

## Curriculum Vitae

**Name** Anthony Sgherza, PT, ATC, PhD, CSCS, USAW, SCCC

### Education

New York University  
New York, New York  
PhD 1997  
Pathokinesiology

Long Island University  
Brooklyn, New York  
MS 1989  
Athletic Training and Sport Science

University of Pittsburgh  
Pittsburgh, Pennsylvania  
BS 1987  
Physical Therapy

Kean College of New Jersey  
Union, New Jersey  
BA 1984  
Physical Education

### Academic Appointments

2017 Temple University  
Department of Kinesiology, School of Public Health  
Professor of Instruction, Program Director Exercise and Sport Science  
Assistant Strength Coach (Volunteer) – Temple Football

2016 Visiting Strength Coach – Professional Development  
University of Massachusetts Football

2014 – 2016 Professor, Department of Business and Department of Exercise Science  
Lyndon State College  
Physical Therapist, Northern Physical Therapy  
Strength Coach, Xtra Inning Performance

2011 – 2014 Professor and Program Chair  
Program Director: NSCA ERP (Strength and Conditioning)  
Department of Exercise Science  
Lyndon State College

2012 – 2013 Visiting Faculty and Assistant Strength Coach - Volunteer  
Department of Kinesiology and Department of Athletics  
Pennsylvania State University (Football)

2004 – 2010 Associate Professor and Chair (Tenured 2010)  
Program Director: NSCA ERP (Strength and Conditioning)  
Department of Exercise Science  
Lyndon State College

2010 – Present Research Proposal Review Board  
Vermont Genetics Network  
University of Vermont

1999 – 2004 Assistant Professor (Tenured 2004):  
Department of Physical Education and Exercise Science  
Brooklyn College of the City University of New York  
Brooklyn, New York

2003 - 2004 Program Director BA/MD: Honors Academy Brooklyn College  
Brooklyn College of the City University of New York  
Brooklyn, New York

1998 – 1999 Assistant Professor: Department of Physical Therapy  
Richard Stockton College of New Jersey  
Pomona, New Jersey

1993 - 1995 Adjunct Assistant Professor  
Long Island University, Brooklyn Campus  
Department of Physical Therapy; Department of Sport Science  
Brooklyn, New York

1987 - 1997 Lecturer: Programs in Physical Therapy  
Hunter College, New York, New York  
Long Island University, Brooklyn, New York  
State University New York, Brooklyn, New York  
Touro College, Huntington, New York  
Kean College, Union, New Jersey

**Professional Employment**

2010 – 2014 Certified Athletic Trainer/Certified Strength and Conditioning  
Specialist  
Lyndon State College Men's Club Hockey  
New England Collegiate Hockey Association

2010 – 2016 Certified Strength and Conditioning Specialist  
XIP Training Systems  
Lyndonville, Vermont

2010 – 2016 Physical Therapist/Certified Athletic Trainer/Certified Strength  
and Conditioning Specialist  
Northern Physical Therapy  
Lyndonville, Vermont

2007 – 2012 Physical Therapist/Certified Athletic Trainer/Certified Strength  
and Conditioning Specialist  
Vermont Mountaineers  
New England Collegiate Baseball League

2004 – 2014 Lyndon State College  
Strength and Conditioning Coach

2011 Head Athletic Trainer  
Lyndon State College

1987 - 1996 Physical Therapist/Certified Athletic Trainer  
1999 - 2004 New York University Hospital for Joint Diseases Sports Therapy

1996 - 1998 Physical Therapist/ Certified Athletic Trainer  
Project Coordinator: Health Returns  
Cheshire Medical Center  
Keene, New Hampshire

1995 - 1996 NIH Research Trainee  
Pulmonary Function Laboratory  
New York University Medical Center  
New York, New York

1993 - 1995 NIDRR Research Trainee  
Human Performance and Pulmonary Function Laboratory  
New York University Medical Center  
New York, New York

1992 - 1996 Physical Therapist/Certified Athletic Trainer  
Visiting Nurse Service  
New York, New York

**Awards**

Burnham Faculty Development Fund  
Objective: Corner Medical Center Health Fitness Partnership  
Awarded spring 2009

Advanced Study Structure and Welfare Committee  
Lyndon State College  
Awarded spring 2009: Injury Prevention and Treatment  
Techniques; Professional Baseball Athletic Trainers' Society  
Annual Conference

Archstone Foundation Award for Excellence in Program  
Innovation  
Nominated spring 2007 for partnership created with Corner  
Medical Center and creation of college wide health fitness  
promotional campaign (Green versus Gold).

