Midwest Sports Performance Conference
University of Kansas
Anderson Family Strength & Conditioning Center

May 10-11, 2013

Conference Co-Directors
Andrea Hudy
University of Kansas Athletics
Asst. Athletic Director/Sports Performance
(785) 864-7127 (office)
Email: ahudy@ku.edu

Andrew C. Fry, Ph.D., CSCS*D, FNSCA
Professor - Health, Sport & Exercise Sciences Dir. of Research – Research & Coaching Performance Team
The University of Kansas
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Conference Support Team
Glen Cain
Patricia Dietz
Joe Staub
Luke Bradford
Aaron Carthoum

Featuring New Technology
1.5 CEU’s
15 CEU’s
NSCA CEU APPROVED
### Friday, May 10

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<th>Time</th>
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<td>8:00am - 8:30am</td>
<td>Bill Self</td>
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<td>8:30am - 9:20am</td>
<td>William Kraemer</td>
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<td>9:30am - 10:20am</td>
<td>Scott Moody</td>
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<td>11:30am - 12:00pm</td>
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<td>Loren Landow</td>
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<td>4:30pm - 5:00pm</td>
<td>Chris Dawson</td>
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<td>Closing Remarks</td>
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### Saturday, May 11

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<td>Scott Caulfield</td>
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<td>5:00pm</td>
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**What is your intent?**

**KU: Sports Performance Model**

- **Footwear Continuum**
  - Weightlifting-Stiffness/Support
  - Running-Speed & Agility
  - 5-Toe—Flexibility/Recovery

- **Training**

- **Quantification of Training**
  - Elite Form 3-D Camera Technology
  - Power/Speed/Fatigue

- **Short & Long Term Recovery**
  - Soft Tissue Manipulation
  - Compression
  - Pre/Post Nutrition
  - Joint Mobility

- **Force Plate Assessment**
  - Signature Force Production
  - Fatigue Management
Preparation an athlete to compete in any sport and at any level requires supervision and training from a team of sports medicine professionals. Best practice training methods, student wellness education and well designed programs for in-season and off-season preparation result in constant improvement at all skill levels. This two-day workshop offers a combination of theory and practice presented by many of college athletics most respected sports medicine professionals. Take advantage of the rare opportunity to hear and experience the latest methods from sports performance experts representing the nation’s most successful athletic programs. Professional Basketball and Professional Football Strength and Conditioning Coaches.

Lunch each day is included in registration fee.
You are invited to a casual social Friday, May 10, from 7 to 9 PM.
If you are traveling by air, Kansas City International Airport is approximately 45 minutes from the KU campus. Shuttle service is available at the airport to all car rental companies.

Block of rooms available for Midwest Sports Performance Conference. They are reserved at $99 per night. SpringHill Suites Lawrence • One Riverfront Plaza Lawrence, Kansas 66044 • 785.841.2700

Full Conference Registration
☐ Early Conference Registration: $225.00
☐ Late Conference Registration (After April 5th, 2013): $250.00
☐ Student Registration: $100.00 (Student ID Required)
☐ 1 Day: $125.00

Please check box to identify what you are registering for:

Name: ____________________________ Address: ____________________________________________ T-Shirt size: ☐ Small ☐ Medium ☐ Large ☐ XLarge ☐ XXLarge
City: ____________________________ State: ____________________________ Zip: __________ Email: ____________________________

☐ Mastercard ☐ VISA ☐ Discover ☐ AMEX
Card #: ____________________________ Expiration: __________ Security Code: __________
Phone #: ____________________________
Signature: ____________________________

Full Conference Registration
Early Conference Registration: $225.00
Late Conference Registration (After April 5th): $250.00
Student Registration: $100.00 (Student ID Required)
Due to other events in the area we recommend making reservations before March 6, 2013

Olympic Lifting Technique Seminar
w/ Matt Andre & KU Staff: $50.00
Saturday, May 11 - 6:30-8:30am
Anderson Family Strength & Conditioning Center
Hands On Session - 90 minutes of Practical, 30 minutes of Philosophy
Seminar is included with the Full Conference Registration Fee
$50.00 for those not attending the conference

☐ CHECK: Please make payable to Kansas Athletics and mail with this form to:
Midwest Sports Performance Conference
Andrea Hudy, Asst. Athletics Director/Sports Performance
1651 Naismith Drive • Athletics Complex Exp, Lawrence, KS 66045-7538

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Signature: ____________________________

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1651 Naismith Drive • Athletics Complex Exp, Lawrence, KS 66045-7538
Matthew J. Andre, M.S., CSCS*D, USAW
Matt is pursuing a PhD in Exercise Physiology at the University of Kansas, where he also teaches undergraduate classes and conducts human performance research. He has a B.S. and an M.S. in Exercise Science, is a Certified Strength and Conditioning Specialist with Distinction, remains very involved with the National Strength and Conditioning Association, and is registered through USA Weightlifting as a Level One Coach and as an athlete. In addition to coaching individual weightlifters, Matt enjoys teaching the snatch and clean & jerk to undergraduate exercise science students and is always striving to learn more and to improve his teaching methods.

