

2022 | SOUTHEAST REGIONAL STRENGTH AND CONDITIONING CLINIC

SATURDAY, MAY

- **8:00am - 8:30am - Registration (Breakfast Provided)**
- **8:25am - 8:55am - Tony Decker**, Director of Strength & Conditioning, CCS
Welcome/Opening Remarks/Lessons From Hall of Fame Coaches
- **9:00am - 9:55am - Jay Melino**, Director of Tactical Performance, EXOS
Evolution of Mindset, From Mental Toughness to Mental Performance: From the NFL to the Military, Coach Melino will share exceptional ideas on preparing the athlete mentally to enhance athletic performance in practice, games and training.
- **10:00am - 10:55am - Darin Thomas**, Director of Strength & Conditioning, Muhlenberg College
Training the Neck for All Sports With Minimal Equipment: Coach Thomas will be drawing from experience from U of ND and U of Richmond to provide training options and techniques to keep the neck strong and minimize concussion risks.
- **11:00am - 11:55pm - Kyle Feldman**, Head Strength & Conditioning Coach, Father Ryan High School
Designing Your Program For Club/AAU/HS Athletes: Coach Feldman will discuss program principles and adjustments to accommodate schedule, travel and games for the HS athlete and their club sport to maximize the HS Strength Program.
- **12:00pm - 12:55pm - Lunch Provided**
- **1:00pm - 1:55pm - Steve Brindle**, Asst. Strength & Conditioning Coach, Milwaukee Bucks
Planning & Programming Plyometrics For Acceleration & Top End Speed: Coach Brindle will outline the details necessary to specifically program plyometric training for acceleration and top end speed from a research based perspective.
- **2:00pm - 2:55pm - Kate Decker**, Founder/Owner, Institute of Athletic Movement
Incorporating Speed Techniques in Warm-Ups and Weight Lifting Movements: Coach Kate Decker, will cover biomechanical positions and postural alignment to enhance speed and core strength to incorporate daily in your dynamic warm-up routines and lifting progressions.
- **3:00pm - 3:55pm - Ethan Reeve**, National Director of Strength & Conditioning Performance, Mondo USA
Kettlebell Training for Athletic Performance: Variety is key in effective program design. Coach Reeve will take us through kettlebell training options and techniques to incorporate in your programs for both strength/power and unilateral development.
- **4:00pm - 4:30pm - Darin Thomas**, Director of Strength & Conditioning, Muhlenberg College
Preparing Your Student-Athletes To Transition From High School To College: Coach Thomas will discuss the challenges and demands that HS students should be familiar with in preparation for college and beyond.
- **4:35pm - 4:55pm - Daniel Russell**, Athletic Director, Chattanooga Christian School
Closing remarks

HOSTED BY

