURDAY, MAY 6, 2023



HOST: TONY DECKER, DIRECTOR OF STRENGTH AND CONDITIONING, CHATTANOOGACHRISTIAN SCHOOL

Tony Decker is Director of Strength and Conditioning and host of clinic. He has been named College Strength Coach of the Year four times. He is also the director of education for Institute of Athletic Movement. He is the former director of strength and conditioning at University of Virginia, University of Delaware, Coastal Carolina University and Temple University.



KEITH BELTON, DIRECTOR OF FOOTBALL PERFORMANCE, UCLA

Keith Belton is the Director of Football Performance at UCLA. Belton has worked in both collegiate and private sports performance training environments, including OLLIN Athletics and Sports Medicine, the University of Kansas, the University of Southern California, and the University of Nevada Las Vegas. A former professional football player, Belton was with the Detroit Lions, the Chicago Bears, and the Denver Broncos. He holds certifications from The Collegiate Strength and Conditioning Coaches Association and was a winner of the association's prestigious John Stucky Award.



KATE DECKER, FOUNDER, INSTITUTE OF ATHLETIC MOVEMENT

Kate Decker is the Founder of the Institute of Athletic Movement, which provides educational workshops, remote and in-person sports performance coaching, life coaching, and back-to-play-from-injury programs. She holds numerous certifications, including the CSCS through the NSCA, ACE Total Golf Performance and Injury Prevention, Life Coach, Active Release Technique Provider, and LMT. Her unique perspective and experience with the body in motion has earned her contracts with the Philadelphia Eagles, Temple University, Football, University of North Carolina, Women's Basketball, Coastal Carolina University, Football, Covenant College, Men's and Women's Basketball, as well as USA Track and Field, Team USA and Olympians from 7 teams.



JOEY GUARASCIO, HEAD STRENGTH & CONDITIONING COACH, FLORIDA ATLANTIC UNIVERSITY

Joey Guarascio is head strength & conditioning coach at Florida Atlantic University. Previously, he served in the same capacity at Colorado State University. Before CSU, he was the associate head strength & condition coach at Ole Miss and the director of strength & conditioning at Northwestern State. A Level 1 Sports Performance Coach for USA Weightlifting, Guarascio also is a National Strength Coaches Association Certified Strength and Conditioning Specialist (CSCS) with the Registered Strength and Conditioning Coach (RSCC) distinction.



TOMMY MOFFITT, DIRECTOR OF STRENGTH & CONDITIONING, THE MOFFITT METHOD

Tommy Moffitt is the Director of Strength & Conditioning at The Moffitt Method. He began coaching at John Curtis Christian High School in River Ridge, LA, in 1988. While at John Curtis Christian High School, Tommy was the assistant football, track and field assistant coach, head wrestling and weightlifting coach, and full-time strength and conditioning coach. After six years, in 1994, he became an assistant strength coach for football and track and field at the University of Tennessee. Then, in 1998, he became the head strength and conditioning coach at the University of Miami. Finally, in 2000, Nick Saban hired Tommy as LSU's head strength and conditioning coach, where he remained until 2021.

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ETHAN REEVE, DIRECTOR OF STRENGTH AND ATHLETIC PERFORMANCE, MONDO

Ethan Reeve is Director of Strength and Athletic Performance at Mondo. Previously, he was director of athletic performance at the University of Tennessee at Chattanooga, director of sports performance at Wake Forest University, and director of strength and conditioning at Ohio University.



JOSH STORMS, DIRECTOR OF STRENGTH & CONDITIONING, FLORIDA STATE UNIVERSITY

Josh Storms is Director of Strength and Conditioning at Florida State University. Storms earned the Master Strength and Conditioning Coach distinction, the highest honor given in the strength and conditioning coaches profession, by the Collegiate Strength and Conditioning Coaches Association (CSCCa) in 2018. Certified through both the CSCCa and the National Strength and Conditioning Association, he was the football strength coach for the University of Memphis and on the sports performance staff at Arizona State.



VIC VILORIA, DIRECTOR OF ATHLETICS PERFORMANCE FOR FOOTBALL, BAYLOR UNIVERSITY

Vic Viloría serves as Director of Athletics Performance for football at Baylor University. A two-time National Champion and 19-year coaching veteran, Viloría previously served as Senior Associate Strength and Conditioning Coach at LSU. Before that, he was the Head Strength and Conditioning Coach at Florida State and SMU. Teams Viloría has worked with have achieved national championships, national rankings, ACC titles, winning records, bowl wins, undefeated seasons, and numerous program firsts.