Glenn Cain M.Ed., CSCS
Glenn Cain joined the Kansas Athletics staff in July of 2011. Cain directly assists the Assistant Athletic Director for Sports Performance Andrea Hudy, in developing and implementing the strength training and conditioning regimens for the Men’s and Women’s Basketball Programs at KU. In addition, Cain also works with the Women’s Tennis and Women’s Rowing Programs. Cain, and oversees the internship program for every sport except Football. He spent two and a half years as the inaugural strength and conditioning coach and fitness center coordinator at Frostburg State University (MD) before rejoining the staff at Kansas.

The Trenton, N.J., native earned his bachelor’s degree in health sciences from Gettysburg College in 2007, where he was a four year letter winner in both Track and Field and Football. While earning his master’s degree in exercise science from Springfield College, where he served as a strength & conditioning graduate assistant, he also fulfilled internships with Rutgers University (2007), KU (2008) and the University of Connecticut (2009). He is a Certified Strength and Conditioning Specialist (CSCS) by the National Strength and Conditioning Association (NSCA).

Aaron Carbuhn
Aaron Carbuhn joined Kansas Athletics as the Sports Nutritionist in September 2010. Aaron’s duties include providing team nutrition education sessions/materials, individual counseling, body composition testing/monitoring, providing specialized meal plans, as well as, assisting in planning menus for training table and pre- and post-competition meals.

Aaron received his bachelor’s degree in nutrition and completed his dietetic internship from Texas A&M University. His dual master’s degrees (MS, MS) in sport physiology and nutrition are also from Texas A&M University. Aaron is also a Board Certified Specialist in Sports Dietetics (CSSD), as well as, being Strength and Conditioning Coach Certified (SCCC) through the Collegiate Strength and Conditioning Coaches Association (CSCCa).

Prior to joining the University of Kansas, Aaron assisted for one year with the University of Houston Football’s strength and conditioning program that included providing nutritional services, such as team body composition testing, individual counseling, and team education sessions.

Scott Caulfield, CSCS,*D, RSCC
Coach Caulfield is responsible for the day-to-day supervision and training of the athletes, interns, and coaches at the NSCA’s 6,000 sq ft Performance Center in Colorado Springs. Additionally he serves as the Head Strength and Conditioning Coach for Colorado College Men’s Ice Hockey and Women’s Soccer teams. He has been involved in fitness and athletics for over two decades, and proudly served in the United States Navy before becoming a strength and conditioning coach. He has been a certified member of the NSCA since 2003 and previously served as the NSCA’s Vermont State Director.

Coaching Philosophy and Leadership – Developing your philosophy as a coach is one of the most useful tools we can have in our “toolbox”. We continue to learn more about science and training, but we should also be evaluating and developing a set of principles for both ourselves and the athletes we train. This session will help you learn more about developing a coaching philosophy and how to maximize your impact with the athletes you train.

Dwight Daub MS, CSCS, PES, CES
Dwight Daub enters his 16th season with the Thunder and his 13th as Director of Athletic Performance. During his first three seasons with the team, he held the title of strength and conditioning coach.

Daub is responsible for the development and implementation of strength, conditioning and nutritional programs for all Thunder players. Daub helps each player establish a personalized diet and training regimen and assists them with injury rehabilitation. He also arranges offseason training programs and monitors each player’s physical progress between seasons.
Following the 2008-09 NBA season, Daub was named co-recipient of the Strength and Conditioning Coach of the Year award presented by the NBASCA (National Basketball Association Strength and Conditioning Association).

A 1979 graduate of the University of Evansville (Ind.) with a degree in physical education, Daub also received his master’s degree in exercise sports science from Eastern Illinois in 1985.

Dwight and his wife, Laurie, have a son Bryce who was recently married to Carlee this past summer and a daughter Gentry who along with her husband Aaron are the parents of Daub’s two grandchildren, Peyton and Grady.

Chris Dawson

Chris Dawson, a veteran of more than 15 years in the field of strength training, is in his third season as Kansas State's Director of Strength and Conditioning.

Dawson manages the department’s total strength program, while providing daily leadership for the Wildcats’ football strength and conditioning program. The Houston, Texas, native spent the previous seven seasons as the head strength and conditioning coach at the University of Kansas, playing a role in four bowl games including a 2008 BCS appearance in the Orange Bowl. Under Dawson’s tutelage, 30 players have been drafted by NFL teams including seven that were taken in the first two rounds of the NFL Draft.

