

**2015 SUNY Cortland Strength and Conditioning Symposium**

**MARCH 28<sup>th</sup>**

**Sperry Auditorium**

10:00-10:15	Opening remarks
10:15-11:15	<b>Tony Gentilcore:</b> Creating a strength and conditioning program for the overhead athlete
11:30-12:30	<b>Nick Tumminello:</b> secrets of single leg training
12:30-2:00	Lunch Break
2:00-2:10	Mini conference directions
2:15-3:30	<ul style="list-style-type: none"><li>• Successful deadlift coaching hands on session- John Gaglione</li><li>• How can women succeed in the fitness industry: roundtable discussion</li></ul>
3:45-4:45	<b>Mark Fisher:</b> You can't have culture without a cult: putting together your fitness business
5:00-6:00	<b>Cassandra Forsythe:</b> TBA
6:10-7:00	Roundtable fitness discussion with the speakers

**Pre-registration prices**

Student price: \$40.00

General admission: \$50.00

**On site registration prices**

\$50.00

\$65.00