

# Event Schedule

## Thursday Pre Con

		<b>Room D180</b>
4:00 – 6:00 p.m.	Rick Collins Dr. Hector Lopez Oliver Catlin Moderator: Lacy Puttuck	<i>“Gray” supplements discussion panel</i> Sponsored by Collins Gann McCloskey & Barry PLLC

### Friday Lecture

		<b>Room D180</b>
8:00 a.m.	Franco Columbu	Kick-off Speaker: <i>Being Mr. Olympia</i>
9:00 a.m.	Marvin Washington	<i>Prescription Meds for Injury Management: Is there an alternative?</i>
10:00 a.m.	Bill Kraemer	<i>Recovery Methods</i>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Capt. Lloyd Briggery (U.S. Army, Ret.) Sgt. Brendan Ferreira (U.S. Army, Ret.)	<i>Fitness for Recovery: A guide to physical and emotional recovery using community based fitness (Presented by The Stay Safe Foundation)</i>
2:30 p.m.	Chris Powell	<i>Young Athletes &amp; Long Term Athletic Development</i>
3:30 p.m.	Stan Efferding	<i>The Vertical Diet</i>

### Friday Practical

<b>Friday</b>		<b>Room D182</b>
8:00 a.m.	Mike Lane	<i>Partner Based Training Exercises for Working With Groups</i>
10:00 a.m.		<i>Methodologies of Training for Strength</i>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Flex Wheeler	<i>Posing Methodology for Physique Athletes</i>
5:00 – 7:00 p.m.	Social Mixer	<i>Cocktail Event</i>

### Saturday Lecture

		<b>Room D180</b>
8:00 a.m.	Leo Lozano	<i>Training, Nutrition, Rehab: A Unified Approach for Return to Play</i>
9:00 a.m.	Kurt Angle	
10:00 a.m.	Scott Mendelson	<i>Macronutrient Cycling for Rapid Physique Transformation</i>
11:00 a.m.	Jay Manfre	<i>Nutritional Scope of Practice</i>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Cynthia Miranda	<i>Concussions in Youth: Pre, During, &amp; Post</i>
2:00 p.m.	Major General Malcom Frost	<i>The Army's New PT</i>
3:00 p.m.	Jenna Corbin	<i>Fuel for the Work Required: The Spectrum of Energy</i>
4:00 p.m.	Mark Henry	

### Saturday Practical

		<b>Room D182</b>
8:00 a.m.	Tim Simansky	<i>Resistance Band Flossing</i>
10:00 a.m.	Tim Simansky	<i>Myofascial Cupping</i>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Mike Salemi	<i>Optimizing the Kettlebell and Bulgarian Bag for the Modern Athlete</i>
3:00 p.m.		<i>The new U.S. Army PT</i>