Fitness Management Nova7 Award  
Nominated spring 2007 for Exercise Incentive Programming

Vermont Governor's Council on Physical Fitness and Sports  
Objective: Recipient of Rising Star Worksite Wellness Award  
Department of Exercise Science and Department of Intramurals  
Lyndon State College  
2006 through 2011

Academic Excellence and Burnham Fund  
Objective: Abstract submission and attendance fall 2006 NEACSM  
Lyndon State College

National Strength and Conditioning Association Educational  
Recognition Award  
Objective: Meet governing body standard for academic curriculum  
July 2005 – July 2008; July 2008 – July 2011

Academic Excellence and Burnham Fund  
Objective: Certified Strength & Conditioning Specialist  
Lyndon State College  
May 2004

PSC-CUNY Research Award Program  
Brooklyn College City University of New York  
(7/00 – 12/01)  
IRB Approval March 2002

Clinical Research Traineeship (9/93 - 9/95)  
New York University  
United States Department of Education  
National Institute on Disability and Rehabilitation Research

Clinical Research Traineeship (9/95 - 9/96)  
New York University Medical Center  
National Institute of Health

### **Grant Submissions**

Healthy People, Places, and Practices in Communities Project.  
U.S. Office of Disease Prevention and Health Promotion.  
Objective: Capacity and implementation of ongoing health fitness instructional services to participants from Corner Medical Center.  
Submitted: March 2007

Vermont Experimental Program Stimulate Competitive Research  
Objective: The Effect of Verbal and Visual Feedback on Perception and Tolerance of Pain  
Awarded April 2006

“Run, girl, run!” Physical Activity Promotion Program for girls  
Objective: Increase physical activity among girls ages 9 – 13.  
Submitted: March 2005

Area Agency on Aging for Northeastern Vermont  
Objective: Support community based initiatives promoting health and wellness to older adults.  
Submitted December 2004

Lyndon State College Board of Visitors Award  
Objective: CAAHEP Accreditation  
Awarded November 2004

### **Publications (Peer Reviewed)**

The Healthy Throwing Shoulder: From Bottom to Top. Anthony Sgherza. American College of Sports Medicine Certified News. Volume 19, Issue 4, October/November/December 2009

Effect of naloxone on perceived exertion and exercise capacity during maximal cycle ergometry. Sgherza, Anthony, Kenneth Axen, Randi Fain, Robert S. Hoffman, Christopher C. Dunbar, and François Haas. Journal of Applied Physiology 93: 2023-2028, 2002.

### **Abstracts**

Kovacs, S, Sgherza, A, Santiago, M, Folk, A, Garcia, C, Pinson, C. Determinants of 2000m Rowing Ergometer Performance in Female Collegiate Athletes: A Retrospective Analysis. Submitted Temple University IRB 2018

Sgherza, A., Strength and Conditioning Considerations Surrounding Concussion – A Pilot Proposal: Are provocative and multi-modal strength and conditioning interventions useful in guiding return to play? Abstract presented at Concussion in Athletics: From Brain to Behavior, Pennsylvania State University 2012.

Ledoux, G.J., Bouley K.J., Sgherza, A.L., On-Campus Practicum Activities and Undergraduate National Examination Outcomes: Preliminary Data and Trends. Abstract presented American College of Sports Medicine Thematic Poster Presentation 2012.

Ledoux, G, Moccia, A, Pober, D, Sgherza, A. The Effect of Verbal and Visual Feedback on Tolerance and Perception of Pain. Abstract presented at Eastern Athletic Trainers Association Annual Meeting & Clinical Symposium, January 2007.

Sicard, J, Guilfoyle, P, Sgherza, A. Subtle symptoms and complex course of a displacing cuneiform with mid-foot instability in a female collegiate soccer player: A case report. Abstract presented at Eastern Athletic Trainers Association Clinical Symposium, January 2006.

Sgherza A, Ahsan S, Human Gross Anatomy: A comparison of performance among students pursuing select professional goals. Abstract presented as free communication New England American College of Sports Medicine Fall Conference, November 2004.

