

# 21<sup>st</sup> Annual Juniata College Sports Performance Clinic

## Virtual

### Saturday / June 19

- 7:45am - 8:00am      Doug Smith, MS, RSCC'E, CSCS, NSCA-CPT, NASM-PES, USAW Senior, Clinic Director; Juniata College, Strength Coordinator
- 8:00am – 8:55am      Jerry Shreck, MS, ATC/L, NCSF-CPT, Bucknell University Strength  
*“A Time-Tested Jump Training Progression to Reduce Lower Body Injuries and Maximize Athletic Power Potential”*
- 9:00am - 9:55am      Frank Velasquez Jr. ATC, CSCS'R – Allegheny Health Network, Director Sports Performance  
*GO, STOP, GO, CUT, JUMP, LAND, GO! Reducing the Risk of Ligament and Tendon Related Knee Injuries in Field and Court Sport Athletes”*
- 10:00am - 10:55am      Dr. James Cerullo, Ph.D., ATC, CSCS Program Director, Assistant Professor – Athletic Training Department of Health and Human Performance Alfred University  
*“Lower Extremity Power Training: Benefits & Risk”*
- 11:00am - 11:55am      Brian D. Duke, LAT, ATC, CSCS, RPR-1  
Athletic Trainer & Strength Coach, Hughesville High School (UPMC Outreach)  
*“Sled program Design for performance and Injury Prvention”*
- 12:00pm - 1:00pm      **Lunch Break**
- 1:00pm - 1:55pm      Robert A. Panariello, MS, PT, ATC, CSCS, Founding Partner, Chief Clinical Officer, Professional Physical Therapy  
*Vermeil's Hierarchy of Athletic Development: An Organized Structure of Strength and Conditioning Program Design as Adapted for the Rehabilitation of the ACL Reconstruction Knee Athlete*
- 2:00pm - 2:55pm      Alan DeGennaro, MS, ATC, CSCS, Carnegie Mellon University Strength and Conditioning Coordinator  
*“Mitigating Tendon Injuries in Sport: A Coaching Perspective”*
- 3:00pm - 3:55pm      Andy Bosak, Ph.D., ACSM EP-C, HFS, CSCS\*D, Liberty University, Exercise Science Professor and Director of Exercise Science Master's Degree Program  
*“An Assessment of Sport Science Technology, Data Collection, and Barriers that Impact Human Performance.”*
- 4:00pm - 4:55pm      Will Peveler, Ph.D., Liberty University Assistant Professor of Exercise Physiology  
*“Overtraining”*