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## Speaker Bios

2nd Annual Boston Hockey Summit and Basketball Symposium.

**Date:** Saturday, May 22nd and May 23rd at Northeastern University

## KEYNOTE SPEAKERS

**Keynote Speaker:** Bill Sands



**Topic:** Recovery - Myths, Paradoxes, and Placebos

Dr. William (Bill) Sands is the Director of the Monfort Family Human Performance Research Laboratory at Mesa State College. He is the former Recovery Center Leader, Head of Sport Biomechanics and Engineering and Senior Physiologist for the U.S. Olympic Committee in Colorado Springs, Colorado.

He has over 35 years of experience in Olympic sports. Dr. Sands has served as an associate professor at the University of Utah's Department of Exercise and Sport Science and Co-Director of the Motor Behavior Research Laboratory with adjunct appointments in Bioengineering and Physical Therapy. He was the Department Chair of Exercise Science & Sports Medicine at California Lutheran University and Director of the Human Performance Laboratory. Other positions include: Director of Research and Development for USA Gymnastics and Director of Sport Sciences in Kuala Lumpur, Malaysia during their preparation for their first hosting of the Commonwealth Games.

He has chaired the United States Elite Coaches Association for Women's Gymnastics for over 25 years, written 17 books, received over \$1/4 million in grants and contracts, and published over 200 articles on sport performance. He is a Fellow of the American College of Sports Medicine and is certified as an Athlete Recovery Specialist, Emergency Medical Technician (EMT), Wilderness EMT, a CPR and First Aid Instructor and several certifications in emergency communications and search and rescue.

Dr. Sands, a former All-American, MVP, Co-Captain, and NAIA Gymnast of the Year, was also a World Championship coach in gymnastics and produced several Olympians, more than a dozen national team members, and many World Championship team members. His primary service and research interests lie in athlete recovery, electromyography, training monitoring, and strength and power performance. He is married with one daughter.