

# **Healthy Minds Healthy Bodies Sports Performance Conference**



**July 14  
8am-5pm  
Nazareth College**



**2018**

# About the Conference...

The Healthy Minds, Healthy Bodies Sports Performance Conference will be focused on providing research-based methods that will assist athletes' mental and physical skills, taking their performance to the next level. The target audience for this conference is high school and collegiate athletes, their families, and coaches. Our presenters are recognized as experts in their respective fields of sport psychology, resiliency, nutrition, rest, recovery, mindfulness, and strength & conditioning.

We are happy to introduce our keynote speaker, Iris Zimmerman, a participant in the 2000 Summer Olympics and owner of the Rochester Fencing Club. She has a decorated career as both an elite athlete and coach. We are excited to have Iris speak at our conference!

Join Us!

**Date:** July 14, 2018

**Location:** Shults Center, located on the campus of Nazareth College

**Time:** 8am-5pm

**Cost:** \$30

Register by June 17<sup>th</sup> at [www.forzathletics.com](http://www.forzathletics.com)



# Stephen P. Gonzalez, PhD, CMPC



Dr. Stephen P. Gonzalez is an Assistant Professor of Sport Psychology at The College at Brockport and a consultant to organizations and teams. For the last decade, Dr. Gonzalez has worked with the U.S. Army, U.S. Air Force, professional athletes, collegiate athletes, high school athletes, performing artists, and weekend warriors with the ultimate goal of high performances and personal development. Regionally, Dr. Gonzalez serves as a consultant to Brockport Athletics, Next Level Strength and Conditioning, Brian Jacobs Golf, RIT Hockey, and professional hockey agency Sports Consulting Group. Dr. Gonzalez completed his Ph.D. in the Psycho-Social Aspects of Sport at the University of Utah, his M.S. in Sport Psychology from Georgia Southern University, and his B.S. in Psychology from the University of Pittsburgh where he was also an NCAA Division I runner. Dr. Gonzalez is a Certified Mental Performance Coach (CMPC) through the Association for Applied Sport Psychology and is listed on the United States Olympic Committee's (USOC) Sport Psychology and Mental Training Registry. Follow Dr. Gonzalez on Twitter @StevePGonzalez

**Presentation Topic:** Developing Champion Mindsets- How Thoughts and Emotions Influence Our Performances

In this session, participants will learn how thoughts and emotions influence our performance. Participants will learn basic principles of self-talk and mindfulness, and how to develop the discipline and awareness to be better understand how we need to think and feel individuals in order to be at our best.

## Heather D'Errico, MS, CSCS, CSFC, LMT



Heather is the Head Strength and Conditioning Coach at RIT working with all 800 student athletes on campus. She has worked with athletes at Next Level Strength and Conditioning for the last 6 years after graduating with a Master's degree in Kinesiology from the University of Central Missouri. Last year Heather also went back to school for massage therapy and is now a Licensed Massage Therapist specializing in treatments in sports massage for athletes. Heather also competes on the Professional Women's Bowling Tour during spring and summer.

### **Presentation Topic:** Importance of Strength and Conditioning For High School Athletes

Heather will be discussing the importance of proper strength and conditioning for high school athletes that wish to compete at the college level. She will go over the benefits of strength and conditioning and what athletes can expect when they transition into collegiate strength and conditioning settings. There will be discussion on how to best prepare to perform at the highest level.



# Craig Cypher, Psy.D



Dr. Cypher is a Clinical and Sport Psychologist in Rochester, NY. He holds a Bachelor's degree in Psychology from Boston College and a Psy.D. (Doctorate in Psychology) from the Illinois School of Professional Psychology in Chicago, IL. Dr. Cypher specializes in psychological services for athletes, including sport psychology and performance enhancement, psychological aspects of injury recovery, and clinical issues for athletes. In addition to his private practice where he sees clients individually, Dr. Cypher consults to a number of area organizations, including the UR Sports Medicine, the UR Sport Concussion Clinic, and Rochester Regional Health's Sports Medicine programs. Dr. Cypher is a member of the American Psychological Association's Division 47 (Division for Sport, Exercise, and Performance Psychology) and the Association for Applied Sport Psychology (AASP).