Sgherza A, Axen K, Dunbar C, Haas F. Inter-rater reliability for different methods of determining ventilatory threshold. Abstract presented as free communication at 25<sup>th</sup> Annual Mid-Atlantic American College of Sports Medicine Meeting, November 2002.

Sgherza, A, The effect of CoQ10 on blood pressure in a hypertensive recreational athlete: A Case Study. Medicine and Science in Sports and Exercise, Volume 33:5S, 2001. Presented American College of Sports Medicine 48<sup>th</sup> Annual Meeting.

Sgherza, A. Electrocardiographic alterations in an amateur triathlete; Considerations of the “athlete’s heart”: A Case Report. Proceedings Eastern Athletic Trainers Association Clinical Symposium, 2001. Presented.

Dunbar, CC., D. Engel, A. Vayner, M.I. Kalinski, V.R. Yingling, and A. Sgherza. RPE and heart rate are equally accurate for regulating exercise intensity during outpatient cardiac rehabilitation. Medicine and Science in Sports and Exercise Volume 32:5S, 2000. Presented.

Wingate, J., H. Smith, B. McLaughlin, C. Lange, A. Sgherza and B. Kathrins. The effect of education on proper body mechanics and posture while carrying a backpack in 5th grade students. Proceedings American Physical Therapy Association New Jersey State Conference, 1999. Presented.

Sgherza, A., F. Haas, R. Fain, E. Schwartz, R. Hoffman and K. Axen. The effect of naloxone on anaerobic threshold in fit people. Proceedings National Athletic Trainer's Association Annual Meeting and Clinical Symposia, 1998. Presented.

Haas, F., A. Sgherza, R. Fain, E. Schwartz, R. Hoffman and K. Axen. Naloxone reduces maximal exercise capacity in fit people. Physiologist 39: A-79, 1996. Presented 1996 Intersociety Conference: The Integrative Biology of Exercise.

### **Research**

Human Gross Anatomy: A Comparison of Performance among Students with Select Professional Goals. Abstract presented at Brooklyn College Faculty Scholar Day, May 2004.

Health Promotion and Disease Prevention: Awareness Through Regional Anatomical Study: Presented Brooklyn College Faculty Scholar Day, May 20003.

Accumulated versus Sustained Exercise: Intervention and Assessment Strategies for Sedentary People In a Rural Collegiate Environment. Poster presented Richard Stockton Scholarship Day, April 2000.

The Effect of Gentle Massage on Premature Infants: Poster presented at Healthy People 2010: Partnerships for the New Millennium, Washington, D.C., January 2000.

The effect of naloxone on anaerobic threshold evaluation during incremental cycle ergometry in a fit population, Dissertation completed January 1997 in partial fulfillment for the degree of Doctor of Philosophy, New York University.

Inter-rater reliability of the KT-1000 using a modified patella sensor pad, Independent Study completed May, 1992 in partial fulfillment for the degree of Doctor of Philosophy, New York University.

Electromyographic analysis of the lumbar paravertebral musculature in two telephone holding postures. Completed May, 1991 in partial fulfillment for the degree of Doctor of Philosophy, New York University.

The effect of a lumbar sacral orthosis on the temporal and amplitude recruitment patterns, the triaxial torque parameters, and the joint position sense of selected trunk extensor muscles. Mini-proposal submitted December, 1991 in partial fulfillment for the degree of Doctor of Philosophy, New York University.

The neurophysiological basis of plyometrics to improve motor control problems in anterior cruciate ligament deficient knees. Completed May, 1990 in partial fulfillment for the degree of Doctor of Philosophy, New York University.

Kinetic, kinematic and neuromuscular analysis of the front kick in karate. Completed December, 1989 in partial fulfillment for the degree of Doctor of Philosophy, New York University.

## **Invited Presentations**

National Strength and Conditioning Association Vermont Clinic, Keep Your Head in the Game – Strength and Conditioning Considerations for Return to Play Post Concussion, March 2011

National Strength and Conditioning Association Vermont Clinic, Strength and Conditioning Considerations: The Overhead Athlete, April 2009

National Strength and Conditioning Association Clinic, Triathlon 101, November 2009

## **University Lectures**

Rehabilitation of Adolescent Orthopaedic and Sports Related Injuries, Presented to second year Physical Therapy students, State University of New York, Downstate Medical Center, Brooklyn, New York, Fall 1988.

