

WEBBER INTERNATIONAL UNIVERSITY

5TH ANNUAL STRENGTH & CONDITIONING

COACHES CLINIC

SCHEDULE OF EVENTS

- 8:30am – 9:00am: **Meet & Greet (Oatmeal, Fruit, Bagels, Juice, Coffee available)**
- 9:00am – 9:30am: **“Beyond Valgus; Identifying More Than Meets the Eye in Understanding Risk Factors Leading to Knee Injuries”**
Lauren Beckley, MS, CSCS, CPT
WIU Assistant Strength & Conditioning Coach
- 9:35am – 10:05am: **“Middle-Out Leadership”**
Dan Steinberg, MS, CSCS, CISSN
WIU Coaching Assistant
- 10:10am – 10:40am: **“Training the Female Athlete”**
Ross Wiersma, MS, CSCS, USAW-1
WIU Intern-Assistant
- 10:45am – 11:15am: **“Prehab Pearls 2.0”**
Brittany Rassel, DPT
Lake Wales Medical Center
- 11:20am – 11:50am: **“Long Term Athletic Development & it’s Application to a Collegiate Weight Room”**
John Lepo, CSCS
WIU Assistant Strength & Conditioning Coach
- 11:50am – 12:00pm: **Lunch (Sub Sandwiches, Chips, Water, Gatorade available)**
- 12:00pm – 12:30pm: **“The Injury Prevention Paradox”**
Mark Dessart, CSCS
WIU Coaching Assistant
- 12:35pm – 1:05pm: **“A Block Periodization Model for Baseball Offseason Training”**
Steve Rassel, MBA, SCCC, CSCS, RSCC
WIU Head Strength & Conditioning Coach
- 1:15pm – 1:45pm: **Webber Strength & Conditioning Facilities Tour
+ Hands-On: Olympic Lifting Progressions**
Chris DeSanto
WIU Intern-Assistant

WHEN:

Saturday, March 11th, 2017
8:30am – 2:00pm

WHERE:

Webber International University
Yentes Conference Center
1201 N. Scenic Hwy
Babson Park, FL 33827

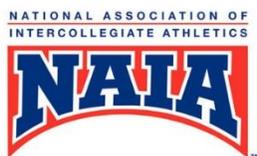
**THIS IS A 100% FREE
CLINIC INCLUDING
BREAKFAST & LUNCH**

FOR MORE INFORMATION CONTACT:

Steve Rassel
WIU Head S&C Coach
Office: 863-638-1431 ext 3114
Cell: 386-867-0803
Email: RasselSE@Webber.edu

**NSCA
APPROVED!
0.5 CEUs**

**SEE MORE DETAILS
ON PAGES 2-4**



WEBBER INTERNATIONAL UNIVERSITY

5TH ANNUAL STRENGTH & CONDITIONING

COACHES CLINIC

Presentation Descriptions

"Beyond Valgus; Identifying More Than Meets the Eye in Understanding Risk Factors Leading to Knee Injuries"

This presentation will look a step beyond the agreed upon and well known knee valgus issues, most commonly characterized as a leading contributor to ACL injuries. A brief introduction into the anatomy of the knee will be presented highlighting the most injury prone areas. Applicable assessments will be shared that can be incorporated into your preseason training to help highlight individual high needs in hopes of determining the most significant deficits associated with ACL injuries in today's athlete.

"Middle-Out Leadership"

A guide to leading a group from within the ranks. Lessons learned from sports, business and war.

"Training the Female Athlete"

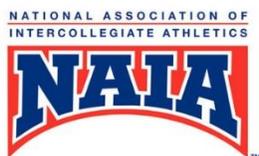
This presentation looks into the challenges of training females and how a sound strength and conditioning program with certain key considerations will have a profound impact on their results.

"Prehab Pearls 2.0"

In today's training era, injuries seem to be ever increasing despite more advancements in technology and understanding of the human body. Back by popular demand from her 2015 original "Prehab Pearls" presentation, Dr. Brittany Rassel will continue digging deep into the functional anatomy of each joint and bring attendees back to the simple truths that the body is based off of. The presentation will highlight training principles and discuss key staples to any training program aiming to prevent injury from a problem-solving viewpoint. Methods can be applied to any sector of the population.

"Long Term Athletic Development & it's Application to a Collegiate Weight Room"

Long Term Athletic Development is a systematic, structured approach to building a complete athlete from their very first foray into organized sports to national level competition. Though LTAD focuses mostly on youth development, the fundamental philosophy that comprises it is very appropriate to the collegiate strength and conditioning coach in a world that is quickly turning over to early sport specialization and single sport athletes. This presentation will go over different LTAD models and how a collegiate strength coach can take advantage of these to reinforce their approach to athletic development.



WEBBER INTERNATIONAL UNIVERSITY

5TH ANNUAL STRENGTH & CONDITIONING

COACHES CLINIC

Presentation Descriptions (Continued)

"The Injury Prevention Paradox"

During this presentation, Coach Dessart will cover the debate of whether athletes should train harder or smarter and how one can easily monitor training loads. There are beliefs that higher training loads result in higher injury risk, but evidence also shows that training can have a protective effect against injury. Recent research suggests the question, "should athletes train harder and smarter?"

