

# Professional Football Strength and Conditioning Coaches Injury Resiliency Summit

Monday, March 26, 4:00pm – Wednesday, March 28, 1:30pm

Red Rock Resort, 11011 West Charleston Boulevard, Las Vegas, Nevada



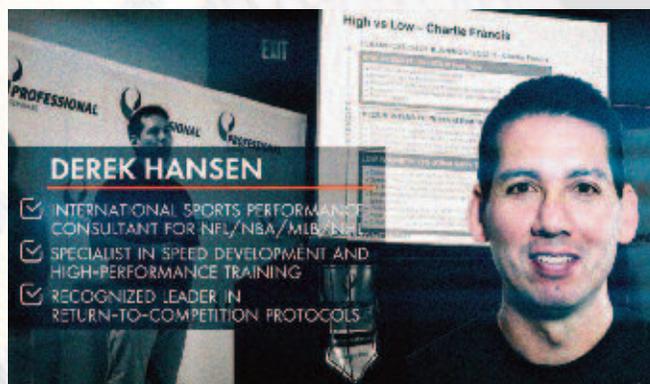
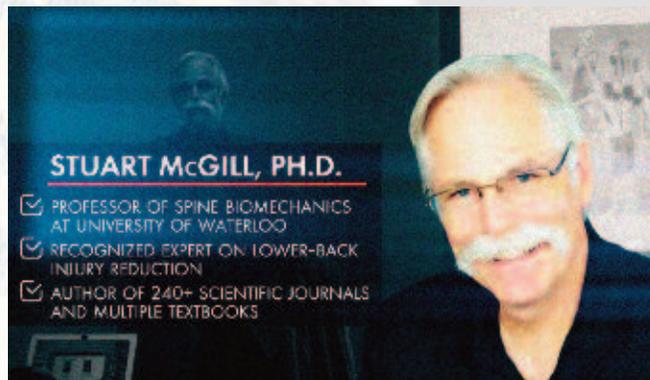
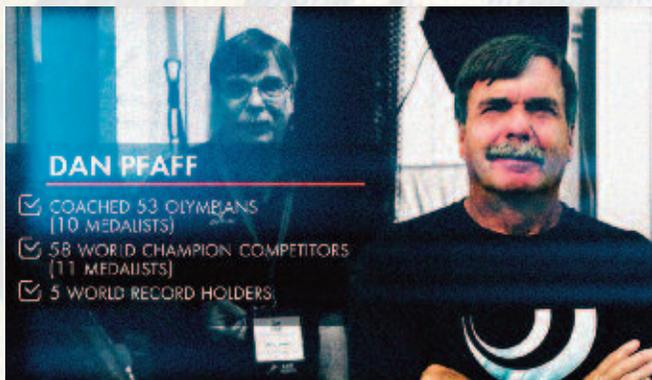
Reducing player injury and accelerating recovery are your top priorities as a professional football strength and conditioning coach. That's why the Professional Football Strength and Conditioning Coaches Injury Resiliency Summit is the most important continuing education event of the year.

This two-day educational summit brings together the world's top experts in the field of injury prevention and recovery for high-performance athletes. Presenters will cover key findings from the latest research and provide practical science-based information on how to reduce player injury and accelerate safer recovery. So you can keep your players in the game!

Watch our video that explains the Summit in detail...

<https://pfscca.com/request-to-sponsor/injury-resiliency-summit/>

## Presenters:



This is a no-cost two-day event for the first 2 Professional NFL Strength Coaches from every NFL Team. Participants pay only for lodging and airfare. Lodging is discounted at \$149 per-night. Professional onsite catering provided.

## Book a Room:

<https://aws.passkey.com/e/49592419>

or call 866-767-7773

Group Code: RCIFOOT Group Name: PFSCCA Last day to book with discounted rate is March 8th

# Injury Resiliency Summit Agenda

## Monday, March 26

1:00pm - 5:00pm  
5:00pm - 6:00pm  
6:00pm - 7:30pm  
8:00pm

All coaches and presenters arrive & check-in  
Official Kickoff Cocktail Hour + Hor D'oeuvres  
Kickoff Lecture - Derek Hansen  
Buffet Dinner

## Tuesday, March 27

7:00am - 8:00am  
8:00am - 9:15am  
9:15am - 9:30am  
9:30am - 10:45am  
10:45am - 11:30am  
11:30am - 12:30pm  
12:30pm - 1:45pm  
1:45pm - 2:00pm  
2:00pm - 3:15pm  
3:15pm - 4:00pm  
4:00pm - 7:30pm  
7:30pm - 10:00pm

Breakfast  
Lecture - Dan Pfaff  
Break  
Hands On - Dan Pfaff  
Break - Networking with Vendors  
Lunch  
Lecture - Stuart McGill & Brian Carroll  
Break  
Hands On - Stuart McGill & Brian Carroll  
Networking with Vendors  
Free Time  
Dinner Banquet