Total Knee Arthroplasty, Presented to second year Physical Therapy students, State University of New York, Downstate Medical Center, Brooklyn, New York, University of Medicine and Dentistry, Newark, New Jersey, Various Dates.

Sports Physical Therapy Concepts, Presented to second year Physical Therapy students, Hunter College, New York, New York, October 1988.

Principles of Rehabilitation: Lower Extremity Injuries, Presented to second year Physical Therapy students, Long Island University, Brooklyn, New York, May 1990, and April 1991.

Total Joint Arthroplasty: Hip, Knee, and Shoulder, Presented to second year Physical Therapy students, Touro College, Huntington, Long Island, September, 1990.

Soft Tissue Healing and Repair, Presented to second year Physical Therapy students, Long Island University, Brooklyn, New York, April, 1996.

Management of Pain Syndromes Associated with Cycling, Presented to second year Physical Therapy students, Long Island University, Brooklyn, New York, March, 1997.

Exercise and the Patient with Diabetes: Richard Stockton College General Studies Division, Pomona, New Jersey, December 1999.

The Role of the Certified Athletic Trainer in Health Care, Presented to physical therapy students, Long Island University, Long Island University, Brooklyn, New York, March 2001.



## **Professional In-services**

Principles of Body Mechanics, Presented to nursing staff at Hospital for Joint Disease Orthopaedic Institute, New York, New York, September 1988.

Principles of Rehabilitation following Ilizarov Procedure, Presented to allied health professionals at Hospital for Joint Disease Orthopaedic Institute Ilizarov Conference, Omni Hotel New York, New York, January 1991.

Basic First Aid Principles, Presented to Physical Therapy staff at Hospital for Joint Diseases Orthopaedic Institute, New York, New York, December 1989.

Isokinetics: Theory and Practice, Presented to first year Orthopaedic residents and Physical Therapy staff at Hospital for Joint Diseases Orthopaedic Institute, New York, New York, December 1989.

Physiology of Electrotherapy, Presented to Physical Therapy staff at Hospital for Joint Diseases Orthopaedic Institute, New York, New York, October 1990.

The Pathology of Ankylosing Spondylitis, Presented to Physical Therapy staff at Hospital for Joint Diseases Orthopaedic Institute, New York, New York, November 1990.

Athletic Screening and Pre-participation Examination, Presented to first year Orthopaedic residents and Physical Therapy staff at Hospital for Joint Diseases Orthopaedic Institute, New York, New York, December 1990.

Use of the KT-1000, Presented to Attending Orthopaedic Physicians, first year Orthopaedic residents, and Physical Therapy staff at Hospital for Joint Diseases Orthopaedic Institute, New York, New York, January 1991.

## **Community Affairs**

Student Athletic Training Program, Lectured and instructed student athletic trainer interns in the prevention, management, and rehabilitation of athletic injuries, Hospital for Joint Diseases Orthopaedic Institute, New York, June 1989, 1990, 1991, 2000.

Coaches' Seminars, Lectured and instructed local high school coaches in various topics in sports medicine, Hospital for Joint Diseases Orthopaedic Institute, New York, 1990.

Grants and Research Committee, Brattleboro Area Aids Project, Served as project assistant toward fund acquisition for non-pharmacologic and exercise therapy for people with AIDS, Brattleboro, Vermont 1998.

Men's health Conference, Brooklyn College Department of Health Services, Men: Fit for Life, Lectured and instructed students, faculty, and community members on fitness intervention and strategies, October 2000.

Preventing fall through Exercise Intervention and Balance Training, Lecture and instruction to Brooklyn College Institute for Retired Professionals, March 2001.

Brooklyn College and The Surgeon General's Report Healthy People 2010: Where Do We Fit In? Roundtable at 5th Annual Brooklyn College Faculty Day, May 2001.

American Red Cross Health Care Provider Volunteer for Disaster Relief: Fall 2001.

Area Agency on Aging for Northeastern Vermont. Proposal submitted to support community based initiatives promoting health and wellness to aging adults.

"Run, girl, run!" Physical Activity Promotion Program for girls. Proposal submitted to increase physical activity among girls ages 9 – 13.

Vermont City Marathon – Assistant to Technical Course Director. May 2005, May 2006

Run The Ridges – Cabot, Vermont! Race Director. May 2006, May 2007

## **Projects**

Journal Club, Weekly review of scientific literature among attending orthopaedic physicians, residents, and physical therapy staff, Hospital for Joint Diseases Orthopaedic Institute, New York, New York, Various Dates 1987 - 1996.

