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Series Grant

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 28th, 2015 in Sperry 105 on the campus of SUNY Cortland.

8:30 - 9:30 am

Registration & introductory remarks

10:00- 11:00 am

Mark Fisher

11:00 - 12:30 am

Nick Tumminello

12:30 - 2:30 am

Lunch

2:30 - 3:30 pm

Hands on weight training session- John Gaglione

3:30 - 4:30 pm

Joy Victoria

4:30 - 5:30 pm

Tony Gentilcore

5:30-6:00

Round table discussion with speakers

SPEAKER TOPICS

Mark Fisher

In this talk, 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.

Nick Tumminello

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!

Tony Gentilcore

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.

Directions and Parking

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

((Detach here))

(Detach registration form at the black line)

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: _____

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