



WILDCAT PERFORMANCE SYMPOSIUM SATURDAY, MARCH 24, 2018

St. Ignatius College Preparatory

Technology Demos
Roundtable
CEUs (*pending*)

Cost*: \$75/\$100 for 2 coaches from same school
Students \$20 with Student I.D.
\$20 at the door

Dan John Keynote, 5–6pm

DAN JOHN

A.M. Presentation: “Fit or Fat”
P.M. Keynote: “Learning from
the Best and the Brightest”



JIM SCHMITZ

USAW Clinician
Hosts USAW Lv2
Cert Course Sat+Sun*.



*separate USAW fee

CHRIS HOLDER

Cal-Poly-SLO
A.M. Presentation: “The
Devil is in the Details:
Achieving Training Goals”



JUSTIN LEACH

University of SF
A.M. Presentation: “Cura Personalis:
Building A Successful Performance
Team Model of Caring for Your HS
and College Athletes”



Saturday and Sunday USAW Level 2 Cert Course (register through USAW website)

Saturday 9–noon Presentations sponsored by TRX and Perform Better

1–4pm “Learn by Doing” Workshops

4–5pm Expert Panel and Roundtable

5–6pm Keynote Speaker Dan John

Tech Demos and Lunch Sponsored by Bridge Athletic

Giveaways donated by TRX, Golden Gate Chiropractic and Perform Better

Raffle prizes donated by Tim Bourke, Director of Team Sports at TRX

*****NSCA CEUs pending approval.**

N.B. Cost of this Symposium is separate of USAW Level 2 Course fee.***



GOLDEN GATE
CHIROPRACTIC CENTER



Advanced Wellness



WHOOOP™



S&C PRESENTERS AND CONTRIBUTORS



Dan John

Dan has spent his life with one foot in the world of lifting and throwing, and the other foot in academia. An All-American discus thrower, Dan has also competed at the highest levels of Olympic lifting, Highland Games and the Weight Pentathlon, an event in which he holds the American record. Presenter, Coach and Author. Morning Session: Fit or Fat? Closing Keynote: Learning from the Best and Brightest.



Jim Schmitz, BA, USAW Instructor

Jim Schmitz is one of the most accomplished Olympic weightlifting coaches in the United States. He has trained 10 Olympians - including three athletes who have clean and jerked 500 pounds and two who have snatched 400 pounds - and his team won the national championships seven times. Coached Mario Martinez to a Silver Medal in the 1984 Olympics. USAW Clinician, owner of Sports Palace, Coach and Author.



Chris Holder, MS, CSCS, USAW, Master RKC CrossFit Level 1 Coach Director of Strength and Conditioning, Cal Poly-San Luis Obispo

Entering his 15th year as a strength and conditioning coach, Holder began his professional career at Eastern Kentucky University in January 2000 as an intern working with the football and volleyball teams. He moved on to Cal Poly in May 2000 as a volunteer strength and conditioning coach. He was the assistant strength and conditioning coach at Appalachian State University the first half of the 2002 calendar year before returning to Cal Poly and being named the Mustangs' first-ever head strength coach. Presentation and workshops. Morning Presentation: "The Devil is in the Details: Achieving Training Goals."



John Murray, BA, MA, NSCA-CSCS, USAW

Owner of Murray Athletic Development

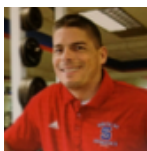
A graduate of the University of California at Berkeley with a B.A. in Psychology, Murray received his M.A. in Clinical Sports Psychology from John F. Kennedy University, where he was named the 2008 Alumnus of the Year. Murray is a N.S.C.A. Certified Strength and Conditioning Specialist and a United States Weightlifting Federation Certified Club Coach. A martial arts practitioner for the past 33 years, he also has been a certified drug and alcohol counselor and a certified massage therapist. Afternoon Session: “A Mindful Approach to Performance” with Sheila Johnstone.



Justin Leach, MS, CSCS, USAW

Assistant Athletic Director of Performance, University of San Francisco

Justin Leach joined the University of San Francisco athletic department in June 2012 as assistant director of performance and head strength and conditioning coach, and was promoted to assistant athletic director of performance in the fall of 2016. In his role, Leach is responsible for the performance development of the Dons' student-athletes. Morning Presentation: “Cura Personalis: Building A Successful Performance Team Model of Caring for Your HS and College Athletes”. Tech Demos and roundtable.



