

### Symposium Lecture Schedule

\*Note: Attendees are encouraged to arrive early to sign up for bike fitting, swim analysis and run evaluations

TIME	Room C
8-8:25am	Jessie Stensland– Mini-Movement U – The Dynamic Warm-Up
8:30-8:55am	Dr. Gerardo Goldberger (Orthopedic Surgery) & Tina Foeri- Collaborative lecture regarding shoulder injuries related to swimming
9-9:25am	
9:30-9:55am	
10-10:25am	Joe Friel (Master Triathlon Coach) – How to Set Training Zones
10:30-10:55am	Dr. Phil Skiba (Physical Medicine & Rehabilitation and Triathlon Coach)– Gait Analysis: Preconceptions, Pitfalls, & Performance
11-11:25am	
11:30-11:55am	<b>BREAK</b>
12-12:25pm	Brian Shea (Triathlon Coach & Nutrition Consultant)– Race/Training Nutrition (1/2 & Ironman distance)
12:30-12:55pm	Joe Friel (Master Triathlon Coach)–Ironman Training
1-1:25pm	
1:30-1:55pm	Dr. Phil Skiba (Physical Medicine & Rehabilitation and Triathlon Coach) –Modeling & Predicting Performance
2-2:25pm	Brian Shea –Race/Training Nutrition (Sprint to Olympic Distance)
2:30-2:55pm	Jessie Stensland -Mini-Movement U – 5 Points of Power & their role in Swim/bike/run performance
3-3:25pm	Dave Stretanski (Running Coach and Author)-Chi Running
3:30-3:55pm	Ken Glah (Pro Triathlete)-Traveling to Destination Races
4-4:25pm	
4:30-4:55pm	
	Joe Friel- Performance Peaking

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TIME	Room B
<b>8-8:25am</b>	Dr. Connors (Podiatry)- Rx of the elite Athlete/Rx of the Female athlete
<b>8:30-8:55am</b>	Dr. Kominos (Cardiology)-Screening Athletes for Heart Disease
<b>9-9:25am</b>	Dr. Michael Lynch (Chiropractor)- Sacroiliac Joint Dysfunction
<b>9:30-9:55am</b>	Dr. Laurie Glasser (Physical Medicine & Rehabilitation)–Low Back Pain in the Triathlete : Sports Specific Corrections
<b>10-10:25am</b>	Dr. Robert McKinley (Critical Care/Pulmonology)- Exercise Induced Asthma
<b>10:30-10:55am</b>	Dr. Michael Greller (Orthopedic Surgery) –Cartilage Restoration for High Performance Athletes
<b>11-11:25am</b>	Dr. Marzo (Sports Psychology)– Integrating goal-setting into your training
<b>11:30-11:55am</b>	Dr. Steven Lemberger (Podiatry)- Dermatology of the Triathlete Foot
<b>12-12:25pm</b>	Dr. Elizabeth Perez (ART/Chiropractor)-Injury prevention, biomechanics and ART
<b>12:30-12:55pm</b>	<b>BREAK</b>
<b>1-1:25pm</b>	Dr. Gregg Berkowitz (Orthopedic Surgery)-Joint Resurfacing Treatments in the Athlete
<b>1:30-1:55pm</b>	Karen Kozel (DPT) – Scapular Stabilization for the Swimmers Shoulder
<b>2-2:25pm</b>	Dr. Connors (Podiatry)- Running Injuries
<b>2:30-2:55pm</b>	Dr. Marzo (Sports Psychology)- The Power of Visual Imagery
<b>3-3:25pm</b>	Joseph Peragine (DPT)– The Function Movement Screen: a tool to screen for potential injury risk & for performance enhancement
<b>3:30-3:55pm</b>	Dr. Robert McKinley (Critical Care/Pulmonology)- Benefits of Altitude Training for the Endurance Athlete

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<b>8-8:25am</b>	Tom Manzi (Triathlon Coach) –How to Plan Race Week & Race Day
<b>8:30-8:55am</b>	Jason Santarcangelo (Triathlon Coach)– Clear the Mind; How Focus and Routine Enhance Performance
<b>9-9:25am</b>	Moira Horan (Triathlete Coach) & Scott Defillipes (Triathlete Coach) "Triathlon Training to Fit Everyone"
<b>9:30-9:55am</b>	Jennisse Schule- Lactate Testing- How to Determine Appropriate Training Zones
<b>10-10:25am</b>	Chuck Graziano (Triathlon Coach)-Fundamentals & Skills Training
<b>10:30-10:55am</b>	Allison Lind (DPT)– Athletes Have nerves
<b>11-11:25am</b>	Keith Cook (Triathlon Coach)– Strength Training for Endurance Athletes
<b>11:30-11:55am</b>	
<b>12-12:25pm</b>	Christian Young Aero Equipment - Bikes/Wheels/Shoes/Wetsuits - How much faster do they make you
<b>12:30-12:55pm</b>	<b>BREAK</b>
<b>1-1:25pm</b>	Jason Walters (Cycling Coach)- Power & Performance
<b>1:30-1:55pm</b>	Jon Kameen (Cervelo Engineering)- Cervelo Bike Geometry-Stack & Reach
<b>2-2:25pm</b>	Dave Slavinski (Triathlon Coach)- Swim, Bike, Run...Putting it all Together
<b>2:30-2:55pm</b>	Tom Manzi (Triathlon Coach)–How to Plan Race Week & Race Day
<b>3-3:25pm</b>	Chuck Graziano (Triathlon Coach)-Fundamentals & Skills Training
<b>3:30pm-3:55pm</b>	Keith Cook (Triathlon Coach)– Strength Training for Endurance Athletes
<b>4-4:25pm</b>	Jennisse Schule- Lactate Testing- How to Determine Appropriate Training Zones