

Curriculum Vitae

Jason B. Winchester
George Mason University
School of Recreation, Health, and Tourism
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EDUCATION

Doctor of Philosophy – 2008	Louisiana State University Major: Exercise Physiology Minor: Biomechanics Dissertation: <i>The use of endocrine markers to predict and monitor performance in strength and power activities</i> Chair: Arnold G. Nelson, Ph.D.
Master of Science – 2004	University of Wisconsin-La Crosse Major: Human Performance Thesis: <i>The effect of ballistic resistance exercise on power, performance, and muscle fiber characteristics</i> Chair: Michael R. McGuigan, Ph.D.
Bachelor of Science – 1999	Northwest Missouri State University Major: Recreation Concentration: Exercise and Wellness

EXPERIENCE

Current

Assistant Professor of Exercise Science	George Mason University <i>School of Recreation, Health, and Tourism</i>	2008 – Current
Sport Physiologist	Human Performance Consulting	2006 – Current

Previous

Strength and Conditioning Staff	Louisiana State University <i>Athletics Department</i>	2005 – 2008
Research Assistant	Louisiana State University <i>Exercise Biochemistry Lab</i>	2004 – 2008
Teaching Assistant	Louisiana State University <i>Department of Kinesiology</i>	2004 – 2008
Research Assistant	University of Wisconsin-La Crosse <i>Musculoskeletal Research Center</i>	2002 – 2004
Teaching Assistant	University of Wisconsin-La Crosse <i>Department of Exercise and Sport Science</i>	2002 – 2004
Strength and Conditioning Staff	University of Wisconsin-La Crosse <i>Athletics Department</i>	2002 – 2004
Senior Project Manager	HEALTHSOUTH	2001 – 2002
Assistant Program Manager	MediFit Corporate Services	1999 – 2001
Teaching Assistant	Northwest Missouri State University <i>Department of HPERD</i>	1998 – 1999
Fitness/Wellness Intern	Townsend Engineering Company <i>Townsend Recreational Athletic Center</i>	1999
Fitness Staff	Northwest Missouri State University <i>Student Recreation Center</i>	1998 – 1999
Soldier	United States Army	1994 – 1997

COURSE INSTRUCTION – *Instructor of record unless otherwise designated*

George Mason University: 2008 – Current

Graduate: Fitness Assessment – Theory and Practice; Advanced Exercise Physiology

Undergraduate: Physiology of Exercise; Exercise Physiology Lab

Louisiana State University: 2004 – 2008

Undergraduate: Physiology of Activity; Scientific Basis of Exercise; Exercise Testing and Prescription; Exercise Physiology Lab; Beginning Weight Training; Jogging; Biomechanics (Guest Lecturer)

University of Wisconsin – La Crosse: 2002 – 2004

Undergraduate: Biomechanics Lab; Strength Training; Exercise Physiology (Teaching Asst.); Biomechanics (Teaching Asst.)

Northwest Missouri State University: 1998 – 1999

Undergraduate: Lifetime Wellness Lab (Teaching Asst.)

RESEARCH INTERESTS

Physiological and biomechanical factors related to human performance.

REFEREED PUBLICATIONS

**mentored student research*

Winchester JB, AG Nelson, and J Kokkonen (2009) *A single thirty-second stretch is sufficient to inhibit maximal voluntary strength*. Research Quarterly for Exercise and Sport. 80(2):257-261

Winchester JB, JM Porter, and JM McBride (2009) *Changes in bar path kinetics and kinematics through use of summary feedback in power snatch training*. Journal of Strength and Conditioning Research. 23(2):444–454.

Winchester JB, JM McBride, MA Maher, RP Mikat, BK Allen, DE Kline, and MR McGuigan (2008) *Eight-weeks of ballistic resistance exercise improves power independent of changes in strength and muscle fiber type expression*. Journal of Strength and Conditioning Research. 22(6):1728-1734.

Li L, JB Winchester, and MW Olson (2008) *A proposed method for determining peak power in the jump squat exercise*. Journal of Strength and Conditioning Research. 22(2):326-331.

McGuigan MR and JB Winchester (2008) *The relationship between isometric and dynamic strength in college football players*. Journal of Sports Science and Medicine. 7(1):101-105.

