

ISSN-Nova Southeastern University Workshop on Sports Nutrition and Athletic Performance

Meet the Experts

Chris Algieri MS CISSN

Former WBO Jr. Welterweight Boxing Champion, ISKA World Welterweight Kickboxing Champion and WKA World Super Welterweight World Kickboxing Champion. Chris Algieri was born on March 2nd, 1984. He currently holds a record of 20-2, 8KO's as a professional boxer in the Welterweight division. Algieri has been featured on HBO PPV, HBO Boxing After Dark, PBC on Spike, ESPN *Friday Night Fights*, and NBC Sports. Algieri turned pro on April 3rd of 2008, scoring a third round TKO over veteran spoiler, Ken Dunham. Before focusing solely on boxing, Algieri had an impressive career in martial arts as a Kick Boxing champion. Algieri established himself as the



Chris Algieri and Manny Pacquiao

'Pride of Huntington', fighting in Long Island, NY just miles from his hometown of Greenlawn at The Paramount Theater in

Huntington, NY, selling out the Theater eight consecutive times. Algieri's sold out bouts have been the foundation upon which his promoter, has built the Paramount into one of premiere sites in the USA for regular boxing events. Outside the ring, Chris graduated from Stony Brook University with honors in May 2007 with a Bachelor's of Science in Health Care Management and then went on to receive his Master's degree from the New York Institute of Technology in Clinical Nutrition. Chris aspires to go to continue his education in healthcare and medicine to combine his experience as a world-class athlete and his knowledge of nutrition to spearhead a practice designed to treat competitive athletes without the use of unnecessary surgeries, pharmaceuticals or long lay-offs. Algieri began his martial arts training in Chinese Kenpo under the tutelage of Robert Mauro at the age of 10. Chris received his black belt at the age of 15 and began competing in amateur kickboxing at the age of 16. While in high school, Chris started wrestling and eventually became captain of the St. Anthony's varsity squad. Chris won 2 Catholic League titles and one Catholic State Championship and ultimately made it to the semi-finals of the Public State Tournament. He was also awarded a wild card nomination to compete in the High School National Championships, but a knee injury barred Chris from participating. After high school, Chris spent 3 seasons as assistant coach to the St. Anthony's Friar Wrestling team.

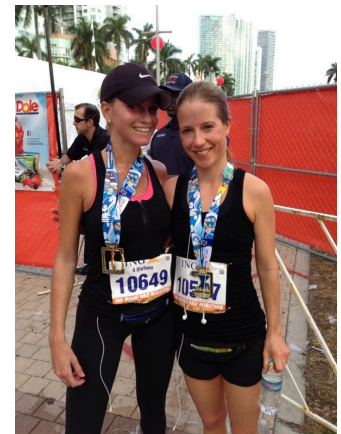
Jose Antonio PhD FNSCA FISSN CSCS



Dr. Antonio is the CEO and co-founder of the **International Society of Sports Nutrition (www.issn.net)**. He gives an occasional talk, writes a bit, and hates cold weather. Dr. Antonio is an Assistant Professor of Exercise and Sports Science at Nova Southeastern University in beautiful South Florida. If you want more sciency stuff, he's written over a dozen books. In fact, one of his best was the one he co-authored/co-edited with Dr. Jeff Stout ("Sports Supplements"). He has a bunch more but figures you'll Google them anyway. Also, he'll write funny stuff on nutrition and exercise right here (<http://www.theissnscoop.com/>), give seminars out the wazoo all over North America and sometimes abroad, and has published some semi-interesting peer-reviewed scientific publications; here is my latest: <http://www.jissn.com/content/11/1/19>. He's worked on the industry side of the sports supplement business (e.g., MET-Rx, Muscle & Fitness, etc), started and sold his own company (Javalution Coffee Company), and spends much of his leisure time paddling on the Atlantic Ocean, jellyfish and all. To reach Dr. Antonio, www.issn.net. Twitter @JoseAntonioPhD, Instagram @the_issn

Anya Ellerbroek CISSN

Anya Ellerbroek graduated with a B.A in Sports Exercise Science from Nova Southeastern University in 2015. The German/Venezuelan has always loved being active; so when she is not studying, conducting research (mostly on protein now), or learning about exercise and nutrition, she can be found lifting weights, running, teaching or doing yoga, running an obstacle course race, or really anything that challenges her. She got her CISSN certification in 2013, helped conduct, as well as participate in the high protein study "The effects of consuming a high protein diet (4.4 g/kg/d) on body composition in resistance-trained individuals", (<http://www.jissn.com/content/11/1/19>), and the follow up high protein study which will be published at the end of 2015). She is currently involved in a one- year high protein study on highly trained males. She will be starting her M.S in Nutrition in 2016 with the focus on sports nutrition. email: anyaeller@hotmail.com ; Instagram: anyaelle ; Facebook: Anya Ellerbroek



Anya at the Miami Half-Marathon

Her

Douglas Kalman PhD RD FACN FISSN



Dr Kalman loves Vitargo and MMA.

