



# ONLY THE STRONG, BRAIN VS. BRAWN SPRING CONFERENCE

New Britain, CT | April 26, 2019  
5 ACSM CECs | 0.5 NSCA CEUs

The **New England Chapter of the American College of Sport Medicine (NEACSM)** in collaboration with the **National Strength and Conditioning Association (NSCA)**, proudly present Only the Strong: Brain versus Brawn, April 26, 2019 at the Student Center of Central Connecticut State University in New Britain, CT.


Learn from nationally and internationally recognized researchers, content experts and strength & conditioning professionals as they present and discuss various topics relating strength to cognitive function, endurance performance, muscle hypertrophy, mental toughness, and leadership which can be practically applied to strength athletes, academic students, as well as the general population. The curriculum is developed to appeal to NEACSM and NSCA members as well as any student or professional who practices in exercise science, nutrition, strength and conditioning, and other allied health fields.

## Objectives

1. Understand how strength influences and relates to cognitive function and academic performance.
2. Explore the interplay between the brain and the body and their relationship to limiting human performance from a 100-m sprint to the marathon.
3. Identify strategies to assess and develop mental toughness as well as apply it to your training and coaching.
4. Understand how to utilize effective leadership strategies from the perspective of sports coaching, strength and conditioning, and the military.
5. Identify a multitude of training strategies to maximize skeletal muscle hypertrophy by manipulating resistance training variables.

**Register now at [NSCA.com/2019NEACSM](http://NSCA.com/2019NEACSM)**

## Schedule

TIME	DESCRIPTION	SPONSOR
8:00 – 9:00	Registration	
9:00 – 9:05	Welcome Jason Melnyk, PhD, CSCS   Past President, NEACSM	
9:05 – 10:05	<b>Youth Strength Training: Survival of the Strongest</b> Avery Faigenbaum, EdD, FACSM, FNCSA	<b>SPRINGFIELD COLLEGE</b>
10:10 – 11:10	<b>Mind, Muscle, and the Curiously Elastic Limits of Human Performance</b> Alex Hutchinson, PhD	
11:15 – 12:15	<b>Mental Toughness: What is it? How do We Train it?</b> Matthew Nein, CSCS, RSCC*D	
12:15 – 1:30	Lunch (Provided)	
1:30 – 2:30	<b>The Military Mindset in Leadership: Observations and Learnings from the Field</b> Jay Merlino, MS, CSCS, USAW	 MERRIMACK COLLEGE
2:35 – 3:35	<b>Dissecting the Set and Rep Continuum for Hypertrophy</b> Brad Schoenfeld, PhD, CSCS, CSPS, FNCSA	

## SPEAKERS



### Alex Hutchinson, PhD

Alex Hutchinson (@sweatscience) is a science journalist who writes about human performance for Outside magazine and other publications. His 2018 book *Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance*, was a New York Times bestseller. Prior to becoming a journalist, he completed a Ph.D. and

postdoctoral research in physics and competed for the Canadian national team in track, cross-country, and mountain running. He lives in Toronto.



### Avery D. Faigenbaum, EdD, FACS, FNSCA

Dr. Avery Faigenbaum is a Full Professor in the Department of Health and Exercise Science at The College of New Jersey. His research interests focus on youth resistance training, pediatric exercise science and preventive medicine. He has co-authored over 200 peer-reviewed publica-

tions, 40 book chapters and 10 books, and has been an invited speaker at more than 300 national and international conferences. He is a Fellow of the National Strength and Conditioning Association and of the American College of Sports Medicine, and was awarded the 2017 Boyd Epley Award for Lifetime Achievement from the National Strength and Conditioning Association.



### Matthew Nein, CSCS, RSCC\*D

Matthew Nein oversees the training programs of 21 varsity teams, three graduate assistants, and an intern and volunteer staff of about 15. During his tenure, Nein has had the opportunity to work with 12 National Championship teams, eight individual National Championship athletes, and over 300 All-Americans. While not

training athletes, he manages all indoor recreational facilities and serves as an Adjunct Instructor in the Applied Health Physiology Department at Salisbury University. Nein received his master's degree in Applied Health Physiology from Salisbury University in 2004 and bachelor's degree in Physical Education from Towson University in 2002. Find Coach Nein on Twitter: @CoachNein



### Jay Merlino, MS, CSCS, USAW

Jay Merlino is currently Director of Tactical Performance for EXOS. He managed a Tactical Performance team in the DC area for EXOS prior to that. He began working with the military as a Contracted Strength and Conditioning Specialist for 3rd Battalion, 160th S.O.A.R. (A) at Hunter Army Airfield in Savannah, GA.

Jay also was a strength coach for the Philadelphia Eagles for eight seasons and at the University of Delaware for two years. He holds a Master's Degree in Health Promotion and Bachelor and Associate Degrees in Exercise Science. He has been a NSCA Certified Strength and Conditioning Specialist since 2003 and is a Certified Functional Movement Screening Specialist. Jay also previously owned a training company where he worked with a law enforcement training academy in the private sector.



### Brad Schoenfeld, PhD, CSCS, CSPS, FNSCA

Brad Schoenfeld is widely regarded as one of America's leading fitness authorities. He has been published or appeared internationally in over 1000 magazine and newspaper articles and has been featured on hundreds of television shows and radio programs across the United

States. He is a bestselling fitness author with 10 published books that total more than 400,000 copies in print. Brad is an assistant professor in exercise science at Lehman College in the Bronx, NY and has over 100 peer-reviewed publications to his credit. As a trainer, he has worked with numerous high level athletes and physique competitors, including many top pros. He earned his master's degree in exercise science from the University of Texas, and his doctorate from Rocky Mountain University where his dissertation focused on elucidating optimal resistance training regimens to maximize muscle growth.



**105 Ella Grasso Blvd,  
New Britain, CT 06053**

*Please park in the Student Center Parking Garage adjacent to the Student Center. The conference will be held in the Alumni Hall room within the Student Center.*

**Register now at [NSCA.com/2019NEACSM](https://www.nscacsm.com)**

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