

# **SUNY CORTLAND STRENGTH AND CONDITIONING SYMPOSIUM**

The SUNY Cortland Strength and Conditioning Conference is a one-day conference for professionals and students addressing current topics in sports performance and strength and conditioning.

**Time and Location:** Saturday, March 28<sup>th</sup>, 2015 in Sperry on the campus of SUNY Cortland.

8:30 – 9:30 am

Registration & introductory remarks

9:30– 10:30 am

Mark Fisher

10:30 – 11:20 am

Tony Gentilcore

11:30 – 1:00 am

Lunch

1:00 – 2:00 pm

Hands on session

2:00 – 3:00 pm

Nick Tumminello

3:00 – 4:00 pm

Cassandra Forsythe

4:00-5:00

Round table discussion with speakers

**Mark Fisher**

Title and Session Description: You Can't Have A Culture Without A Cult (Just Kidding... Sort Of...)

In this seminar, Mark will discuss the strategies used to catapult MFF's growth in under three years. Attendees will learn the importance of having a clear mission and vision in the creation of a business. The art of cultivating and leading a growing team of engaged employees will be addressed. And lastly, there will be a thorough discussion of actionable takeaways on how to create thriving culture in any sized fitness business. From a personal trainer without a space to a multi-million dollar organization with a dedicated facility in the competitive NYC market, MFF's unconventional approach to fitness and business will be enlightening to trainers of all backgrounds and career aspirations.

### **Tony Gentilcore**

Title and Session Description: Assessing and Programming for the Athletic Population

In his presentation Tony Gentilcore will discuss program design and some of the umbrella themes to consider when working with athletes. Specifically he'll discuss the crucial role of assessment and then show some universal "rules" to follow with regards to designing a well-balanced, efficient, and more importantly safe program that produces results.

### **Nick Tumminello**

Title and Session Description: Secrets of Single Leg Training

Go beyond basic single leg squats and single leg deadlifts to discover the best single leg exercises for building a stronger, well-balanced, better-looking, high-performance lower-body!! From this workshop, you'll learn how to improve the exercises you're currently using along with plenty of new, innovative single leg exercises. Plus, this workshop will also reveal the truth about Pistol squats and discuss knee-friendly training option for building a stronger legs with bad knees!

### **Cassandra Forsythe**

Title and Session Description: Topic TBA

## Directions and Parking

For directions to campus, Corey Union, and campus maps please visit  
<http://www2.cortland.edu/about/maps-and-directions/>

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Please make checks payable to **Strength and Conditioning Symposium SUNY Cortland** and mail completed form and payment by March 10, 2015 to:

Julie LaPlant  
Kinesiology Department  
SUNY Cortland  
P.O. Box 2000  
Cortland, NY 13045

Please check one:

Pre-registration

Professional \$60

Student \$40

Name: \_\_\_\_\_

Mailing

Address: \_\_\_\_\_

E-mail

address: \_\_\_\_\_

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