Orthopaedic Study Group, Proposal written for purpose of forum for education among Physical Therapy professionals in orthopaedic settings, Hospital for Joint Diseases Orthopaedic Institute, New York, New York, December 1990.

Orthotic Fabrication, Proposal written and accepted for use of orthotic management in lower extremity pathology, Hospital for Joint Diseases Orthopaedic Institute, New York, New York, March 1990.

Pre-Arthroscopy Screening Manual, Guidelines written for management of arthroscopy patients, Hospital for Joint Diseases Orthopaedic Institute, New York, New York, February 1991.

Shoulder Compendium, Collection of literature compiled for reference to be utilized by physical therapy staff, Hospital for Joint Diseases Orthopaedic Institute, New York, New York, April 1991.

## **Continuing Education**

Joint Mobilization and Soft Tissue Mobilization of the Cervical Spine and Shoulder, Long Island University Department of Physical Therapy, Brooklyn, New York, Fall 1987.

An Integrated Approach to Therapeutic Exercise and Orthopaedic Interaction: Theory and Clinical Application, Hospital for Joint Diseases Orthopaedic Institute, New York, New York, Patricia Sullivan, MS, PT, Fall 1987.

Current Concepts of Lumbar Spine Disease, Hospital for Joint Diseases Orthopaedic Institute, New York, New York, Neil Khanovitz, MD, Fall 1987.

Advanced Clinical Competencies Workshop I, Sports Physical Therapy Section, Washington, DC, Spring 1988.

The Unstable Shoulder, Hospital for Joint Diseases Orthopaedic Institute, New York, New York, Joseph Zuckerman, MD, April 1988.

Maximizing Fitness in the Geriatric Community, Hospital for Joint Diseases, New York, New York, Carol Bernstein-Lewis, PhD, PT, October 1988.

First Annual Sports Medicine Symposium, Meadowlands Professional Sports Care, Rutherford, New Jersey, Russell Warren, MD, December 1988.

Ilizarov Conference, Hospital for Joint Diseases Orthopaedic Institute, New York, New York, Victor Frankel, MD, December 1988.

International Biodex Educational Seminar, Biodex Corporation, Florida, 1989.

Second Annual Sports Medicine Symposium, Meadowlands Professional Sports Care, Rutherford, New Jersey, Russel Warren, MD, December 1989.

Foot Biomechanics and Orthotic Therapy, Orthofeet Incorporated, Hillside, New Jersey, Aaron Baar, PhD, March 1990.

Rehabilitation of the Throwing Athlete, Meadowlands Professional Sports Care, Rutherford, New Jersey, David Stone, MD, March 1990.

International Isokinetic Conference, International Isokinetic Congress, Washington, DC, May 1990.

Rehabilitation of Low Back Pathology, Meadowlands Professional Sports Care, Rutherford, New Jersey, Lee Day, MS, PT, ATC, September 1990.

Management of Temporomandibular Joint Dysfunction, New York State Chapter American Physical Therapy Association, Hunter College, New York, New York, October 1990.

Clinical Education for the Adult Learner, Massachusetts Clinical Faculty Institute, Beverly J. Schmoll, PhD, PT, May 1991.

The Science of Bicycle Fitting, Prevention of Biomechanical Pain Syndromes, Physiotherapy Associates, Randolph Ice, PT, CCS, November 1994.

American College of Sports Medicine Greater New York Chapter Meeting, November 1994.

Grant Writing Process, Keene State College, Keene, New Hampshire, July 1997.

Prevention and Treatment of Musculoskeletal Pain Syndromes Level I, Mary Kate McDonnell, MS, PT, October 1997.

The Foundation Center's Proposal Writing Seminar, Foundation Center, New York, New York, December 1997.

Functional Clinical Orthopaedics, University of St. Augustine for Health Sciences, St. Augustine, Florida, January 1998.

S-1 Introduction to Spinal Evaluation and Manipulation, University of St. Augustine for Health Sciences, St. Augustine, Florida, January 1998.

Hands-On Research For Grant Proposal Writers, The Vermont Community Foundation, Montpelier, Vermont, May 1998.

National Athletic Trainers Association National Conference, Baltimore, Maryland 1998.

E-1 Introduction to Extremity Evaluation and Manipulation, University of St. Augustine for Health Sciences, St. Augustine, Florida, October 1998.

