NSCA
GLOBAL CONFERENCE 10TH EDITION
23/25 OTTOBRE VERONA 2026

CONFERENCE SCHEDULE

10TH NSCA GLOBAL CONFERENCE

*The official program of the 10th NSCA Global Conference is continuously being updated; therefore, changes may occur over the coming months.

23 OCTOBER 2026

Verona Congress Center

PRE-CONFERENCE EVENT

Morning

09:00 - 12:30

ANTONIO SQUILLANTE & JEAN-BENOÎT MORIN
Chasing Speed: From the Rack to the Track - The science of testing and training for speed

12:30 - 14:00 ***LUNCH***

Afternoon

14:00 - 17:30

LUCA MAESTRONI & ANTHONY TURNER
The Mechanics Behind the Metrics: Understanding Movement and Force - Time Profiles in Testing healthy and ACL reconstructed athletes

NSCA GLOBAL CONFERENCE 10TH EDITION
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10 TH NSCA GLOBAL CONFERENCE

SATURDAY, 24 OCTOBER 2026

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24 OCTOBER 2026

Auditorium

08:30 - 09:00	**RICCARDO VILLA & BOYD EPLEY** Introduction
09:00 - 10:00	**LUCA MAESTRONI** Hierarchy of physical qualities necessary to achieve complete ballistic performance after ACL reconstruction
10:00 - 11:00	**FRANCESCO BETTARIGA** Exercise Medicine in Oncology: From Muscle Signalling to Tumour Biology
11:00 - 12:00	**RHODRI LLOYD** Long-term athletic development: learnings from 20 years of science and practice
12:00 - 13:00	**JEAN BENOIT MORIN** Individual Sprint Biomechanics to help better manage hamstring injuries
14:00 - 15:00	**NICOLA MAFFIULETTI** Rate of force development reloaded
15:00 - 16:00	**MARTINO FRANCHI** Muscle and Tendon adaptations to Eccentric Exercise from molecules to function: the positives of negatives
16:30 - 17:30	**SILVANO ZANUSO** TECHNOGYM The role of strength in metabolic disorders: a new perspective for strength and conditioning coaches
17:45 - 18:15	**ANTONIO SQUILLANTE** The Future of Strength and Conditioning: Science, Experience, and Evidence-Based Practice

Speakers and programme are subject to change.

24 OCTOBER 2026

Sala Salieri - Strength and Conditioning

Scientific Panel "Speed Training"

10:00 - 10:30

JOHAN LAHTI
The science of testing and training the hamstrings for Acceleration, Maximal Velocity, and Deceleration

10:30 - 11:00

MARCO AIRALE
From the Treatment room to the Track: Building robust sprinters

11:00 - 11:30

ANDREA MONTE
Strong Muscles, Stiff Tendons: Unlocking the Secrets Behind Rapid Force Production and Sprint Performance

11:30 - 12:00

MATTEO ARTINA
Force on a deadline: why strength does not always become speed

Lecture

12:00 - 13:00

SIMONE BISELLO e MASSIMO RAPETTI - 🇮🇹
Nutrition and Supplementation Across Training Demands: From Endurance to Strength

ENERVIT

Speakers and programme are subject to change.

24 OCTOBER 2026

Sala Salieri - Strength and Conditioning

Scientific Panel "Strength Training"

14:00 - 14:30

JAVIER PENA
A practical framework for priming strategies in team sports

14:30 - 15:00

ANTONIO SQUILLANTE
Velocity Based Training: How science turns into practice

15:00 - 15:30

PAUL COMFORT
Force Based Training

15:30 - 16:00

FRANCESCO CUZZOLIN
Redefining the role of the Strength & Conditioning Coach in the Return to Performance Pathway: It's not a medical process!

Lecture

16:30 - 17:30

CHRIS BISHOP
Inter-limb Asymmetry: Lessons Learnt from 10-Years of Data Collection in Performance Sport

Speakers and programme are subject to change.