Following the successful 2007 campaign, Dawson was awarded the National Collegiate Strength and Conditioning Coach of the Year Award by the Professional Football Strength and Conditioning Coaches Society.

Dawson has spent time at the University of Minnesota, Oklahoma, Las Vegas Outlaws of the XFL, and the Dallas Cowboys.

Boyd Epley CSCS*D, FNSCA, RSCC*E

Boyd is the most decorated strength coach in history. Lindy’s National College Football magazine named Boyd one of College Football’s Top 100 Most Important People of the Century after his training program helped produce five national championships and 356 wins in 35 years of Nebraska Football. His work now with the National Strength and Conditioning Association focuses on educating coaches in high schools and colleges. His presentation will show you how to implement the Task Force Recommendations to save lives and improve performance for athletes.

Andrew C. Fry

Andrew Fry is a Professor in the Department of Health, Sport and Exercise Sciences at The University of Kansas. He is also the Director of Research for the Research & Coaching Performance Team that interacts with KU Athletics. He has been involved with the NSCA and resistance exercise-related research for nearly three decades. His experiences have ranged from owning and operating a commercial fitness facility, to working with collegiate strength and conditioning programs, to his current work examining the physiologic and performance responses to strength training. His wife Mary is a Sport & Exercise Psychologist at KU, and his two children, Jared (14) and Lindsey (12) keep him busy during his free time.

Scott Holsopple

Scott Holsopple was named the Director of Strength and Conditioning for Football at the University of Kansas in early January 2012. Holsopple has worked at Florida, Kentucky, Marquette and Penn State. While at Florida he was a part of the 2008 National Championship and Southeastern Conference title, five bowl games (two BCS bowl appearances) as well as mentoring 18 athletes who went on to be drafted into the NFL, including six First Round draft picks. A native of Happy Valley, Pa., Holsopple earned All-America recognition as a boxer at Penn State. He graduated from PSU in 2000 with a bachelor's degree in kinesiology.

Andrea Hudy

Andrea Hudy, the Assistant Athletics Director for Sport Performance, joined the Kansas staff in September 2004. Since her arrival at KU, Hudy has handled the strength and conditioning responsibilities for the KU men’s basketball team. Hudy oversees the Anderson Strength and Conditioning Complex for all KU sports.

Hudy came to Kansas after nine and a half years at the University of Connecticut, where she worked closely with the Huskies’ national champion men’s and women’s basketball teams. In all, Hudy was part of eight national championship teams while at Connecticut - two men’s basketball, five women’s basketball, and one men’s soccer. Including the 14 Jayhawks that have been drafted in the NBA, she has worked with 33 former student-athletes who went on to play in the NBA.

A native of Huntingdon, Pa., Hudy was a four-year letter winner
in volleyball at Maryland where she graduated in 1994. Her freshman season at Maryland, she was a member of the 1990 Atlantic Coast Conference volleyball championship team.

Hudy earned her bachelor of science degree in kinesiology at Maryland and her master’s of art and sport biomechanics degree from Connecticut. She is a certified strength and conditioning specialist by the National Strength and Conditioning Association and a USAW Level I Coach. Additionally, Hudy has her national massage certification.

**Jon Jost**

Jon Jost has been at Florida State since 2001. Since Jost’s arrival in Tallahassee, FSU athletics has improved in the Sears Directors Cup from 46th in 2000 to 15th in 2008 and 2009. Prior to his time at FSU, Jost spent time at College of Holy Cross and Nebraska, where he started his career working closely with Boyd Epley, the founder of the NSCA.

Jost, a Certified Strength and Conditioning Specialist by the NSCA, earned a master’s degree in education administration with an emphasis in post-secondary education and athletic administration from Nebraska in 1994 and a bachelor’s degree in exercise science with an emphasis in strength and conditioning from Nebraska in 1990. He was elevated to the title of Master Strength and Conditioning coach in 2003.

**William J. Kraemer, Ph.D., CSCS*D, FNSCA, FACSM**

Dr. William J. Kraemer is a full professor in the Department of Kinesiology in the Neag School of Education working in the Human Performance Laboratory at the University of Connecticut, Storrs, CT. He also holds and joint appointments as a full professor in the Department of Physiology and Neurobiology and as a Professor of Medicine at the UConn Health School of Medicine. Dr. Kraemer is a Fellow in the National Strength and Conditioning Association (NSCA). He has authored and co-authored over 400 peer reviewed manuscripts in the scientific literature related to sports medicine, exercise endocrinology, and sport science. Dr. Kraemer is a past-president of the NSCA and was awarded the NSCA’s Lifetime Achievement Award in 1994. He was awarded the University of Connecticut’s Research Medal in 2005 and recently in 2009 the UConn Alumni Association’s “Research Excellence Award in Sciences” for UConn faculty.

