

## **MATTHEW M. BRZYCKI**

### **PRESENTATIONS**

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#### **Conferences, Clinics and Camps:**

Greater New York Chapter of the American College of Sports Medicine Spring Conference  
New York, New York (April 26, 2025)

New Jersey Higher Education Mental Health Summit 2025  
Hoboken, New Jersey (January 9, 2025)

The Exercise Coach Annual Conference  
Rosemont, Illinois (April 29, 2023)

Resistance Exercise Conference  
Bloomington, Minnesota (March 11, 2023)

44th Annual National Intramural Recreational Sports Association (NIRSA) Region I Conference  
Hartford, Connecticut (October 17, 2022)

42nd Annual National Intramural Recreational Sports Association (NIRSA) Region I Conference  
online presentation (October 27, 2020)

United States Air Force Expeditionary Operations School (EOS) Professional Development Conference  
Princeton, New Jersey (July 16, 2019)

Princeton University Campus Life Symposium  
Princeton, New Jersey (January 3, 2019)

9th Annual Strength & Conditioning/Athletic Development Conference  
Timonium, Maryland (July 18, 2015)

5th Annual Strength and Conditioning/Athletic Development New Jersey Clinic  
Basking Ridge, New Jersey (February 14, 2015)

8th Annual Strength & Conditioning/Athletic Development Conference  
Hunt Valley, Maryland (July 19, 2014)

4th Annual HIT Resurgence Conference  
Minneapolis, Minnesota (March 1, 2014)

4th Annual Strength and Conditioning/Athletic Development New Jersey Clinic  
Basking Ridge, New Jersey (February 15, 2014)

35th Annual National Intramural Recreational Sports Association (NIRSA) Region I Conference  
Long Branch, New Jersey (November 11, 2013)

7th Annual Strength & Conditioning/Athletic Development Conference  
Hunt Valley, Maryland (July 20, 2013)

3rd Annual HIT Resurgence Conference  
Minneapolis, Minnesota (March 16, 2013)

3rd Annual Strength and Conditioning/Athletic Development New Jersey Clinic  
Basking Ridge, New Jersey (February 16, 2013)

6th Annual Michigan State University Strength & Conditioning Clinic  
East Lansing, Michigan (February 9, 2013)

6th Annual Strength & Conditioning/Athletic Development Conference  
Stevenson, Maryland (July 20, 2012)

2012 City 6 Workshop  
Philadelphia, Pennsylvania (May 30, 2012)

2nd Annual Strength and Conditioning/Athletic Development New Jersey Clinic  
Basking Ridge, New Jersey (February 18, 2012)

Greater New York Chapter of the American College of Sports Medicine Annual Meeting  
New York, New York (November 12, 2011)

1st Annual Strength and Conditioning/Athletic Development New Jersey Clinic  
Basking Ridge, New Jersey (June 25, 2011)

1st Annual HIT Resurgence Conference  
Minneapolis, Minnesota (March 11 and 12, 2011)

The Pingry School Strength and Conditioning Camp  
Basking Ridge, New Jersey (July 15, 2010)

The Pingry School Strength and Conditioning Camp  
Basking Ridge, New Jersey (July 1, 2010)

Athletic Business Conference & Expo  
Orlando, Florida (December 3, 2009)

The Pingry School Strength and Conditioning Camp  
Basking Ridge, New Jersey (August 4, 2009)

The Pingry School Strength and Conditioning Camp  
Basking Ridge, New Jersey (July 21, 2009)

The Pingry School Strength and Conditioning Camp  
Basking Ridge, New Jersey (July 7, 2009)

2009 New Jersey Association for Health, Physical Education, Recreation and Dance Annual Convention  
Long Branch, New Jersey (February 23, 2009)

National Intramural Recreational Sports Association (NIRSA) New Jersey State Workshop  
Princeton, New Jersey (January 16, 2009)

The Pingry School Strength and Conditioning Camp  
Basking Ridge, New Jersey (July 22, 2008)

The Pingry School Strength and Conditioning Camp  
Basking Ridge, New Jersey (July 8, 2008)

The Pingry School Strength and Conditioning Camp  
Basking Ridge, New Jersey (June 24, 2008)

29th Annual National Intramural Recreational Sports Association (NIRSA) Region I Conference  
Ithaca, New York (November 9, 2007)

Princeton University Cross Country Camp  
Princeton, New Jersey (August 8, 2005)

Princeton University Wrestling Camp  
Princeton, New Jersey (July 12, 2005)