24 OCTOBER 2026

Sala Vivaldi - Physical Therapy

Scientific Panel "Muscle & Tendon" - 🇮🇹

10:00 - 10:30

LUCA VERGANI
Myth and facts about hamstring injuries, from inciting event to return to play

10:30 - 11:00

DAVIDE LAMA
Rehabilitation of hamstring injuries in professional football players

11:00 - 11:30

MASSIMO ZANOVELLO
When the Hamstring Fails: Practical Insights into High-Grade Injuries

11:30 - 12:00

LUIS ARRONES
Hamstring injury-prevention in professional football: real World insights

Lecture

12:00 - 13:00

MAURIZIO FANCHINI
Monitoring of training load: theoretical and practical aspects

Speakers and programme are subject to change.

Sala Vivaldi - Physical Therapy

Scientific Panel "Knee Injury" - 🇮🇹

14:00 - 14:30

ALESSANDRO COMPAGNIN
Optimising the testing and recovery process post-ACLR

14:30 - 15:00

NICHOLAS MIRAGLIA
Bridging the gap: translating neuromuscular qualities into functional readiness after ACL reconstruction

15:00 - 15:30

FILIPPO PICININI
Late-Stage Rehabilitation & Return to Play in ACL injuries: from On-Field Rehabilitation to Return to Competition

15:30 - 16:00

ROBERTO RICUPITO
Oh my quad! What happened to the muscle? Recovery strategies in early phase against arthrogenic muscle inhibition post ACLR

Lecture

16:30 - 17:30

JAY DAWES
A practical framework for Developing Speed and Agility

Speakers and programme are subject to change.

Hands-On Area - Salone Margherita 2

Workshops

10:00 - 12:00

JAY DAWES
Training and Conditioning Games for Enhancing Athletic Performance

12:00 - 13:00

ATHANASE KOLLIAS - KINVENT 3D DELTAS FORCE PLATES KINVENT
3D Movement Analysis with Integrated Motion Capture and AI

14:00 - 15:00

JIM FERRIS VALD
Optimizing daily readiness

16:30 - 17:30

KEVIN SPEER
Testing is Training

Speakers and programme are subject to change.

Demo Area - Salone Margherita 1

Lectures

11:00 - 12:00

IVANA BANICEVIC - NSCA UAE
Beyond the MRI: Neuro-Mechanical Recalibration and Functional Resilience in Non-Surgical Meniscal Returns-to-Play

12:00 - 13:00

PANAYIOTS PAPADOPOULOS - NSCA GREECE
Strength Training for Children and Adolescents: Safe, Effective and Essentials

14:00 - 15:00

RAYMOND WANG - NSCA SINGAPORE
Physical conditioning for esports players

Speakers and programme are subject to change.

NSCA GLOBAL CONFERENCE 10TH EDITION
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10 TH NSCA GLOBAL CONFERENCE

SUNDAY, 25 OCTOBER 2026

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25 OCTOBER 2026

Auditorium

8:30-9:00	**IAN JEFFREYS** Introduction
09:00 - 10:00	**PAUL COMFORT** Power - What are we really aiming to assess and develop
10:00 - 11:00	**BRENT ALVAR** Dose-Response of Resistance Training - A Historical Perspective
11:00 - 12:00	**CARLO BUZZICHELLI** Work-to-Rest Ratio: Literature Review and Practical Guidelines for Optimal Training Design
12:00 - 13:00	**ANTHONY TURNER** Reverse-Engineering Physical Performance: Building Capacity for Competition
14:00 - 15:00	**RALF IWAN - HYROX** From Fitness Racing to Global Sport: How Science and Coaching Education Are Shaping HYROX
15:00 - 16:00	**ANTONIO PAOLI** Fasting and ketogenic diet for muscle's health and performance
16:30 - 17:30	**ALESSANDRA SCARTON - MICROGATE** From Raw Data to Decision: Objective Movement Assessment Bridging Strength & Conditioning and Rehabilitation
18:00 - 18:30	**CLOSING OF THE CONFERENCE AND FAREWELLS**

Speakers and programme are subject to change.

