



SPEAKERS

Dr. Kirk English, Christian Pope, Dr. Austin Smith

"Starting from Nothing: Building a Sport Science Program from the Ground Up at NAIA and NCAA Universities."

This presentation discusses the practical applications of developing university sport science departments at two different divisions. Topics covered include establishing foundations/principles of each individual sport science department and common occurrences/obstacles that may be presented from the perspectives of both a sport scientist and an administrative oversight

Dr. Daniel Gahreman

"Essential Training Insights for Female Athletes: A Guide for Coaches"

Resistance training is known to increase intraabdominal pressure and whilst this phenomenon is significant for the correct execution of techniques, it also may impose a risk of triggering urinary incontinence in women with limited pelvic floor exercises. During this presentation, the risk factors and prevalence of UI will be discussed, and mitigating strategies will be proposed. The goal is to familiarize S&C coaches with a prevalent issue that female athletes may experience during resistance training and how the incidence of UI during exercise can impact their performance.

Dr. Guy Hornsby

"Athlete Assessment within the World of Chaos that is After School High-School S&C"

Challenges commonly exist within U.S. high school athletics for implementing consistent, high-level strength and conditioning and athlete monitoring practices. Guy Hornsby oversees a high school strength and conditioning program in which through the funding of 3 graduate assistantships by Monongalia County Schoolboard, all 3 Mon County high schools (Clay-Battelle High School, Morgantown High School and University high School) are provided a head strength and conditioning coach and program support from Dr. Hornsby and West Virginia University's Coaching and Performance Science program. This presentation will include 1) thoughts on high school S&C and long-term athlete development, 2) an overview of the specific HS S&C program at WVU and 3) a presentation of force plate data collected across the 3 high schools. Point number 3 is particularly unique in that while publishing force plate data has become commonplace within U.S. collegiate sport and other sport organizations, most published data captures athletes >18 years old while high school aged athlete data is scarce, thus missing a very critical developmental period.