Winchester JB, AG Nelson, MA Young, D Landin, and IC Shexnayder (2008) *Static stretching impairs sprint performance in collegiate track and field athletes*. Journal of Strength and Conditioning Research. 22(1):13-18.

Kokkonen J, AG Nelson, C Eldredge, and JB Winchester (2007) *Chronic static stretching improves exercise performances*. Medicine and Science in Sport and Exercise. 39(10):1825-31.

- Egan AD, JB Winchester, C Foster, and MR McGuigan (2006) *Using session RPE to monitor different methods of resistance exercise*. Journal of Sport Science and Medicine. 5(2):289-295.
- McGuigan MR, JB Winchester, and TM Erickson (2006) *The importance of isometric maximum strength in collegiate wrestlers*. Journal of Sport Science and Medicine. CSSI:108-113.
- Wallace BJ, JB Winchester, and MR McGuigan (2006) *Effects of elastic bands on force and power characteristics during the back squat exercise*. Journal of Strength and Conditioning Research. 20(2):268-272.
- Neils CM, BE Udermann, GA Brice, JB Winchester, and MR McGuigan (2005) *Influence of contraction velocity in untrained individuals over the initial early phase of resistance training*. Journal of Strength and Conditioning Research. 19(4):883-887.
- Bazzett-Jones D, JB Winchester, and JM McBride (2005) *The role of post-activation potentiation and stretching on peak force, rate of force development, and range of motion in collegiate athletes*. Journal of Strength and Conditioning Research. 19(2):421-426.
- Winchester JB, TM Erickson, JB Blaak, and JM McBride (2005) *Changes in bar path kinetics and kinematics after power clean training*. Journal of Strength and Conditioning Research. 19(1):177-183.

MANUSCRIPTS IN PRESS

**mentored student research*

- Kokkonen J, AG Nelson, T Tarawhiti, P Buckingham, and JB Winchester (In Press) *Early phase resistance training strength gains in novice lifters are enhanced by doing static stretching*. Journal of Strength and Conditioning Research.
- McGuigan MR, M Newton, and JB Winchester (In Press) *Use of isometric testing in soccer players*. Australian Journal of Strength and Conditioning.

MANUSCRIPTS IN REVIEW

**mentored student research*

- McGuigan MR, JB Winchester, AG Nelson, and M Newton (In Revision) *The relationship between isometric and dynamic strength in college aged males*. Journal of Strength and Conditioning Research

Nelson AG, J Kokkonen, DA Arnall, W Kalani, K Peterson, M Kenly, and JB Winchester (In Review) *A ten-week stretching program increases strength in the contralateral muscle*. Journal of Strength and Conditioning Research.

MANUSCRIPTS IN PREPARATION FOR SUBMISSION

**mentored student research*

Nelson AG, J Kokkonen, M de Leon, G Korber, M Nishime, J Smith, and JB Winchester (In Preparation for Submission) *Heart rate and oxygen consumption are elevated during passive static stretching*.

Hartman MJ, P Hellberg, and JB Winchester (In Preparation for Submission) *The influence of maximal strength on the eccentric utilization ratio*.

Hartman MJ, P Hellberg, and JB Winchester (In Preparation for Submission) *Gender differences in the eccentric utilization ratio*.

Winchester JB, AG Nelson, LK Stewart, and MH Stone (In Preparation for Submission) *Testosterone to cortisol ratio shows strong relationship with adaptation to a strength and power training regimen in American style collegiate football players*. Journal of Strength and Conditioning Research

Winchester JB, AG Nelson, LK Stewart, and MH Stone (In Preparation for Submission) *The sensitivity of hormonal markers to monitor discrete changes in performance in NCAA D-I collegiate track and field athletes during a peak-taper cycle*. Journal of Sports Sciences.

Winchester JB, AG Nelson, LK Stewart, MH Stone, and K Christensen (In Preparation for Submission) *Hormonal markers show strong relationship with strength and power performance in NCAA D-I football players*. Medicine and Science in Sports and Exercise.

Winchester JB, AG Nelson, MH Stone, BD Manor, LK Stewart, and MJ Andre (In Preparation for Submission) *The relationship and repeatability of hormonal markers to performance indicators in collegiate males*. International Journal of Sports Medicine.

RESEARCH IN PROGRESS

**mentored student research*

*Andre M, JB Winchester, Hartman, MJ (In Progress) *Variability of performance in Olympic caliber track and field athletes*.

