

# Event Schedule

## Thursday Pre Con

		<b>Room D180</b>
4:00 – 6:00 p.m.	Rick Collins Dr. Hector Lopez Oliver Catlin Moderator: Lacy Puttuck	<i>“Gray” supplements discussion panel</i> Brought to you by Collins Gann McCloskey & Barry PLLC

### Friday Lecture

		<b>Room D180</b>
8:00 a.m.	Franco Columbu	Kick-off Speaker: <i>Being Mr. Olympia</i>
9:00 a.m.	Jenna Corbin	<i>Fuel for the Work Required: The Spectrum of Energy</i>
10:00 a.m.	Scott Mendelson	<i>Macronutrient Cycling for Rapid Physique Transformation</i>
11:00 a.m.	Rick Collins	<i>What Fitness Professionals Need to Know about the Law and Scope of Practice</i>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Chris Powell	<i>Young Athletes &amp; Long Term Athletic Development</i>
2:00 p.m.	Stan Efferding	<i>The Vertical Diet</i>
3:00 p.m.	Jordan Moon	<i>Accelerating Weight Loss Through Body Composition and Metabolic Changes</i>
4:00 p.m.	Kurt Angle	

### Friday Practical

<b>Friday</b>	<b>Room D182</b>	
9:00 a.m.	Mike Lane	<i>Partner Based Training Exercises for Working With Groups</i>
10:00 a.m.	Galanti, Rhine	<i>Posing Methodologies for Physique Athletes</i>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Flex Wheeler	<i>Living the Life of a Bodybuilder</i>
5:00 – 7:00 p.m.	Event Mixer	<i>Ice Cream Social</i> Brought to you by: Jeni's Splendid Ice Creams

### Saturday Lecture

<b>Room D180</b>		
8:00 a.m.	Marvin Washington	<i>Pain Management for Athletes: The Good &amp; The Bad</i>
9:00 a.m.	Capt. Lloyd Briggery (U.S. Army, Ret.)  Sgt. Brendan Ferreira (U.S. Army, Ret.)	<i>Fitness for Recovery: A guide to physical and emotional recovery using community based fitness (Presented by The Stay Safe Foundation)</i>
10:30 a.m.	Bill Kraemer	Keynote Speaker: <i>Different Strength Training Workouts and Strategies to Optimize Recovery</i>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Cynthia Miranda	<i>Cold Laser Therapy</i>
2:00 p.m.	Major General Malcolm Frost	<i>The U.S. Army's Holistic Health and Fitness System</i>
3:00 p.m.	Leo Lozano	<i>Training, Nutrition, Rehab: A Unified Approach for Return to Play</i>
4:00 p.m.	Mark Henry	

### Saturday Practical

<b>Room D182</b>		
8:00 a.m.	Tim Simansky	<i>Resistance Band Flossing</i>
10:00 a.m.	Tim Simansky	<i>Myofascial Cupping</i>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Mike Salemi	<i>Bulgarian Bag Training for the Modern Athlete</i>
3:00 p.m.	The U.S. Army	<i>Holistic Health and Fitness System (Practical)</i>