

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



10TH NSCA GLOBAL CONFERENCE

***SATURDAY, 24
OCTOBER 2026***

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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

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

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



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

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

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

📍 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

15:00 - 16:00

KEVIN SPEER

Testing is Training

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



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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**

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

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

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 Italian contest: The role of physiotherapist to sustain 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

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

📍 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?

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