Winchester JB, SJ Magness, and M Young (In progress) *Can testosterone to cortisol ratio be a predictor for training adaptation in distance runners?*

Winchester JB and M Young (In Progress) *The effect of adding Olympic style weightlifting on running economy, hormone profile and performance in runners.*

*Andre M, JB Winchester, AG Nelson, SV Caswell, and JP Ambegaongar (In Progress) *The effect of resistive bands on sprint and vertical jump performance in collegiate males.*

*Magness SJ, JB Winchester, and M Young (In Progress) *Comparison of training models for the improvement of running performance in distance athletes.*

*Snyder JG, JB Winchester, and JP Ambegaonkar (In Progress) *An examination of cryotherapy interventions for the recovery from delayed onset muscle soreness.*

Porter JM and JB Winchester (In Progress) *The relationship between situational stress, as expressed through endocrine response, to skill acquisition and transfer of learning.*

Ambegaonkar JP, S Symons, JB Winchester, SV Caswell, and AM Caswell (In Progress) *A comparison of balance between female dancers and active healthy females.*

Ambegaonkar, JP, S Symons, JB Winchester, SV Caswell, and AM Caswell (In Progress) *Upper body endurance differences between female dancers and active healthy females.*

Ambegaonkar JP, S Symons, JB Winchester, SV Caswell, and AM Caswell (In Progress) *Inter-tester reliability of the modified Bass test of dynamic balance.*

Daray L, LK Stewart, and JB Winchester (In Progress) *An examination of endurance only or endurance plus resistance training on marathon performance and C-reactive protein.*

REFEREED CONFERENCE PROCEEDINGS

**mentored student research*

Winchester JB, MR McGuigan, AG Nelson, and M Newton (2009) *The relationship between isometric and dynamic strength in college aged males.* National Strength and Conditioning Association – National Conference: Las Vegas, NV, U.S.A.

Hellberg P, MJ Hartman, and JB Winchester (2009) *The effects of external load on vertical jump peak power and eccentric utilization ratio.* National Strength and Conditioning Association – National Conference: Las Vegas, NV, U.S.A.

Winchester JB, AG Nelson, LK Stewart, and MH Stone (2009) *Testosterone to cortisol ratio shows strong relationship with adaptation to a strength and power training regimen in American-style collegiate football players.* American College of Sports Medicine – National Conference: Seattle, WA, U.S.A.

Nelson AG, JB Winchester, LK Stewart, and MH Stone (2009) *The sensitivity of hormonal markers to monitor discrete changes in performance in NCAA D-I collegiate track and field athletes during a peak-taper cycle*. American College of Sports Medicine – National Conference: Seattle, WA, U.S.A.

Winchester JB, AG Nelson, LK Stewart, MH Stone, and JT Moffitt (2008) *Hormonal markers show strong relationship with strength and power performance in NCAA D-I football players*. 6th International Conference on Strength Training: Colorado Springs, CO, U.S.A.

Winchester JB, AG Nelson, MH Stone, BD Manor, and LK Stewart (2008) *The relationship and repeatability of hormonal markers to performance indicators in collegiate males*. National Strength and Conditioning Association – National Conference: Las Vegas, NV, U.S.A.

Winchester JB, JM Porter, JM McBride, and AG Nelson (2008) *Changes in bar path kinetics and kinematics through use of summary feedback in power snatch training*. American College of Sports Medicine – National Conference: Indianapolis, IN, U.S.A.

Nelson AG, MR McGuigan, and JB Winchester (2008) *The relationship between isometric and dynamic strength in college football players*. American College of Sports Medicine – National Conference: Indianapolis, IN, U.S.A.

Winchester JB, J Kokkonen, FB Holton, and AG Nelson (2007) *A comparison of gender differences in the magnitude of performance degradation following static stretching*. National Strength and Conditioning Association – National Conference: Atlanta, GA, U.S.A.

Winchester JB, AG Nelson, M Young, D Landin, and B Shexnayder (2006) *Static stretching impairs sprint performance in collegiate track and field athletes*. National Strength and Conditioning Association – National Conference: Washington DC, U.S.A.

Nelson AG, JB Winchester, and J Kokkonen (2006) *A single thirty-second stretch is sufficient to inhibit maximal voluntary strength*. American College of Sports Medicine – National Conference: Denver, CO, U.S.A.