**Roger Marandino**

Roger Marandino has served as Director of Strength and Conditioning at Brown University for the past 16 seasons. Prior to Brown, Marandino served as an Assistant S&C coach at the University of Connecticut Under Coach Martin. Roger Earned a Masters degree in Sport Biomechanics from Uconn and a Bachelors degree in Adult Fitness from Kean University. During 2000, coach Marandino was named The NSCA Strength & Conditioning Professional of the Year. A former Drug Free Powerlifting competitor, Marandino has won Three National Championships.

**Ross Schwisow**

Ross Schwisow is currently in his seventh year working for Basehor-Linwood High School. His duties include serving as the high school’s strength and conditioning teacher, as well as the director of the BLMS and BLHS before and after school strength and conditioning programs. Schwisow came to Basehor-Linwood High School from the University of Missouri, where he served as a Strength and Conditioning Assistant.
Schwisow is a Certified Specialist in Strength and Conditioning (CSCS) with the National Strength and Conditioning Association and a Strength and Conditioning Certified Coach (SCCC) by the Collegiate Strength and Conditioning Association. He also holds a Level I certification by USA Weightlifting (USA-W). He earned his Bachelor of Business degree from Washburn University in 2000 and a Master’s of Education degree in health education from the University of Missouri in 2006.

Meg Stone
Meg Stone is a two-time Olympian competing in the discus for Great Britain. Meg competed for the University of Arizona and still hold the NCAA record outdoors in the discus (221ft 3 ins) and the shot (63ft 23/4ins). In 1994 she took the position of Head Strength and Conditioning Coach at the University of Arizona working with all NCAA sports but especially Football. Meg was the first woman ever to hold such a position. In 1994 she moved to Texas Tech and held the same position. In 1996 she moved back into full time track and field as the Associate Head Coach at Appalachian State University. In 1999 she returned to her native Scotland to become the National Track and field Coach the first woman in Europe ever to do so. She has coach several Olympians in the jumps throws and sprints both in Great Britain and the USA. While working in the university system she coached many players in the NBA, NFL and MLB. Meg has also worked extensively with road cyclist and the paralympic groups through Carmichael Training Systems in Colorado Springs. Before moving to Johnson City she was the Coaching Manager for the United States Olympic Committee. During 2007 she along with her husband Mike and Dr Bill Sands published a book titled Principles and Practice of Resistance Training. Recently she was presented with the prestigious “Legends in the Field Award” by the College Strength Coaches Association the only woman to be so honored. The same month she was made a fellow of the National Strength and Conditioning Association.

In July of 2009 Meg received the honor of being the National Strength and Conditioning Association’s Life time Achievement Award winner.

In November 2008 Meg was appointed the Director of the Center of Excellence for Sport Science and Coach Education. The Center supports the first Ph.d program in the country in Coaches Education which started in 2010. April 2012 Meg became the Director of the Olympic Training Center established on the campus of ETSU.

Scott Moody
For the last decade, Scott has been an innovative leader in the sports performance training industry, creating and researching developmental strength, speed and conditioning models for thousands of players and coaches around the world. He founded the not-for-profit National Human Performance Institute and the AthleteFIT training academies to test and monitor his Functionally Integrated Training (F.I.T.) training methodology, which blend the physical side of training with tactical and technical skills. The AthleteFIT Training and Research Center in Overland Park, Kansas has been the home of over 5000 athletes over the last decade, and developed 1 World Record Holder, 2 World Cup Champions, dozens of National Champions, hundreds of Collegiate Athletes and thousands of confident young players who are on their way to greatness. Scott also consults with equipment manufacturers, on research and program development for specific demographics and is an international speaker and author.

Phil Wagner
To say that Dr. Phil Wagner has a passion for advancing the science of elite athletic performance is an understatement. He has worked for several years as a strength and conditioning coach at the International Performance Institute, and at both UC Berkeley and UCLA where he’s helped guide teams to national championships in volleyball, track and field, and rugby—and football, basketball, tennis and soccer to conference championships. He also spent a year in the Southern Hemisphere, training the world’s top rugby players in the Super 12 League of Australia, New Zealand and South Africa.

Phil received a degree from the University of Southern California Medical School while working with two of the most renowned sport science laboratories in the world; the Biokinesiology Lab at USC and the Australian Institute of Sport. He is also certified as a Strength and Conditioning Specialist through the NSCA.
Over 400 combined years of training, knowledge and experience