

# Event Schedule

## Thursday Pre Con

		<b>Room D180</b>
3:00 p.m.	Pre-Registration	
4:00 – 6:30 p.m.	<i>Speakers</i> Diamond Dallas Page Dr Lonnie Paulos Dr. Christiana Marron Rudy Reyes Bob Cicherillo Whitney Jones Heather Grace	<i>Blood Flow Restriction Workshop: Performance, Rehab, and Beyond.</i>  <u>Brought to you by Rock Cuff</u>
7:00 – 8:30 p.m.	<i>Franco Columbu Honorary Kick Off Speaker: Ronnie Coleman</i>	<i>Q &amp; A and Book Signing Session with the 8-Time Mr. Olympia</i>

### Friday Lecture

		<b>Room D180</b>
8:00 a.m.	Registration	
9:00 a.m.	<b>Round Table, Part 1</b> Rick Collins, Esq. Dr. George Touliatos William Llewellyn Moderator: Lacy Puttuck	<i>TRT, CBD, PEDs... And the Rest of the Alphabet in Athletic Performance</i>
10:30 a.m.	<b>Round Table, Part 2</b>	
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	William Llewellyn	<i>Link Between Certain Fats and Muscle Growth/Performance: New Studies Change Everything.</i>
2:00 p.m.	Rachel Lattner	<i>Women and HRT</i>
3:00 p.m.	Dr. Jordan Moon	<i>The Links Between Body Composition, Metabolism, and Fitness</i>
4:00 p.m.	Kyle Leyshon	<i>Max Muscle: Optimizing Training Variables to Maximize Hypertrophy</i>

### Friday Practical

<b>Friday</b>		<b>Room D182</b>
10:00 a.m.	Scott Mendelson	<i>Pre workout nutrition &amp; training protocols for accelerating muscle growth, body fat loss and improving performance</i>
11:00 a.m.	Dr. Michael Lane	<i>Partner Based Stretching for Performance</i>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Dr. Eric Serrano	<i>Corrective Exercise Methodologies</i>
3:00 p.m.	Dr. Kyle Paxton	<i>Utilizing The Nervous System to Improve Performance</i>
5:00 – 7:00 p.m.	Event Mixer	<i>Ice Cream Social</i>

### Saturday Lecture

		<b>Room D180</b>
9:00 a.m.	America Ninja Warrior Matt Scoletti	<i>Saturday Morning Energizer: Wake up and win!</i>
10:00 a.m.	Tom DeLong	<i>A Updated Approach for Biomechanical Analysis in Resistance Training Movements</i>
11:00 a.m.	Stay Safe Foundation	<i>Fitness for Recovery: A guide to physical and emotional recovery using community based fitness</i>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Chris Powell	<i>Considerations for Youth Athletic Performance Training</i>
2:00 p.m.	Dr. Jim Clark	<i>Physical Activity-Neuroplasticity Phenomenon</i>
3:00 p.m.	Dane Bartz	<i>Recovery Cycle: Pre-Training Protocol</i>

### Saturday Practical

		<b>Room D182</b>
9:00 a.m.	Leo Lozano	<i>Return to Play Considerations for Excelling Your Performance</i>
10:00 a.m.	Cynthia Miranda	<i>Functional Movement Screening for Rehabilitation</i>
11:00 a.m.	Justin Ochoa	<i>Neurological Before Mechanical: Revamping Your Warm-Up &amp; Training</i>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Dr. Tim Simansky	<i>Kinesiology Taping for Performance</i>
3:00 p.m.	Dr. Trevor Pfaendtner	<i>Training for Powerlifting Around Injuries</i>