McGuigan MR, JB Winchester, and TM Erickson (2006) *The importance of isometric maximum strength in collegiate wrestlers*. 13th Commonwealth Games International Sports Conference: Melbourne, Australia

McGuigan MR, AD Egan, JB Winchester and C Foster (2006) *Perceived exertion of different resistance training techniques in the squat exercise*. 13th Commonwealth Games International Sports Conference: Melbourne, Australia

Winchester JB, JM McBride, MA Maher, RP Mikat, DE Kline, BK Allen, and MR McGuigan (2005) *Ballistic resistance exercise improves power independent of changes in strength and muscle fiber type expression*. National Strength and Conditioning Association – National Conference: Las Vegas, NV, U.S.A.

Winchester JB, MW Olson, and L Li (2005) *A proposed method for determining peak power in the jump squat exercise*. National Strength and Conditioning Association – National Conference: Las Vegas, NV, U.S.A.

Winchester JB, CM Neils, BE Udermann, GA Brice, and MR McGuigan (2004) *Effects of superslow versus traditional resistance training on strength, power, and body composition*. National Strength and Conditioning Association – National Conference: Minneapolis, MN, U.S.A.

Erickson TM, GA Brice, MR McGuigan, JB Winchester, and JM McBride (2004) *The acute effects of heavy load squats and loaded countermovement jumps on 40-yard dash time, countermovement jump, and isometric force production*. National Strength and Conditioning Association – National Conference: Minneapolis, MN, U.S.A.

Wallace BJ, JB Winchester, and MR McGuigan (2004) *Effects of elastic bands on force and power characteristics during the back squat exercise*. National Strength and Conditioning Association – National Conference: Minneapolis, MN, U.S.A.

Winchester JB, T Triplett-McBride, BJ Staupe, JB Blaak, and JM McBride (2003) *The effect of a repletion drink on performance after several days of strenuous exercise*. National Strength and Conditioning Association – National Conference: Indianapolis, IN, U.S.A.

McBride JM, JB Winchester, TM Erickson, and JB Blaak (2003) *Changes in bar path kinetics and kinematics after powerclean training*. National Strength and Conditioning Association – National Conference: Indianapolis, IN, U.S.A.

Bazzett-Jones D, JB Winchester, and JM McBride (2003) *The role of post-activation potentiation and stretching on peak force, rate of force development, and range of motion in collegiate athletes*. National Strength and Conditioning Association – National Conference: Indianapolis, IN, U.S.A.

TEXTBOOK CHAPTERS

Winchester JB & MJ Hartman (In progress) *Strength testing*. In: *NSCA's Testing and Assessments Text*. Ed. Miller T. National Strength and Conditioning Association

EXTERNAL FUNDING, CONTRACTS, AND GRANT ACTIVITY

Winchester JB, S Magness, and M Young (In Progress)

Winchester JB and AG Nelson (2007) *What is the effect of resistive bands on sprinting and power performance?* Speedology™ – Sports Performance Enhancement. Amount: \$6,775 – Funded.

Winchester JB and AG Nelson (2007) *Does glucosamine and chondroitin supplementation improve indices of strength and power and affect hormone values?* High Performance Fitness Company. Amount: \$6,335 – In Review.

Winchester JB (2007) *Sports Science: High Performance Center.* USA Track and Field. Amount: \$5,000 – Funded.

Winchester JB and AG Nelson (2007) *Can testosterone – cortisol ratio (T:C) be used a predictor for performance?* National Strength and Conditioning Association. \$5,000 – Not Funded.

Winchester JB (2006) *Sports Science: High Performance Center.* USA Track and Field. Amount: \$1,500 – Funded.

Winchester JB and MR McGuigan (2004) *Effect of power training on calcium ion uptake and calcium ATPase activity in the sarcoplasmic reticulum of skeletal muscle.* University of Wisconsin-La Crosse. Amount: \$1,000 – Funded.

Winchester JB and JM McBride (2002) *Effect of power training on calcium ion uptake and calcium ATPase activity in the sarcoplasmic reticulum of skeletal muscle.* Life Fitness Academy. Amount: \$2,500 – Not Funded.