2005 Mercer Youth Strength and Conditioning Conference  
Ewing, New Jersey (June 9, 2005)

FBI Law Enforcement Executive Development Seminar (LEEDS)  
Princeton, New Jersey (June 9, 2005)

Strength Conference 2K5  
College Park, Maryland (April 16, 2005)

Princeton University Cross Country Camp  
Princeton, New Jersey (August 9, 2004)

Princeton University Wrestling Camp  
Princeton, New Jersey (July 6, 2004)

Operational Tactics National SWAT/Sniper Symposium  
Gaithersburg, Maryland (January 16, 2004)

25th Annual National Intramural Recreational Sports Association (NIRSA) Region I Conference  
Atlantic City, New Jersey (November 6, 2003)

Princeton University Strength & Speed Camp  
Princeton, New Jersey (August 20 and 22, 2003)

Princeton University Strength & Speed Camp  
Princeton, New Jersey (August 13 and 15, 2003)

Princeton University Strength & Speed Camp  
Princeton, New Jersey (June 27, 2003)

2003 National Strength & Science Seminar  
Minnetonka, Minnesota (April 12, 2003)

Operational Tactics National SWAT/Sniper Symposium  
Gaithersburg, Maryland (January 17, 2003)

Lions Cross Country Camp  
Ewing, New Jersey (July 29, 2002)

Princeton University Wrestling Camp  
Princeton, New Jersey (July 9, 2002)

2002 National Strength & Science Seminar  
Blaine, Minnesota (March 16, 2002)

Operational Tactics National SWAT/Sniper Symposium  
Gaithersburg, Maryland (January 19, 2002)

5th Capital City Strength Clinic  
Bethesda, Maryland (November 3, 2001)

22nd Annual National Intramural Recreational Sports Association (NIRSA) Region I Conference  
Parsippany, New Jersey (November 3, 2000)

Lions Cross Country Camp  
Ewing, New Jersey (August 2, 2000)

Princeton University Wrestling Camp  
Princeton, New Jersey (July 12, 2000)

Lions Cross Country Camp  
Ewing, New Jersey (August 4, 1999)

4th Annual Northeast Regional Strength and Fitness Seminar  
Princeton, New Jersey (June 5, 1999)

American College of Sports Medicine's Health & Fitness Summit & Exposition  
New Orleans, Louisiana (April 15 and 16, 1999)

1999 Buccaneer Strength and Conditioning Seminar  
Tampa, Florida (March 13, 1999)

26th Annual Be The Best You Are Softball Clinic  
Cherry Hill, New Jersey (January 15, 1999)

1998 Mid-Atlantic Christmas Baseball Camp  
Ewing, New Jersey (December 27, 1998)

20th Annual National Intramural Recreational Sports Association (NIRSA) Region I Conference  
Baltimore, Maryland (November 6, 1998)

Lions Cross Country Camp  
Ewing, New Jersey (August 4, 1998)

Lions Baseball Camp  
Ewing, New Jersey (July 23, 1998)

1998 Northeast Regional Strength and Fitness Seminar  
Princeton, New Jersey (June 6, 1998)

Lions Baseball Camp  
Ewing, New Jersey (July 23, 1997)

Elite Girls Soccer Academy  
Ewing, New Jersey (July 20, 1997)

Lions Softball Camp  
Ewing, New Jersey (June 24, 1997)

1997 Northeast Regional Strength and Fitness Seminar  
Princeton, New Jersey (June 7, 1997)

Greater Middlesex Conference Athletic Department Workshop  
Woodbridge, New Jersey (May 15, 1997)

Toronto Football Clinic  
Mississauga, Ontario (February 28 and March 1, 1997)

1996 Mid-Atlantic Christmas Baseball Camp  
Ewing, New Jersey (December 30, 1996)

18th Annual National Intramural Recreational Sports Association (NIRSA) Region I Conference  
Mystic, Connecticut (November 9, 1996)

Fitness Professionals' Continuing Education Conference  
Chicago, Illinois (September 21 and 22, 1996)

Elite Girls Soccer Academy  
Ewing, New Jersey (July 28, 1996)

Lions Baseball Camp  
Ewing, New Jersey (July 27, 1996)

Lions Basketball Camp  
Ewing, New Jersey (July 2, 1996)

Lions Wrestling Camp  
Ewing, New Jersey (June 28, 1996)

1996 Northeast Regional Strength and Fitness Seminar  
Princeton, New Jersey (June 8, 1996)

National Intramural Recreational Sports Association (NIRSA) New Jersey State Workshop  
Piscataway, New Jersey (February 23, 1996)