25 OCTOBER 2026

Sala Salieri - Strength and Conditioning

Scientific Panel "Sport Science"

10:00 - 10:30

FRANCESCO AIELLO
Sport Science 2030: back to the future

10:30 - 11:00

ANTONIO GUALTIERI
Football Monitoring through a Synthetic Index without Loss of Information

11:00 - 11:30

ALBERTO FRANCESCHI
Fatigue and recovery responses in football: from science to practice

11:30 - 12:00

CARLOS DEL BARRIO
Bridging the Gap between Gym and Field Testing in Elite Sports

Lecture

12:00 - 13:00

SAMUELE MARCORA
Mental Fatigue and Sport Performance

Speakers and programme are subject to change.

Sala Salieri - Strength and Conditioning

Scientific Panel "Endurance Training" - 🇮🇹

14:00 - 14:30

LUCA FILIPAS
Physiological determinants of performance in endurance sports and methodological principles of training in cycling and running

14:30 - 15:00

ANDREA MELONI
Testing and training methodology in running

15:00 - 15:30

LUCA FESTA
Testing and training methodology in cycling

15:30 - 16:00

ELISA PASTORIO
Gender differences in the training methodology of endurance sports

Lecture

16:30 - 17:30

TAEWOONG KIM - NSCA KOREA
Building the Pathway: Integrating Daily Load Monitoring and Neuromuscular Readiness to Bridge the Academy-to-First Team Gap – English Football Club Case

Speakers and programme are subject to change.

Sala Vivaldi - Physical Therapy

Scientific Panel "GISS Sport" - 🇮🇹

10:00 - 10:30

FRANCESCO ORLANDO
Implementation of injury surveillance practice in elite female football

10:30 - 11:00

LISA COSI
A survey assessed Italians' knowledge of RED-S, followed by an infographic and a comprehension check.

11:00 - 11:30

ELENA BETTEGA
Sport in different ages of life in Italiancontest: The role of physiotherapist tosustain athletes' practice

11:30 - 12:00

GIACOMO RADICI
The Grey Zone: Physiotherapists in the On-Field Transition to Performance

Lecture

12:00 - 13:00

DR. FUMIAKI ONISHI AND DR. YUKI IGUCHI - NSCA JAPAN
Monitoring by GPS and Strength & Conditioning

Speakers and programme are subject to change.

Sala Vivaldi - Physical Therapy

Scientific Panel "Groin Pain and Ankle Foot Complex" - 🇮🇹

14:00 - 14:30

MARCO CANDILORO
Progressive collapsing foot deformity

14:30 - 15:00

LUCA TURONE
Rethinking Ankle Sprain - A Sensorimotor Roadmap from Injury to Performance

15:00 - 15:30

FEDERICO BRISTOT
Groin Pain: Can we ever Solve the Puzzle?

15:30 - 16:00

MARCO CATTANEO
Clinical Relevance of Femoroacetabular Impingement in Athletes: How Concerned Should We Be?

Lecture

16:30 - 17:30

PIERS PLOWMAN - HYROX
Integrating S&C with Skill Acquisition for HYROX Racing

Speakers and programme are subject to change.

Hands-On Area - Salone Margherita 2

Lectures

10:00 - 11:00

MIROSLAW BABIARZ - NSCA POLAND
From Testing to Training: Practical Force Plate Analysis for Coaches

11:00 - 12:00

JOSEPH CAMP
From Linear to Rotational: VBT translated to Objective Metrics and Program Design for the Rotational Athlete

12:00 - 13:00

MICROGATE
Profiling your athletes: cognitive and motor abilities on the field

14:00 - 15:00

ANTONIO SQUILLANTE / NICOLA NASATTI - 🇮🇹
Breaking Monotony: Managing Training Strain with VBT VALD

15:00 - 16:00

GIACOMO FARACI - COSMED - 🇮🇹
Metabolic profiling for training prescriptions and load monitoring in sport. What the KPI (key physiological index) can tell us?

Speakers and programme are subject to change.

Demo Area - Salone Margherita 1

Lectures

11:00 - 12:00

KAPILA GOONEWARDENA - NSCA CHINA
Preserving the S&C Adaptation: Programming Considerations from Injury to Performance

12:00 - 13:00

APURVA MATHANKAR - NSCA INDIA
Rotational power- hidden secret of injury prevention

14:00 - 16:00

JACOB MOTA
Heat and Humidity: Translating Thermal Stress Mechanisms into Match-Day Advantages

Speakers and programme are subject to change.