RESEARCH SKILLS

Muscle Biopsies and Post Biopsy Tissue Preparation

Salivary Hormone Analysis – (ELISA)

Surface Electromyography – (EMG)

Muscle Fiber Typing – ATPase Histochemical Staining

Force Plate Kinetics – AMTI, Kistler, Bertec

Software – Peak Motus, Kistler Quattro Pro, Datapac, Motion Analysis, MS Office, SPSS

VO₂ Max Protocols – Treadmill and Cycle Ergometer

Body Composition – Skinfold, Hydrostatic Weighing, Dual X-Ray Absorbiometry

Videography – Peak, Motion Analysis

Strength, Power, and Athletic Field Testing

Blood chemistry – lactate, cholesterol, etc.

POPULAR MEDIA

Barr D. (InPress) *Recommendations for beginning lifters*. Muscle and Fitness Website (Video Interview).

Barr D. (In Press) *Monitoring strength performance in elite athletes*. Muscle and Fitness Magazine. (Published Interview).

Allyn M. (2008) [*Gain Strength, Not Weight: New research shows how to build power without bulking up*](#). Bicycling Magazine. (Published Interview)

Andrews T. (2008) *Beginning and progressing an exercise routine*. URactive (LSU Student Recreation Center Publication. (Published Interview)

Hutchinson A. (2008) [*Time to reconsider your stretching routine*](#). The Globe and Mail. (Published Interview)

Rindfleisch T. (2003) [*Heavy Lifting*](#). La Crosse Tribune (Published Interview)

Lamer F. (1999) *Wellness and You*. Northwest Missouri State University Television - Health Marathon (Televised Interview)

SERVICE ACTIVITIES

Professional

Member	Certified Strength and Conditioning Specialist (CSCS) © Exam Development Committee – <i>National Strength and Conditioning Association</i>	2009 - Current
Member	Research Committee – <i>National Strength and Conditioning Association</i>	2009 – Current
Associate Editor	Journal of Strength and Conditioning	2009 – Current

	Research	
Co-Chair	Special Interest Group on Strength and Conditioning – <i>American College of Sports Medicine</i>	2009 – Current
Article Reviewer	Journal of Strength and Conditioning Research	2009 – Current
Article Reviewer	International Journal of Sports Medicine	2008 – Current
Article Reviewer	Perceptual and Motor Skills	2008 – Current
Article Reviewer	Medicine and Science in Sport and Exercise	2008 – Current
Guest Member	Certified Strength and Conditioning Specialist® Exam Development Committee – <i>National Strength and Conditioning Association</i>	2008 – 2009
Member	Special Interest Group on Military Sports Medicine – <i>American College of Sports Medicine</i>	2008 – Current
Member	Special Interest Group on Non-Invasive Investigation of the Neuromuscular System – <i>American College of Sports Medicine</i>	2008 – Current
Grant Reviewer	Graduate Student Grant Proposals – <i>National Strength and Conditioning Association</i>	2008 – Current
Article Reviewer	Journal of Sport Science and Medicine	2008 – Current
Article Reviewer	Journal of Sport Sciences	2007 – Current
Member	Special Interest Group on Strength and Conditioning – <i>American College of Sports Medicine</i>	2007 – Current
Abstract Reviewer	National Conference Scientific Program – <i>National Strength and Conditioning Association</i>	2006 – Current
Article Reviewer	Hot Topics – <i>National Strength and</i>	2006 – Current

	<i>Conditioning Association</i>	
Article Reviewer	Strength and Conditioning Journal	2006 – Current
President	Student Link Executive Council – <i>National Strength and Conditioning Association</i>	2005 – 2007
Member	Research Consortium – <i>National Strength and Conditioning Association</i>	2005 – Current
<i>University/Departmental</i>		
Member	George Mason University <i>Exercise Science Search Committee</i>	2009 – Current
Member	George Mason University <i>Student Appeals Committee – College of Education and Human Development</i>	2009 – Current
Director	George Mason University <i>Human Performance Laboratory</i>	2008 – Current
Member	George Mason University <i>Graduate Faculty</i>	2008 – Current
Member	George Mason University <i>Exercise Science and Health Promotion Committee</i>	2008 – Current
Member	Louisiana State University <i>KIN Dept. Search Committee – Asst. Professor of Exercise Physiology</i>	2007 – 2008
Member	Louisiana State University <i>KIN Dept. Advisory Committee</i>	2007 – 2008
Course Coordinator	Louisiana State University <i>Beginning Weight Training</i>	2005 – 2008
Member	Louisiana State University <i>KIN Dept. Outcomes Assessment Committee</i>	2005 – 2006
Member	University of Wisconsin-La Crosse	2003 – 2004

