Michael Camp, DPT, CSCS – *Recovering Athletic Performance After Injuries*

Dr. Michael Camp is a highly accredited Physical Therapist and Sports Performance Strength Coach, with over 20 years of experience and education in a multitude of disciplines related to Human Performance and Medicine. Dr. Camp graduated from the University of Maryland with a BS in Kinesiology before going on to earn his Doctorate in Physical Therapy. Michael is a Certified Strength & Conditioning Specialist with the NSCA and holds the NASM Performance Enhancement Specialist Certification. He trained in Tampa, Florida, rotating through several top Performance facilities, working with Medical Teams, designing and implementing post-surgical elite programs, rehabbing, and enhancing the performance of Athletes from MLB, NFL, NHL, UFC, NBA, Pro Golfers, Tennis Pros, Collegiate Stars, and Olympic hopefuls. As an author, he contributes monthly to Muscle & Fitness discussing programs involved with Health, Fitness, and Injury Prevention. Michael has been featured in Men’s Fitness, Men’s Health, Fitness RX, Muscular Development, Muscle Mag, and The Alpha Male Challenge. Michael was also featured on MSNBC, working with Professional female athletes and discussing his views on injuries in female sports and bodybuilding. He currently works closely with WBO World Boxing Champion Chris Algieri. Michael himself has competed in wrestling, judo, Baseball, powerlifting and bodybuilding.

Sara C. Campbell, PhD – *The Athletic Intestine: Can the Gut Influence Performance?*

Dr. Sara C. Campbell is an Assistant Professor in the Department of Exercise Science and Sport Studies at Rutgers. She received her B.S. and M.S. from Bloomsburg University of Pennsylvania and her Ph.D. from Florida State University. Following her Ph.D., she completed a three-year postdoctoral fellowship supported by the USDA investigating the ability of flaxseed to reverse atherosclerotic lesions. At Rutgers, the Campbell lab studies exercise, diet-induced obesity (DIO) and its impact on the gastrointestinal system. Specifically they investigate how exercise impacts gut microbial ecology as well as how exercise can be used to reduce intestinal inflammation and permeability, increase intestinal integrity and examine how this impacts systemic inflammation. Dr. Campbell has experience working with various populations ranging from animal models to the elite athlete resulting from her time at the USOC in Lake Placid. She has publications in several journals including Atherosclerosis, Preventive Medicine, European Journal of Applied Physiology, Journal of Medicinal Food, Menopause, Evidence-based Complementary and Alternative Medicine, and Research Quarterly in Sports Sciences. She is a member of the American College of Sports Medicine and the American Society for Nutrition. Her research interests include exercise and cholesterol metabolism, functional food/nutritional supplements, and chronic disease and obesity. She is also a member of the Editorial Board for the Journal of Nutrition and Food Sciences.
Bradley D. Hatfield, PhD, FACSM, FNAK – *The Mind of the Elite Athlete: Understanding Peak Performance and Stress Resilience*

Dr. Bradley Hatfield is Professor and Chair of the Department of Kinesiology and Associate Dean for Faculty Affairs in the School of Public Health at the University of Maryland. He received his PhD in 1982 from the Pennsylvania State University and a Master of Sport Administration degree from Ohio University in addition to a Master of Science degree from Penn State. He holds two bachelor’s degrees in Physical Education and Psychology from the University of New Brunswick in Canada. His research is focused on: (1) exercise and the aging brain, and (2) brain dynamics underlying cognitive-motor performance. He has published in notable scholarly journals too numerous to list and currently holds membership on the editorial boards of 4 major sport science journals. He also serves as a grant reviewer for the National Institutes of Health (NIH) and the National Science Foundation (NSF). Dr. Hatfield’s research efforts have been supported by the Department of Defense and the NIH, among others. Dr. Hatfield served as president of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) and the Mid-Atlantic chapter of the American College of Sports Medicine, from which he recently received the Honor Award (2013). He is a fellow of the National Academy of Kinesiology and the American College of Sports Medicine, and is a charter fellow of the American Association for the Advancement of Applied Sport Psychology (AAASP).

Layne Norton, PhD – *Protein Distribution: A Missing Link for Skeletal Muscle Nutrition?*

Dr. Layne Norton has a BS in Biochemistry with honors from Eckerd College and a PhD in Nutritional Sciences with honors from the University of Illinois. His thesis area of emphasis was examining leucine content of protein sources as an indicator of protein quality and quantity to stimulate muscle protein synthesis. He is also a professional natural bodybuilder with the IFPA and a Pro Natural Powerlifter with the USAPL. He won the 2010 Heavyweight class at the IFPA Pro International and placed top 5 at the 2010 IFPA World Championships. He won the 93kg class at 2014 USAPL Raw Nationals, qualifying him for the IPF World Championships. His best competition lifts include a 650 lb squat, 391 lb bench press, and 700 lb deadlift. He owns BioLayne LLC, a consulting company providing nutritional and training coaching for bodybuilders, powerlifters, and physique athletes. He has written for a myriad of publications including Muscular Development, Fitness RX, Oxygen, Planet Muscle, Iron Life, Train Magazine, and many others. Dr. Norton is recognized as one of the most popular speakers in the fitness industry.

Jenna Stranzl, RD, CISSN – *From Teeing it Up to Dropping the Puck: Nutrient Requirements and Strategies for Various Sports*

Jenna Stranzl is a registered dietitian and sports nutritionist. She is a graduate of Pennsylvania State University with a BS in Nutrition Science. She is an active member of the Academy of Nutrition and Dietetics (AND), the ISSN, Sports, Cardiovascular, and Wellness Nutritionists (SCAN), and the Collegiate and Professional Sports Dietitian Association (CPSDA). She currently serves as the consulting sports nutritionist for PhysioFitness Associates in regards to the PGA tour, the New York Islanders, Velocity Sports Performance – Cherry Hill, and high-school,
collegiate, and elite athletes in a number of sports. She has also worked with the Philadelphia Flyers and Trenton Titans, and she is a contributing RD to QVC’s “In The Kitchen With David”. She has experience working with IMG Academies, the U17 USMNT, as well as at the Penn State Sports Nutrition Clinic, and Wyeth Nutrition/Pharmaceuticals. She has contributed to MLB’s RBI Program (Reviving Baseball in Inner Cities), Major League Strength, the Taylor Hooton Foundation, STACK Media, and ShowcaseU. Jenna is also currently the Program Coordinator of Nutrition at Drexel University in conjunction with the Eat.Right.Now Program for the city of Philadelphia. As an avid runner, Jenna has participated in several marathons and, thus, incorporates sports nutrition into her own daily training and lifestyle.