



NBSCA VIRTUAL SPORTS PERFORMANCE SUMMIT

JULY 13th 2022 5:00pm – 10:00pm PDT

KEYNOTE SPEAKER

FRANS BOSCH

Register at: <https://www.eventbrite.com/e/nbsca-sports-performance-virtual-summit-2022-tickets-343505703807>

FEATURED SPEAKERS

Dwight Daub
Ramsey Nijem
Ty Terrell

Derek Millender
Alan Bishop
Adam Virgile

Jesse Wright
Jordan Sabourin
Daniel Bove

HOSTED BY:
MIKE JANELA

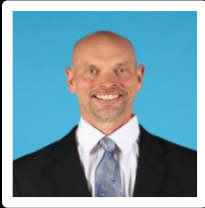


SCHEDULE

- 5:00 – 5:15pm** **Opening** - **Dwight Daub** – NBA Veteran Strength Coach
- 5:20 – 5:50pm** **Keynote** - **Frans Bosch** - Self-Organization of Toe Off Stability / Penultimate Step in Single Leg Jumping
- 5:55 – 6:25pm** **Derek Millender** - Cleveland Cavaliers: Practical Isometric Strengthening for Basketball
- 6:30– 7:00pm** **Jesse Wright** - NBA Veteran Strength Coach: High Performance Sport Collaboration: A Multiplanar Model to Enhance Your System of Communicating Results and Messaging to Coaches, Teammates, and Athletes
- 7:05 – 9:00pm** **Breakout Sessions** - Transferrable Practice
- 7:05 – 7:25 - Station #1: **Ramsey Nijem** (Kansas Jayhawks Basketball) – Developing Basketball Explosiveness
- 7:30 – 8:10pm - Station #2: **Alan Bishop** (Houston Cougars Basketball) – Omni Contraction Training
- 8:15 – 8:35pm - Station #3: **Jordan Sabourin** (Detroit Pistons) – How to use BFR During a Basketball Season
- 8:40 – 9:00pm - Station #4: **Ty Terrell** (Atlanta Hawks) – The Macro and Micro of Training Tendinopathies
- 9:00pm – 9:15pm** **Break**
- 9:15 – 9:35pm** **Adam Virgile** - Los Angeles Clippers – Measuring Chaos
- 9:40 – 10:00pm** **Daniel Bove** - New Orleans Pelicans – Managing Chaos
- 10:00– 10:15pm** **Closing Remarks**



PRESENTER BIOS



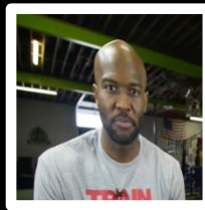
DWIGHT DAUB – OPENING SPEAKER

Strength and Conditioning Coach with over 44 years of experience including 10 years in high school, 10 years as an NCAA Division I Strength and Conditioning Coach and 18 years as a Director of Athletic Performance in the NBA for the Seattle Sonics/11yrs and Oklahoma City Thunder 7 yrs (2 years as a part time/intern OKC Thunder/total 20 years NBA) additionally one of the co-creator of the NBA pre-draft combine performance testing.



FRANS BOSCH – KEYNOTE SPEAKER

Frans Bosch earned a degree in PE in 1977. Since 1980 Bosch worked in athletics, coaching elite sprinters and Olympic high jumpers and for some years as the national coach for jumping events. Since 2005 Bosch is lecturer at the Fontys University for applied sciences in sports, mainly in the field of anatomy, biomechanics, strength training and motor learning. Bosch has given numerous presentations all over the world on training related topics. Bosch frequently works internationally as a consultant in sport.



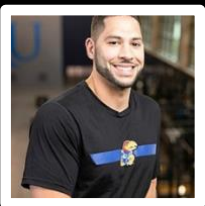
DEREK MILLENDER – PRESENTER

Derek Millender was named Head Strength and Conditioning Coach for the Cleveland Cavaliers in August 2013. He was previously the Cavaliers' assistant strength and conditioning coach for three seasons. Prior to joining the Cavaliers, he was the head strength and conditioning coach for Cleveland State University from 2007-10. He also spent two years in the Cleveland Indians. He completed his undergrad studies in 2004 at the University of South Alabama and earned his Master's Degree in Exercise Science from Cleveland State University in 2010.



JESSE WRIGHT – PRESENTER

Jesse Wright is a high performance consultant, Amazon best-selling author, and former NBA, NFL, NCAA and private sector sports practitioner. He most recently spent 14 years with the Philadelphia 76ers, in two different sports performance roles, and was voted the 2013 NBA Strength & Conditioning Coach of the Year. He also served as President of the NBSCA from 2013-2015. He currently resides and works in Drexel Hill, PA.