Graduate Council

STUDENT MENTORING***Graduate***

Stephen Magness <i>George Mason University</i>	Advisor and Chair <i>Thesis Project: A comparison of two periodized running programs in amateur distance runners</i>	2009 – Current
Matthew Andre <i>George Mason University</i>	Advisor and Chair <i>Thesis Project: The use of resistive and overspeed training to improve sprint performance</i>	2009 – Current
Stephanie Symmons <i>George Mason University</i>	Committee Member <i>Thesis Project: In development</i>	2009 – Current
Travis McMaster <i>Edith Cowan University</i>	External Examiner <i>Thesis Project: Effects of resistance mode on squat and jump kinematics and kinetics</i>	2008 – 2009
Kristen Christensen <i>George Mason University</i>	Independent Study Supervision <i>Exercise Science Literature Survey</i>	2008
Laura Daray <i>Louisiana State University</i>	External Reviewer <i>Thesis Project: An examination of endurance only or endurance plus resistance training on C-reactive protein</i>	2008 – 2009
Scott Fuller <i>Louisiana State University</i>	Instructor Supervision <i>Beginning Weight Training</i>	2007 – 2008
Ryan Woods <i>Louisiana State University</i>	Teaching Assistant Supervision <i>Beginning Weight Training</i>	2007 – 2008
Zan Gao <i>Louisiana State University</i>	Instructor Supervision <i>Beginning Weight Training</i>	2006 – 2007
Robbie Yellot <i>Louisiana State University</i>	Instructor Supervision <i>Beginning Weight Training</i>	2006 – 2007
Yongchin Chui	Instructor Supervision	2005 – 2006

Louisiana State University

Beginning Weight Training

Undergraduate

James Snyder <i>George Mason University</i>	Independent Study Supervision <i>Undergraduate Research Project</i>	2009
Matthew Andre' <i>George Mason University</i>	Independent Study Supervision <i>Seminar on Scientific Writing</i>	2008
Candace Cargo <i>Louisiana State University</i>	Independent Study Supervision <i>Undergraduate Research Project</i>	2007
Chelsea Ashford <i>Louisiana State University</i>	Independent Study Supervision <i>Undergraduate Research Project</i>	2007
Melissa Nauta <i>Louisiana State University</i>	Independent Study Supervision <i>Undergraduate Research Project</i>	2006
Alison Eagan <i>UW – La Crosse</i>	Research Project Supervision (assist.) <i>Undergraduate Research Project</i>	2003 – 2004
Brian Wallace <i>UW – La Crosse</i>	Research Project Supervision (assist.) <i>Undergraduate Research Project</i>	2003 – 2004

PROFESSIONAL ORGANIZATIONS/AFFILIATIONS

American College of Sports Medicine

American Physiological Society

European College of Sport Science

International Society for Biomechanics in Sports

National Strength and Conditioning Association

Society for Human Performance in Extreme Environments

USA Track and Field

USA Weightlifting

CERTIFICATIONS

Sports Performance Coach – USA Weightlifting

Certified Strength and Conditioning Specialist – National Strength and Conditioning Association, recertified with distinction.

Adult CPR – American Red Cross

First Aid – American Red Cross

AED – American Red Cross

REFERENCES

Academic

Arnold G. Nelson, Ph.D., FASCM
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Louisiana State University
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Professional

James “Tommy” Moffitt
Head Strength and Conditioning Coach
Louisiana State University
Football Operations Center
Department of Athletics
Baton Rouge, LA 70803
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Michael Young, PhD., CSCS, USAW, USATF
Track and Field Coach
United States Military Academy at West Point
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Jeff Mester, MS, CSCS
Strength & Conditioning Coordinator
Milwaukee Brewers
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E-mail: dillmanjn@appstate.edu
Bio Hyperlink: Unavailable online

Dennis E. Kline, MS, CSCS, USAW, NSCA – Coach Practitioner
Head Strength and Conditioning Coach
Assistant Men's Track and Field Coach
Department of Exercise and Sport Science
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