Dr. Kalman has been involved in over 200 clinical trials and projects within the pharmaceutical, medical and nutrition fields. He has published over 75 abstracts and more than 30 peer-reviewed manuscripts. He is also a Co-Editor of one journal and on the Editorial Board of three Scientific Journals. Dr. Kalman received his undergraduate degree from Florida State University, Masters Degree from Hunter College - City University of New York and Doctorate in exercise and nutritional biochemistry (Health

Research) from Touro University International. He is an Active Member and or Spokesperson with many organizations (ISSN, NSCA, APS, ACSM, etc.) and a co-founder of The International Society of Sports Nutrition. He has worked with Olympic Athlete's (Nagano, Japan, Salt Lake City, UT, Torino, Italy and England and the upcoming 2016 Rio games) for Winter and Summer sports, professional athletes, musicians and music groups, combat sports, collegiate athletes and teams as well as Nike's Elite Distance Racing Team (Oregon Project) and the general population. He has edited four academic textbooks, contributed to more than five academic textbooks as well as two "popular press" books. He has been interviewed on various media outlets such as NBC, MSNBC, CBS Evening News, CNN, Discovery Channel plus others along with a host of radio shows. Dr. Kalman is an Adjunct Professor teaching Graduate Sports Nutrition in the Robert Stempel School of Public Health at Florida International University (FIU), Miami, Florida. He has been the Nutrition Program Consultant for IMG Academies in Bradenton, Florida and is currently the Team Nutritionist for Coral Springs Aquatic Center and a nutrition consultant to the United States Tennis Association - Player Development Program. He has taught at New York University, C.W. Post-Long Island University and Florida Atlantic University. In addition to the aforementioned, Dr. Kalman is the Sports Nutritionist for the FIU Athletic Department.

Corey Peacock PhD CSCS CISSN



Dr Peacock at Ashland University

Dr. Peacock is currently an Assistant Professor of Exercise Science at Nova. Additionally, Dr. Peacock is serving a dual role for the Blackzilians as both a Performance Coach and Exercise Physiologist. In this role, he is responsible for contributing physiological evaluations, strength & conditioning, and injury prevention. His experience as both a Strength Coach and Sports Performance Researcher has allowed him to implement state of the art injury prevention technology and techniques within the team. A former collegiate football player and coach, Corey graduated from Kent State University with a Ph.D. in Exercise Physiology, focusing his application in human performance. He works closely with many Strength & Conditioning professionals from the NFL, NHL, MMA and NCAAF and is regarded as one of the top Performance Coaches and Exercise Physiologists in South Florida.

Juan Carlos Santana MS FNCSA CSCS

Fitness maverick, founder of the Institute of Human Performance (IHP), dynamic speaker, sought-after consultant, prolific author. . . for over 30 years Juan Carlos "JC" Santana has been raising the bar in the fitness industry. Santana has been referred to as "the country's leading practitioner of functional fitness" and personally trained and developed specific programs for all professional sports, youth fitness, fitness for the mature populations, and accelerated rehabilitation. His advanced understanding of bio-mechanics and conditioning have made him the go-to guy for those interested in reaching their optimal performance levels, from individuals, to professional sports



"JC" is a leading authority in strength and conditioning

teams, to fortune 500 companies. His consulting clients and endorsement hail from the full spectrum of government agencies, educational institutions, college and professional sports teams, equipment manufactures, and fitness facilities. These include: Federal Bureau of Investigation, Quantico, VA; U.S. Armed Forces, Corry Station, Sarasota, FL; Boca Raton Police Department; Broward County (FL) Sheriff's Department; University of Miami; Florida Atlantic University; University of British Columbia; Columbia University, United States Tennis Association; Cincinnati Bengals; New England Patriots; Boston Red Sox; New York Yankees; Miami Marlins; New York Rangers; New York Islanders; Professional Golf Association; Perform Better, Northeast Seminars, Free Motion Fitness, Lifeline, Heart Rate, Interactive Metronome, Gold's Gyms, Town Sports International, 24-hour Fitness, The YMCA, and many more.

Jeff Stout PhD FNSCA FISSN CSCS*D

Dr. Stout is currently a Professor at the University of Central Florida. Dr. Stout is a Fellow of the American College of Sports Medicine, Fellow of the National Strength and Conditioning Association (NSCA), past President of the International Society of Sports Nutrition and Vice President of the NSCA. Dr. Stout has published over 200 research studies and presentations, that have focused on nutrition, exercise performance, muscle function and body composition in young and elderly populations. Furthermore, he has co-authored and co-edited 8 books and 8 book chapters on sports nutrition and body composition. Currently, Dr. Stout enjoys

mentoring his graduate students who help to manage the various research activities in the Human Performance Laboratory. In his spare time he likes to train and compete in the Olympic sport of Judo where he is a Black Belt (Shodan).



Dr Stout has a black belt in judo.



Pete Bommarito MS CSCS USAW

Pete is the owner and president of Bommarito Performance Systems, which is regarded around the world as a leading information source in the industry. The concept behind Bommarito Performance System is to provide the latest application methods based on the scientific principles outlined in current research in the form of educational materials, DVD's, conferences and speaking engagements, and consulting in the performance enhancement, personal training, and medical fields. Pete and his company have been instrumental in providing education and information to many different sport coaches, performance specialists, trainers, athletes, fitness enthusiasts, and medical specialists at all levels. He is regarded as one of the top coaches in the industry for his innovative, scientifically based approach to sport specific training. Pete received his M.S. in Exercise Science with a specialization in Sports Biomechanics at Ball State University, and his B.S. in Biology/Pre-Medicine from Missouri State University. He is a Certified Strength and Conditioning Specialist through the NSCA, and is a Level One Certified Club Coach through the United States Weightlifting Association. Pete also has a Jumpstart Trained Practitioner (lower/upper) through Greg Roskof's Muscle Activation Techniques TM Program.