

Sports Medicine Symposium and Coaching Clinic for Endurance and Multisports Athletes

Presented by

Dr. Gerardo Goldberger
Advanced Orthopedics and Sports Medicine Institute

Doug Rice, Race Forum and Tom Manzi, The Training Bible

In association with CentraState Wellness Center

An interactive educational program, presenting topics related to sports medicine, coaching methodology and training techniques. The athletes will have the opportunity to attend concurrent lectures given by nationally renowned physicians, coaches and professional athletes. The presenters will provide one-on-one consultations at their respective stations, answering questions related to swimming, biking and running techniques, periodization, transitions, racing season planning, nutrition, and equipment. There will be a collaborative effort between coaches and medical professionals to address injury prevention in orthopedic surgery and podiatry, along with presentations related to cardiac and pulmonary preparation for endurance events. Attendees will receive individual evaluations by physical therapists and trainers regarding proper stretching techniques, core strengthening and pelvic stabilization programs to enhance performance. The athletes will have the opportunity to undergo swim stroke analysis, running technique and shoe evaluations, in addition to bike fitting sessions.

Confirmed speakers and presenters:

Joel Friel, The training Bible
Dr. Phil Skiba, PhysPharm
Brian Shea, Personal Best Nutrition
Jessi Stensland, Movement U
Dr. Michael Lynch, Chiropractor
Dr. Liz Perez, ART/Chiropractor
Dr. Marzo, Sports Psychologist
Dr. Michael Greller, Orthopedics
Dr. Gregg Berkowitz, Orthopedics
Dr. Steve Lemberger, Podiatry
Dr. John Connors, Podiatry
Dr. Rob McKinley, Pulmonology
Dr. Vivian Kominos, Cardiology

Brielle Cyclery
The Peddler
Cycles 54
Shannon Cutrona,, Trainer
Joe Perugina, DPT
Charles, DPT
Tina Fiori, Swim Coach
Joe Donahue, Tri Coach
Dave Slavinski, Tri Coach
Brielle Performance Center
Chi Running