DR. RAMSEY NIJEM – PRESENTER

Dr. Ramsey Nijem is the Director of Sport Performance for the University of Kansas Men's Basketball Program and founder of the Applied Performance Coach Certification. Dr. Nijem spent 5 seasons with the Sacramento Kings prior to joining Kansas in 2019.



PRESENTER BIOS



TY TYRELL – PRESENTER

Having a background with a lot of different experiences allowed me to gain knowledge from different perspectives and in a broad range of areas. From working with athletes at all ages and athletes from a wide range of sports, in different environments, I've been able to combine those experiences into a training model in the NBA. Currently, I just finished my 4th season as a strength coach for the Atlanta Hawks



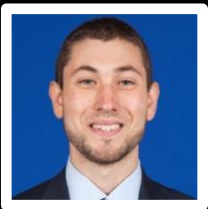
ALAN BISHOP – PRESENTER

Alan Bishop is entering his sixth season as the Director of Sports Performance for the University of Houston's Men's Basketball team. Prior to Houston Bishop worked at Utah State, UT Arlington and Southern Utah.



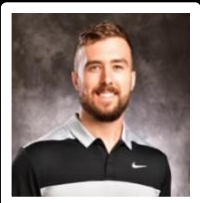
JORDAN SABOURIN – PRESENTER

Jordan Sabourin is currently a Doctoral candidate at Wayne State University and Head Strength and Conditioning Coach for the Detroit Pistons. Jordan recently completed his third year as a Ph.D. student majoring in Exercise and Sport Science and his ninth year with the Detroit Pistons organization. A native of Sarnia, Ontario, Canada, he attended Oakland University on a basketball scholarship and continued his playing career overseas in Germany for five seasons before retiring to pursue a career in strength and conditioning. Before being hired by the Pistons, Jordan worked as a Strength Coach for the Turk Telekom Basketball club in Ankara, Turkey.



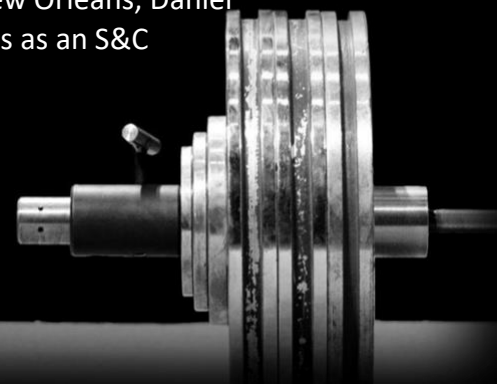
ADAM VIRGILE – PRESENTER

Adam is currently serving as a Performance Information Engineer/Sport Scientist for the Los Angeles Clippers while pursuing his PhD at the University of Vermont. Prior, Adam spent six years in the NHL serving as the Assistant Strength and Conditioning Coach (2013-2015) and Sports Scientist (2015-2019) for the New York Rangers ice hockey team.



DANIEL BOVE – PRESENTER

Daniel is currently serving as a Director of Performance for the New Orleans Pelicans. In this role, Daniel oversees the integration and execution of strength & conditioning and sports science. Prior to New Orleans, Daniel spent seasons with the Atlanta Hawks and Phoenix Suns as an S&C coach and applied sports scientist.

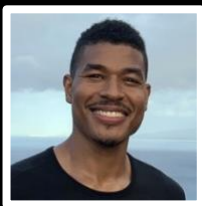


ADDITIONAL INFO



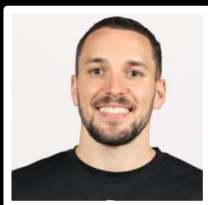
MIKE JANELA – HOST

Mike Janela returns for his fifth year as the host and moderator of the NBSCA Sports Performance Summit. A multimedia host and presenter, Mike serves as the digital and gameday host for the New York Mets, as well as being an on-air correspondent for MSG Networks covering the New York Knicks, New York Rangers, New York Islanders, and New Jersey Devils. He also operates Mike Janela Media, a coaching business for those looking to improve their hosting skills through TV, podcasting, digital media and more.



WILLIE CRUZ – EVENT ORGANIZER

Willie is currently the Director of Performance for the Houston Rockets and serves as the Chief Officer of Education, Engagement, and Events for the NBSCA.



JORDAN FORGET – EVENT ORGANIZER

Jordan is currently an Assistant Strength Coach for the Dallas Mavericks and serves as the Administrative Executive Assistant for the NBSCA.

PRESENTATION RECORDINGS

EACH PRESENTATION WILL BE RECORDED AND AVAILABLE FOR PURCHASE AT A DISCOUNTED RATE TO ATTENDEES. PRESENTATIONS WILL BE AVAILABLE VIA NSCA TV.

FEEL FREE TO ADDRESS ANY QUESTIONS TO JORDAN FORGET AT NBASTRENGTHCOACHASSOCIATION@GMAIL.COM

