Disa L. Hatfield, Ph.D., M.A., CSCS: (Mis)Perceptions and Exercise Intensity

Dr. Disa Hatfield is currently an associate professor at the University of Rhode Island in the Department of Kinesiology. Dr. Hatfield earned her first Master’s degree in psychology at Antioch University, Santa Barbara and her second in Kinesiology from the University of Connecticut and her Ph.D. in Kinesiology from the University of Connecticut. Dr. Hatfield’s research interests include the hormonal responses to resistance exercise and athletic performance. Dr. Hatfield also has research experience investigating the role of supplementation and resistance exercise, children and exercise, and the weight-loss and health benefits of differing diets in combination with resistance training. Her current research projects include evaluating teen athletes and supplement use, the effects of caffeine on high repetition resistance training, and energy balance in preschool children. She is also a 3-time National Champion Powerlifter and former American Bench Press record holder.

Michael J. Ormsbee, Ph.D., FACSM, FISSN, CSCS: Sports Nutrition and Supplements for Endurance Athletes

Dr. Mike Ormsbee is an Assistant Professor in the Department of Nutrition, Food and Exercise Sciences and the Interim Director of the Institute of Sports Sciences and Medicine at Florida State University. He also serves as a Faculty Affiliate for the Center for Advancing Exercise and Nutrition Research on Aging and the Institute for Successful Longevity at FSU and he is an Honorary Research Fellow at the University of KwaZulu-Natal in Durban, South Africa. He is a Fellow of the American College of Sports Medicine and the International Society of Sports Nutrition. His expertise involves the interaction of exercise training, nutrition and supplementation to achieve optimal body composition, human performance, and health for both athletes and clinical populations.

Jerry Palmieri: The Progression of Strength and Conditioning Over the Last 30 years: What I’ve Learned

Jerry Palmieri is a New Jersey native and longtime Tom Coughlin assistant. He recently completed his 12th season as the Giants’ strength and conditioning coach, a position he assumed on Jan. 13, 2004 and held throughout the entire tenure of Coach Coughlin. Palmieri was the New Orleans Saints’ assistant strength and conditioning coach in 2003. Prior to that he spent nine years as a strength and conditioning coach under Coughlin, one year at Boston College (where he was the director of strength and conditioning operations) and eight years with the Jacksonville Jaguars. Palmieri began his career as a strength coach at the University of North Carolina in 1982. From there he moved to Oklahoma State University (1984-86) and Kansas State University (1987-92) before joining Coughlin at Boston College. In addition to his coaching experience, Palmieri has taught physical education classes and written articles about strength and conditioning for national publications. Palmieri is a 1980 graduate of Montclair State University. He received a master’s degree in exercise physiology from North Carolina in 1984. Palmieri was a three-time New Jersey Golden Gloves champion (1976-78) and competed in international competitions as a member of the 1978 and 1979 USA Boxing Teams. He was honored as the 2007 Samson’s NFL Strength and Conditioning Coach of the Year. In 1999, Palmieri was honored by the Professional Strength and Conditioning Coaches Society as Coach of the Year.

Dr. Eric Ryan is an Assistant Professor and the Stallings Fellow in the Department of Exercise and Sport Science at the University of North Carolina at Chapel Hill. Dr. Ryan completed his undergraduate work in Exercise Science at Tulane University (2003) and earned his Masters and Doctoral degree in Exercise Physiology from Florida Atlantic University (2005) and the University of Oklahoma (2009), respectively. His interests include the influence of aging, occupation, nutritional supplementation, and training on explosive strength and passive properties of the muscle-tendon unit. Dr. Ryan has published over 75 peer review articles examining the influence of acute (e.g. passive stretching, vibration, fatigue, and eccentric exercise) and chronic (e.g. aging, occupational demands, training, and supplementation) stressors on neuromuscular function. In 2011, he was named the NSCA Young Investigator of the Year.

Chris Algieri MS, CISSN: Real World Training and Nutrition Strategies for the Combat Athlete

Chris Algieri is the former WBO Jr. Welterweight Boxing Champion, ISKA World Welterweight Kickboxing Champion and WKA World Super Welterweight World Kickboxing Champion. He currently holds a professional boxing record of 21-2 and a professional kickboxing record of 20-0. He has been featured on HBO PPV, HBO Boxing After Dark, Showtime EXTREME, PBC on Spike, ESPN Friday Night Fights, and NBC Sports. Outside the ring, Chris graduated from Stony Brook University with honors in May 2007 with a Bachelor’s of Science in Health Care Management and then went on to receive his Master’s degree from the New York Institute of Technology in Clinical Nutrition. Chris was recently appointed to the Board of Directors for the Stony Brook Athletic department and often speaks to the student athletes on a number of topics. Chris continues to pursue his education and stays up to date with several prominent nutrition organizations (ISSN, NESTA, etc) and regularly does speaking engagements on various nutrition topics, as well as motivational speaking and talks on achieving success in business and in life.

Douglas J. Casa Ph.D., ATC, FACSM, FNATA: Maximizing Athletic Performance in the Heat

Dr. Douglas Casa is a professor in the Department of Kinesiology at the University of Connecticut. During his time at UConn he helped develop and run the Korey Stringer Institute for prevention of exertional heat stroke by means of education, advocacy, public policy, research, media outreach and publication. He currently holds the position of Director of Athletic Training Education and Chief Executive Officer of the Korey Stringer Institute as well as Research Associate in the Human Performance Laboratory. He has published more than 175 peer-reviewed publications/book chapters on topics such as exertional heat stroke, heat-related illness, preventing sudden death in sport, and hydration. In 2008, Casa was named a fellow for the National Athletic Trainers’ Association and received the medal for distinguished athletic training research. He received the Sayers “Bud” Miller Distinguished Educator Award from the NATA in 2007 and has been a fellow of ACSM since 2001. Dr. Casa earned his doctorate in exercise physiology from the University of Connecticut in 1997.