

# Event Schedule

## Thursday Pre Con

		<b>Room D180</b>
3:00 p.m.	Pre-Registration	
4:00 - 6:00 p.m.	Chef Rush	<i>Meet &amp; Greet / Book Signing</i>
6:00 – 8:00 p.m.	The Shamrock Way & Stay Safe Foundation present: UFC Champion Frank Shamrock	<i>Teamwork, Fitness &amp; Martial Arts for Mental Health Seminar &amp; Book Signing</i>

### Friday Lecture

		<b>Room D180</b>
8:00 a.m.	Scott Mendelson	<i>Fasting protocols for Muscle Growth and Body Fat Loss</i>
9:00 a.m.	<b>Round Table, Part 1</b> Rick Collins, Esq. Dawn King-Dushane Dr. Eric Serrano Dr. George Touliatos Moderator: Lacy Puttuck	<i>TRT, PEDs</i>
10:30 a.m.	<b>Round Table, Part 2</b>	
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	John Welbourn	<i>What is Athleticism?</i>
2:00 p.m.	Dr. Michael Lane	<i>Load carriage and keeping athletes safe</i>
3:00 p.m.	Dr. Jordan Moon	<i>The Links Between Body Composition, Metabolism, and Fitness</i>
4:00 p.m.	Branch Warren Johnny Jackson Joey Stax	<i>Meet and Greet</i>

### Friday Practical

<b>Friday</b>		<b>Room D182</b>
1:00 p.m.	Dr. Mariah Liggett	<i>Better Bench Pressing</i>
2:00 p.m.	Tex McQuilkin	<i>4 Movements to Unlock Athletic Potential'</i>
3:00 p.m.	Dr. Ken Kinakin	<i>Advanced Exercise Muscle Testing</i>

### Saturday Lecture

		<b>Room D180</b>
8:00 a.m.	Nathan Payton	<i>Strongman Nutrition</i>
9:00 a.m.	Cynthia Miranda	<i>Corrective Exercise for FMS and Eval</i>
10:00 a.m.	Nick Shaw	<i>The Seven Habits of Success</i>
11:00 a.m.	Dr. George Touliatos	<i>PEDs harm reduction &amp; HRT in retired bodybuilders</i>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Dr. William Wallace	
2:00 p.m.	Dr. Mike Israetel	<i>How to Spot a Fad Diet</i>
3:00 p.m.	Rick Collins, Esq	<i>Of Muscles and Men: Testosterone, identity and the body</i>

### Saturday Practical

		<b>Room D182</b>
8:00 a.m.	Rock Tape	<i>Compression Band Flossing</i>
10:00 a.m.	Rock Tape	<i>Kinesiology Taping</i>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Leo Lozano	<i>Unconventional Training for Sport Performance</i>
3:00 p.m.		