## Wednesday, March 28

7:00am - 8:00am  
8:00am - 9:15am  
9:15am - 9:30am  
9:30am - 10:45am  
10:45am - 11:00am  
11:00am - 12:30pm  
12:30pm - 1:30pm  
1:30pm

Breakfast  
Lecture - Matt Jordan  
Break  
Hands On - Matt Jordan  
Break  
Q&A Round Table with all Presenters  
Grab 'n Go Lunch  
Conference Ends



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# Injury Resiliency Summit Presentations

## **Dosage Prescription Strategies for Off-Season, Pre-Season and In-Season Training Scenarios**

*Presented by: Derek M. Hansen*

Derek is a NSCA Certified Strength and Conditioning Specialist that has been working with athletes in speed, strength and power sports since 1988. Over the course of his career, Derek has worked with some of the top performers in the world as a coach and a consultant – including Olympic medallists, world record holders, Canadian National team athletes, professional sports organizations and professional athletes from numerous sports.

In this presentation, Derek will cover the following topics in regards to training prescriptions:

- Identifying Constraints - time, athlete Compliance, injury history, practice, meeting and game demands
- Creating Opportunities - athlete adaptability, building relationships and collaborating with outside networks
- High Intensity Training Components - speed development, explosive power, elastic response and strength development
- Low Intensity Training Components - endurance in strength, aerobic, anaerobic and recovery
- Prioritizing Work - identifying appropriate proportions
- Long Term Planning Priorities - coordinating efforts on practice and education planning with the integration of valuable technology

## **Sport Injuries: Patterns, Trends & Current Thinking**

*Presented by: Dan Pfaff*

Dan Pfaff is a world-renowned track and field coach who has trained national, world, and Olympic championship athletes. His impressive background includes directorships of international training centers, coaching staff development, Division I intercollegiate track and field as a head coach, as well as numerous assistant coaching and teaching positions.

During this presentation, you'll learn how to utilize information from an athletic sprinting movement screen specifically designed for speed and quickness in athletes.

Key takeaways include:

- Become a better coach, athlete and/or practitioner
- Become a better consumer of sports medicine services
- Improve communication among athletes, coaches and performance service providers
- Improve understanding of kinesiological factors for wellness
- Improve work quality and capacities
- Reduce acute and chronic injury occurrences
- Reduce lost man hours and competition absences
- Improve coach/athlete reporting skills

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# Injury Resiliency Summit Presentations

## Enhancing Injury Resilience & Performance in the Football Athlete: A Spine Perspective

Presented by: Stuart M. McGill, PhD and Brian Carroll

Stuart McGill, Professor Emeritus (Spine Biomechanics), authored of over 240 scientific journal papers and mentored over 40 graduate students during this scientific journey. As a consultant, he has provided expertise on low back injury to various government agencies, many corporations and legal firms and professional/international athletes and teams worldwide. He has directed the recovery of injured athletes to many championships and records.

In this presentation, Dr. Stuart McGill and Brian Carroll will discuss:

### Foundation

- Stiffness and mobility: Essential role of core stability for distal athleticism
- Muscle pulsing for speed-strength athleticism
- Building training capacity with spine hygiene and programming
- Assessment: understand injury and pain mechanisms, tuning the body with individual program design
- Programming: Essential drills and progressions

### Hands-On Practical

- Assessment technique, pulse production, training technique



**Brian Carroll** is a world-class powerlifter with over a decade of elite, world-class lifting under his belt. Coming back from a devastating back injury in 2009 that broke multiple bones and compiled with years of destructive mistreatment to his body, most experts said he would never recover. Nonetheless, Brian returned to the pinnacle of world-class lifting, while successfully becoming 100% pain and symptom-free. He is now dedicated to helping others avoid the same mistakes that he made through seminars, speaking engagements, courses and private and group coaching.



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# Injury Resiliency Summit Presentations

## ACL Injury/Re-Injury Prevention: Why Monitoring Concentric/Eccentric Force Asymmetries Matters

Presented by: Matt Jordan, PhD, CSCS

Dr. Matt Jordan holds a PhD in Medical Science and a Masters in Exercise Physiology with a specialization in neuromuscular physiology. Matt's PhD research focused on return to sport neuromuscular monitoring for athletes with ACL injury. Over his career, Matt was the personal strength coach to 30 World and Olympic medalists, and has worked with elite athletes in many sports.

In this presentation, Dr. Matt Jordan will provide a detailed overview on how to assess and monitor vertical jump concentric/eccentric force asymmetries for ACL injury and ACL re-injury prevention.

Key takeaways include:

- Identify neuromuscular deficits associated with ACL injuries that can't be seen with the coaching eye alone
- Explore the relationship between vertical jump force asymmetries and ACL injuries
- Discuss strategies for implementing asymmetry monitoring in order to guide return to sport decision making and prevent ACL re-injury
- Present real-world case study examples employing vertical jump force asymmetry monitoring to identify neuromuscular deficits, prevent ACL injuries and optimize return to sport after ACL reconstruction
- Provide considerations for using vertical jump force asymmetry monitoring to improve training program design and training strategies to prevent ACL injuries

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