

2018 Healthy Minds, Healthy Bodies Sports Performance Conference
Nazareth College
Shults Center-Forum Auditorium
July 14th, 2018

Registration—8am-8:45am

Welcome and Introduction by Charles Infurna, Ed.D. —8:45am

Session 1: Stephen Gonzalez, Ph.D., CMPC—9am-9:45am

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.

Session 2: Heather D'Errico, MS, CSCS, CSFC, LMT—10am-10:45am

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.

Session 3: Craig Cypher, Psy.D.—11am-11:45am

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.

Lunch—1145am-1pm

Session 4: Kyle Glickman, MS, CSCS, PICP—1pm-145pm

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 it's 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!

Session 5: Megan Tomei, BS, IASTM Level I & Level II—2pm-2:45pm

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 known 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.

Session 6: Stephen Gonzalez, Ph.D. & Craig Cypher, Psy.D.—3pm-3:45pm

Presentation Topic: Panel Discussion With Your Questions-Moderated by Charles Infurna

In this session, Dr. Infurna will moderate a panel discussion with Dr. Gonzalez and Dr. Cypher. Audience participation will be greatly encouraged in this informative session where your questions will be answered. Dr. Gonzalez and Dr. Cypher have extensive backgrounds in resiliency, goal-setting, mental skills training, and developing championship mindsets.

Keynote: Iris Zimmermann, 2000 Olympian—4pm-5pm

Fencing Background:

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.