

SPEAKERS



DR. TIMOTHY SUCHOMEL, PHD

Dr Tim Suchomel, PhD, is the program Director for the Master of Science in Sport Psychology and Performance Coaching at Carroll University, as well as an Associate Professor of Exercise Science. Dr Suchomel started working as an assistant professor in the department of Human Movement Sciences in the Fall of 2016. Dr Suchomel earned his MS Human Performance at the University of Wisconsin and earned his PhD from Eastern Tennessee State University. He specializes in strength and conditioning, weightlifting movements, athletic testing & monitoring, and post-activation potentiation. He has contributed over 6 chapters, authored over 15 research articles, and has spoken at numerous events. He is the recipient of the 2016 ETSU Clemmer College of Education Outstanding Dissertation Award, the 2015 Doctoral Student Research Award for Outstanding Podium Presentation, and the 2012 Master's Student Research Award.



KAITLAN ARIES

Kaitlan Aries is currently a strength and conditioning coach with the Operational Support Team at Mountain Home Air Force Base. She works with airmen to build resiliency, enhance human performance, and improve unit mission effectiveness. Prior to her time with OST, she worked as a member of the Optimizing the Human Weapon System team on Mountain Home AFB training F15-E pilots and weapons system officers. Before her transition to the tactical setting, Kaitlan worked as the Director of Sports Performance at Jacksonville University. She was an assistant at JU for 2 and a half years prior to taking over the program. She also spent time at the University of Tennessee, Gulliver Preparatory School, and the University of Miami. Kaitlan received her Bachelor of Science in Kinesiology from the University of Tennessee in 2015 and her Masters of Science in Exercise Physiology from the University of Miami (FL) in 2017. While attending the University of Tennessee, Kaitlan was a member of the varsity rowing team and was named a NSCA Strength and Conditioning All-American in 2015. Kaitlan is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association, holds a level 1 certification through the Titleist Performance Institute, and is a USA Weightlifting Level 2 Coach.

SPEAKERS



JON SEDY

Jon Sedy (MS, CPSS) is a current Duke Athletics Sports Science Fellow. Jon attended Linfield University, where he earned a Bachelor of Science in Exercise Science while also competing as a dual-sport athlete in Football and Track & Field. He then went on to complete his Master's Degree in Sports Science & Analytics through a graduate assistantship program at Linfield University. Prior to his Sports Science fellow position with Duke University Athletics, Jon worked as a Sports Science Apprentice at the University of Miami working with football and Track & Field Programs specifically.

Jon is a Certified Performance and Sport Scientist through the NSCA.



JUSTIN BENTIVEGNA

Bentivegna currently serves as a Special Operations Strength and Conditioning Specialist (KBR contractor) in Virginia Beach, VA.

Prior to joining the staff, Bentivegna trained operators at US Army Special Operations Command, and collegiate athletes at several universities around the country. These institutions include Hofstra University, University of Connecticut, College of the Holy Cross, and Springfield College.

Bentivegna holds a Master's degree in Exercise Science, and a Bachelor's degree in Health Science with a minor in Coaching. He is a Certified Strength and Conditioning Specialist (CSCS), Strength and Conditioning Coach Certified (SCCC), USA Weightlifting Level-1 Certified (USAW), and a Precision Nutrition Level-1 Coach (PN1).



BROOKELYN CAMPBELL

Brooke earned her undergraduate degree from Carroll University, where she also graduated with her MS in Sport Psychology & Performance Coaching. She has held positions of human performance assistant at Carroll University, a sports performance intern at Duke University, Assistant Strength & Conditioning Coach at UH Whitewater, and currently coaches at the University of Houston as a Coordinator of Sport Performance.

She is certified through the NSCA and is certified through USA weightlifting.

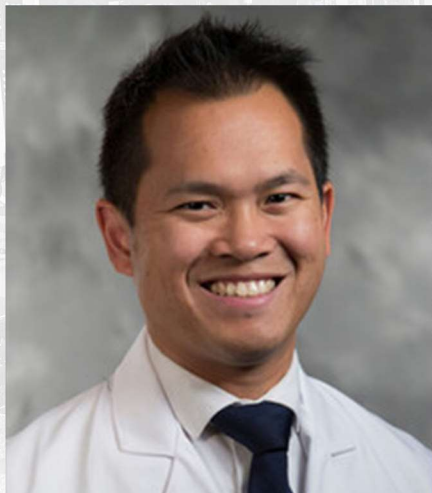
SPEAKERS



KERRIN MESECK

Kerrin Meseck joined the Duke Athletics staff in July of 2021 and serves as the Assistant Director of Sports Nutrition. In her role, she primarily works with Olympic Sports student athletes providing individual nutrition counseling, team nutrition education, and coordination of competition meals and snacks.

Meseck earned her Bachelor of Science degree in Human Biology Health and Society from Cornell University in 2014. She went on to earn her Master of Science degree in Nutritional Sciences from Boston University where she also completed her dietetic internship.



DR. BRIAN LAU, MD

Dr Lau is an Orthopedic Surgeon specializing in injuries related to the knee, shoulder, elbow, and ankle/foot at Duke University Hospital.. He currently serves as a team orthopedic surgeon for the Duke University Athletics and as an Assistant Professor of Orthopaedic Surgery. Dr Lau has been a part of many research projects regarding minimally evasive surgical techniques, and 3D MRI assessments for accurately measuring bone loss for patients experiencing shoulder instability. Dr Lau completed this MD from the University of Pittsburgh, his residency at the University of California and Yale University, and fellowships at Stanford University and Duke University. Dr Lau is certified through the American Board of Orthopaedic Surgery.

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