"A Block Periodization Model for Baseball Offseason Training"

During this presentation, Coach Rassel will discuss the recently applied model of the Webber Baseball Strength & Conditioning offseason program. The presentation will overview Block Periodization and demonstrate how it can be used with various training methodologies to train the high-school, collegiate, or professional baseball player. Presentation will include off-season program design, training templates, and performance enhancement/injury prevention strategies.

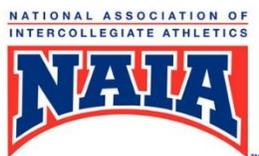
"Olympic Lifting Progressions"

During this presentation, Coach Chris DeSanto will demonstrate and discuss various training progression and regressions of the Olympic lifts as commonly used in the collegiate setting.

Speaker Bios

Lauren Beckley - Lauren is an assistant strength coach at Webber International University. She leads all aspects of strength and conditioning for the Webber Women's Basketball and Softball teams. Lauren holds a Master's degree in Exercise Science from George Washington University. Prior to Webber Lauren spent a year interning at the University of Maryland where she worked with all Olympic Sports as well as with Women's Basketball Performance. Lauren completed her Bachelors of Science degree in Exercise Science at Shippensburg University where she also played basketball and was a two-time WBCA All-American. She is originally from Fairfield, Pennsylvania. Lauren is certified through the National Strength & Conditioning Association (NSCA), as a Certified Strength & Conditioning Specialist (CSCS) and Certified Personal Trainer (NSCA-CPT).

Dan Steinberg - Coach Dan Steinberg is a Coaching Assistant at Webber International University where he directs all aspects of the Men's Basketball, Men's Bowling, as well as Women's Bowling programs. Before arriving to Webber, Coach Dan graduated from, played basketball and worked for Hofstra University in Long Island, New York for the prior 6 Years. Coach Dan holds a Master's degree in Sports Science, and a Bachelor's degree in Exercise Science from Hofstra University. Coach Dan is also a Certified Strength and Conditioning Specialist from the NSCA and a Certified Sports Nutritionist from the CISSN.



WEBBER INTERNATIONAL UNIVERSITY

5TH ANNUAL STRENGTH & CONDITIONING

COACHES CLINIC

Speaker Bios (Continued)

Ross Wiersma - Coach Wiersma directly oversees all aspects of strength and conditioning for both the Women's Indoor Volleyball and Men's Indoor Volleyball teams while assisting with multiple other sports. Coach Wiersma joins the Webber International University Strength & Conditioning Staff after being the Assistant Strength and Conditioning Coordinator at Northeastern State University. While there, he oversaw strength and conditioning programs for seven sport teams.

Brittany Rassel – Brittany Rassel (Doctor of Physical Therapy) has been a physical therapist at Lake Wales Medical Center for the past 5 years. Her knowledge and expertise has been instrumental to the growth and development of the Webber Strength & Conditioning Department. She is also the wife and better half of Head Strength & Conditioning Coach Steve Rassel.

John Lepo – John Lepo is an Assistant Strength & Conditioning Coach at Webber International University currently overseeing all aspects of sports performance for Cross Country and Track & Field while assisting with several other sports on campus. Previously at Impact Sports Performance in Buffalo NY he has had the opportunity to work with elite hockey teams from 10U to 20U and was involved in both the 2015 & 2016 NHL Combines. John maintains certifications with both the NSCA (CSCS) and NASM and is working towards his CSCCa and CES.

Mark Dessart – Mark Dessart is a Coaching Assistant for Webber International University. He directs all Strength & Conditioning operations for the Men's and Women's Golf programs and the Women's Beach Volleyball program. He also co-directs all Strength & Conditioning operations for Men's and Women's Bowling, as well as assisting with many other teams on campus. Before his time at Webber, he was an intern for the University of Iowa's Strength and Conditioning program. Coach Dessart is currently certified through the National Strength & Conditioning Association (NSCA) as a Certified Strength & Conditioning Specialist (CSCS).

Steve Rassel - Steve Rassel is in his 8th year as the Head Strength & Conditioning Coach at Webber International University. He is in direct charge of Webber Football Strength & Conditioning, and oversees the implementation of all other strength & conditioning programs at Webber. Coach Rassel is also the Associate Athletic Director at Webber. In addition to his duties at Webber, he serves on the executive committee of the NSCA College Coaches Special Interest Group and is on the NSCA Florida State Advisory Board. Coach Rassel was recently named a finalist for the 2017 NSCA College Strength & Conditioning Coach of the Year award.

Chris DeSanto – Prior to arriving at Webber International University, Christopher DeSanto spent time at both Wake Forest University, working with mainly Men's Soccer, Women's Field Hockey and Women's Volleyball as well as most recently over the summer at the University of Kentucky where he assisted with both the Men's and Women's Soccer teams. He currently oversees all aspects of Strength and Conditioning for the Men's Soccer team as well as both the Men's and Women's Tennis programs.

Full staff bios can be viewed at www.webberathletics.com/strength