**Presentation Topic:** Trust the Process - Goal Setting Steps for Success

Coaches always tell athletes that they need to "focus". But what should they be focusing on? This presentation focuses on the concept of process goals and how they can be utilized to keep athletes focused and on track during training and competition. Athletes, coaches, and parents will learn the difference between process and outcome goals in the context of goal setting as well as concrete strategies to apply process goals to the challenges they face within their sport.

# Kyle Glickman, M.S., CSCS, PICP



Kyle Glickman completed his undergraduate degree at SUNY Brockport where he majored in exercise physiology and also played outside linebacker. He then went on to Canisius College where he completed a master degree in applied human nutrition with the emphasis of exercise physiology. While matriculating through school he slowly started working with clients which lead to the birth of his company GlickFit which he run's with his wife Ewa.

GlickFit is a hybrid company combining aspects of health and wellness with strength and conditioning. We structure our programs with the idea of health being the most important factor and prioritize practical over optimal. We then utilize aspects from strength and conditioning into the programming to work in unison with our health and wellness practices so we not only reach our performance / body composition goals but we also achieve a higher level of well being.

**Presentation Topic:** Understanding Stress and the HPA Axis...How do we use it in our favor?

Stress...How many of you have pulled all-nighters to get work done? How many of you get nervous before a big game? What about getting cotton mouth before a speech?... Stress is a natural response in our body and its important to understand how, why and when it works. This is can make or break you when it comes to not just health but also optimal performance! Once we learn the basic fundamentals of the stress response we can then learn how to not only recover better but use stress in our favor!



## Megan Tomei, BS, IASTM Level 1 & Level 2



Megan is a graduate of Ashland University, having earned her BS in Exercise Science with a minor in Social Work. She has also earned certifications in Level I and Level II IASTM. Megan is working to obtain her FST certification while finishing her MBA, with a focus on Sport Management.

While an athlete working under the tutelage of 4x Track & Field Olympian Jud Logan, Megan qualified for 7 NCAA Division II National Championships (Shot-Put, Weight Throw, & Hammer Throw), earned 12 All-American awards and ranks in the top 10 all-time for the Shot-Put, received USTFCCCA All-Region Honors both Indoors and Outdoors, and earned the Recognition of being the Great Lake Intercollegiate Athletic Conference Indoor Women's Field Athlete of the Year in 2016 and 2017.

**Presentation Topic:** You Can Only Work As Hard As You Can Recover

Recovery is a key element to athletic success. There are a multitude of elements that can be used to achieve our athletic goals. I have personally know the feeling of being over trained as well as accommodating injuries. Through my mistakes I've learned a great deal about different modalities that I later became certified in.

# Keynote Speaker:

## Iris Zimmermann



*Olympian, Co-Owner of the Rochester Fencing Club, Public Speaker,  
Commentator, and Performance Coach  
School of the Arts 1999  
Stanford University 2003  
Simon Business School 2012*

### Fencing History:

Iris Zimmermann holds the distinction of being the first U.S. fencer in history, man or woman, to win a world championship in any weapon or age category. She earned this achievement in 1995, winning the World Under-17 Championships at her first major international event in Paris at the age of 14. Four years later, in 1999, Iris would become the first US fencer to medal in the Senior World Championships, earning the bronze medal in women's foil. She represented the US in Olympic competition, joining her sister, Felicia, a two-time Olympian in Sydney, Australia in the summer of 2000. Born and raised in Rush, NY, the Zimmermann sisters currently co-own the Rochester Fencing Club.

### Some of her achievements include:

- Olympian, 2000 Women's Foil Team (4th) - Sydney, Australia
- Bronze Medalist, 1999 World Championships – Seoul, South Korea \*First American medalist
- Two-Time Gold Medalist, World Under-20 Championships \*First American World Champion
- NCAA Champion, 2001 NCAA Championships – Colorado Springs, CO
- 2013 Inducted into the United States Fencing Hall of Fame
- 2017 Rochester Business Journal's 40 Under 40

### Current work:

- Coach with Valor Perform that uses a unique platform to "ignite and sustain peak performance" for professionals.
- International Fencing Commentator for Grand Prix and Collegiate events broadcast to NBC and Olympic Channels.



# Map of the Campus