1998 Healthy People Consortium Meeting, "Building the Next Generation of Healthy People", Department of Health and Human Services, Washington, DC, November 1998.

S-2, Advanced Evaluation and Manipulation of Pelvis, Lumbar and Thoracic Spine, University of St. Augustine for Health Sciences, St. Augustine, Florida, March 1999.

American Physical Therapy Association National Conference, Washington, D.C., June 1999.

Eastern Athletic Trainers Association, District Two Symposium, Philadelphia, Pennsylvania, January 2000.

Management of Recalcitrant Tibial Stress Fractures, Hospital for Joint Diseases, Harkness Dance Center, January 2000.

The Aging Dancer, Hospital for Joint Diseases, Harkness Dance Center, January 2000.

Teaching Writing across the Curriculum, Brooklyn College, April 2000.

American College of Sports Medicine 47<sup>th</sup> Annual Meeting, Indianapolis, Indiana, June 2000.

Myofascial Manipulation, University of St. Augustine for Health Sciences, St. Augustine, Florida, October, 2000.

Eastern Athletic Trainers Association, District Two Symposium, Providence, Rhode Island, January 2001.

Ethnic and Social Disparities in Patients with Cancer, City University of New York, November, 2001.

American College of Sports Medicine – Annual Meeting Mid-Atlantic Regional Chapter, November 2002.

New England American College of Sports Medicine Fall Conference, November 2004.

New England American College of Sports Medicine Fall Conference, November 2005.

Eastern Athletic Trainers Association Annual Meeting and Clinical Symposium, January 2006.

Vermont Experimental Program to Stimulate Competitive Research (VTEPSCoR) Grant Writing Workshop at St. Michael's College, May 2006.

New England American College of Sports Medicine Spring Conference, 2007.

New England American College of Sports Medicine Fall Conference, 2007.

New England American College of Sports Medicine Spring Conference, 2008.

New England American College of Sports Medicine Fall Conference, 2008.

Professional Baseball Athletic Trainers Society Annual Conference; Injury Prevention and Treatment Techniques, Washington, D.C., January 2009.

New England American College of Sports Medicine Spring Conference, 2009.

New England American College of Sports Medicine Fall Conference, 2009.

American College of Sports Medicine National Conference 57<sup>th</sup> Annual Meeting, Baltimore, MD June 2010.

National Athletic Trainers Association National Conference, Philadelphia, PA, 2010

New England American College of Sports Medicine Fall Conference, 2010.

New England American College of Sports Medicine Spring Conference, 2011.

New England American College of Sports Medicine Fall Conference, 2011.

The Brainy Side of Exercise: Benefits to Neurons, Mind, and Behavior, Neuroscience Behavior and Health Initiative, University of Vermont, 2012.

New England American College of Sports Medicine Spring Conference, 2012.

Concussion in Athletics: From Brain to Behavior, Pennsylvania State University, Fall 2012

USA Weight Lifting Level 1 Sports Performance Coach Course

Collegiate Strength and Conditioning Coaches Association National Conference, Kansas City, Missouri, 2013

New England American College of Sports Medicine, Fall Conference, 2014.

Functional Movement Systems (Selective Functional Movement Assessment), Spring 2015

Mindful Oriented Interventions for Trauma; Integrating Contemplative Practices, Harvard University, Spring 2015

Collegiate Strength and Conditioning Coaches Association National Conference, Nashville, Tennessee, Spring 2015

3 Dimensional Coaching Seminar, NY Giants Training Facility, 2015

New England American College of Sports Medicine, Fall Conference, 2015

Functional Movement Systems (FMS), Spring 2016

Vermont National Strength and Conditioning Association Clinic Spring 2016

National Athletic Trainers Association National Conference, Baltimore, MD 2016

Gatorade Sports Science Institute, American Football Taskforce Webinar

New England American College of Sports Medicine, Spring Conference 2017

Collegiate Strength and Conditioning Coaches Association National Conference,  
Orlando, Florida, Spring 2017

MIT Sloan Sports Analytics Conference, Boston, MA 2018

Hammer Strength Sports Performance Clinic, Philadelphia, PA 2018

PA NSCA State Clinic, Philadelphia, PA 2018

**Professional Organizations**

National Strength Conditioning Association

Collegiate Strength and Conditioning Coaches Association

USA Weightlifting