Tony Calvello, BA, CSCS, USAW

Head of Strength & Conditioning, St. Ignatius College Preparatory

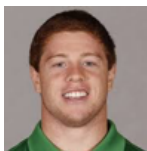
“Coach Cal” started coaching at SI in 1987 in the football and basketball programs. After graduating from SF State in 1989, he entered the classroom where he taught English for 6 years. During that period, he continued to coach football and run the weight room. In 1995, he left the football program to become the full-time strength and conditioning coach.



Leo Shveyd, BA

Co-owner and Program Designer at Advanced Wellness

Leo was born in the USSR and moved to the US when he was 7 where he grew up in Moraga, California. He played football and basketball growing up and has been involved in strength training since high school. He graduated from UC Davis and has a law degree from UC Hastings. Leo does all of the assessments for new members and is the “mad scientist” behind the awesome workouts at Advanced Wellness.



Zac Schuller, BA

Junior College Track & Field All-American 100M Personal Best: 10.56 Played Wide Receiver and Defensive Back for City College of San Francisco. Won a football National Championship with City College of San Francisco in 2011. Played Wide Receiver for the University of Oregon . Won the PAC 12 Championship and the Rose Bowl with the University of Oregon in the 2014/2015 season and were the National Champion runner-ups. Coached Wide Receivers for SICP in 2016. Coached Sprinters for SICP in the Spring of 2017. Morning Presentation: “Theory of Acceleration and Spring Technique”. Afternoon Workshop: “Acceleration Drillwork”



Gabe Manzanares, BA

Gabe is a native of San Francisco and is a graduate of SI class of 2010. Gabe began his college career at Wesleyan university before transferring to City College of San Francisco and finishing his college football career at UC Davis. Throughout his athletic journey Gabe has learned from many coaches including St. Ignatius S&C staff, USA Olympic Sprint Coach Rahn Sheffield, Japanese Olympic Coach Hideshi Okamoto, CCSF Athletic Performance Coach John Balano ...all of whom have shaped Gabe's training methods.



Sheila Johnstone, BS

"Yoga is for everyone. It's a time to give yourself permission to breath, to move, and to realign with your needs of the day. In this fast-paced world, we all need to practice reconnecting with ourselves so we can better connect, collaborate, support and love one another like teammates." Sheila played basketball at St. Ignatius College Prep where she first practiced Yoga with her team, led by S&C Coach Tony Calvello.

SPORTS MEDICINE PRESENTERS AND CONTRIBUTORS



Lisa Giannone, PPT, BS, Owner of Active Care SF

Lisa has a long list of institutional and individual clients at all levels of professional performance. She has used her knowledge to successfully consult in the mainstream of the biotechnology world, providing advice and protocols to a variety of companies. Her rehabilitation protocols are used by clinics, teams and universities all over the country.



Dr. Lance von Stade , DC, ATC, CSCS. Owner of Golden Gate Chiropractic

Lance has served the sports medicine field and elite athlete population as a Chiropractor, Certified Athletic Trainer, Certified Strength & Conditioning Specialist, and Performance Specialist for over a decade. He has traveled in this capacity and lectured on performance and chiropractic in thirteen countries since 2005, served multiple national teams, and has been on staff for teams who won world championship gold, Olympic silver, as well as college, high school, and youth sports.



Dr. Greg Ohanessian, PT, DPT, MOMT, TPI Certified. Works at Pacific TherX

Greg's initial exposure to physical therapy was as a patient when he rehabbed through two shoulder surgeries while playing football for St. Ignatius High School in San Francisco. This sparked his interest in the field and steered him toward a degree in Kinesiology from Washington State University. After Undergrad Greg worked at Pacific THERx for three years as an exercise instructor before attending Physical Therapy School at University of St. Augustine for Health Sciences.



Dr. Christopher DeMartini DC, DACNB Owner of California NeuroHealth

Chris is San Francisco native and a graduate of St. Ignatius College Preparatory. Upon graduating high school, he declined many athletic scholarships in order to accept a residency at the Olympic Training Center in Colorado Springs, Colorado. While in Colorado Springs he completed his undergraduate education at Pikes Peak Community College. A severe injury ended his athletic career, but his remarkable recovery, thanks to the aid of Dr. Sergio Azzolino, started him on a new path of becoming a Chiropractic Neurologist.