1996 NSCA Strength and Conditioning Conference for Football  
New Orleans, Louisiana (January 7, 1996)

17th Annual National Intramural Recreational Sports Association (NIRSA) Region I Conference  
Philadelphia, Pennsylvania (November 10, 1995)

Princeton University Lacrosse Camp  
Princeton, New Jersey (August 1, 1995)

Princeton University Lacrosse Camp  
Princeton, New Jersey (July 11, 1995)

The Winning Edge Strength Clinic  
Villanova, Pennsylvania (February 16, 1995)

Princeton University Lacrosse Camp  
Princeton, New Jersey (August 3, 1994)

Princeton University Lacrosse Camp  
Princeton, New Jersey (July 13, 1994)

1st Annual University YMCA Strength & Conditioning Clinic '94  
Cincinnati, Ohio (May 6, 1994)

Princeton University Lacrosse Camp  
Princeton, New Jersey (August 3, 1993)

Princeton University Lacrosse Camp  
Princeton, New Jersey (July 13, 1993)

3rd Annual Strength and Conditioning Clinic of Champions  
Toledo, Ohio (June 12, 1993)

1st Annual Patriot Strength and Conditioning Clinic  
Fairfax, Virginia (March 27, 1993)

Ocean County Sports Rehab Annual Clinic  
Toms River, New Jersey (March 23, 1993)

1993 Midwest Strength and Conditioning Seminar  
Anoka, Minnesota (January 9, 1993)

2nd Annual Strength and Conditioning Clinic of Champions  
Toledo, Ohio (June 13, 1992)

Rockland County Athletic Trainer's Association Annual Seminar  
Thiells, New York (June 4, 1992)

1992 New Jersey Association for Health, Physical Education, Recreation and Dance Spring Conference  
Somerset, New Jersey (March 11, 1992)

1991 Northeast Regional Strength and Fitness Seminar  
Princeton, New Jersey (June 1, 1991)

1st Annual Eastern Regional Strength and Conditioning Seminar  
Piscataway, New Jersey (June 10, 1989)

1st Annual Rutgers University Strength Clinic  
Piscataway, New Jersey (January 7, 1989)

Rutgers University Gymnastics Clinic  
New Brunswick, New Jersey (September 27, 1987)

**Organizations and Groups:**

New Jersey Council for Administrators of Health and Physical Education  
Princeton, New Jersey (February 25, 2025)

Princeton University Wintersession  
Princeton, New Jersey (January 17, 2025)

The Pentagon  
Arlington, Virginia (May 17, 2024)

Princeton University Army Reserve Officers' Training Corps (ROTC)  
Princeton, New Jersey (March 5, 2024)

Princeton University Wintersession  
Princeton, New Jersey (January 19, 2024)

The Pentagon  
Arlington, Virginia (May 11 and 12, 2023)

Princeton University Wintersession  
Princeton, New Jersey (January 17, 2023)

Princeton University Graduate Student Government (Mental Health Initiative)  
online presentation (January 28, 2022)

Princeton University Wintersession  
online presentation (January 10, 2022)

Princeton University Wintersession  
online presentation (January 20, 2021)

Princeton University Graduate Student Government (Mental Health Initiative)  
online presentation (November 2, 2020)

Princeton University Wintersession  
Princeton, New Jersey (January 30, 2020)

Princeton University Graduate Student Government (Mental Health Initiative)  
Princeton, New Jersey (November 20, 2019)

Princeton University Wintersession  
Princeton, New Jersey (January 28, 2019)

Princeton University Class of 2018 Last Lecture Series  
Princeton, New Jersey (February 22, 2018)

Princeton University Physics Department  
Princeton, New Jersey (October 19, 2017)

Father Michael Goetz Catholic Secondary School  
Mississauga, Ontario (November 27, 2012)

St. Martin Secondary School  
Mississauga, Ontario (November 26 and 27, 2012)

Ivy League Meetings  
Princeton, New Jersey (June 9, 2011)

Princeton Plasma Physics Laboratory  
Princeton, New Jersey (April 30, 2009)

SWAT Fitness Specialist Certification Program  
Hagerstown, Maryland (September 20 and 21, 2008)

The Lab Fitness and Spa  
Warrington, Pennsylvania (August 22, 2008)

Princeton Plasma Physics Laboratory  
Princeton, New Jersey (April 30, 2008)

SWAT Fitness Specialist Certification Program  
Hagerstown, Maryland (November 2 and 3, 2007)

Student Activities and Leadership Development Workshop (The College of New Jersey)  
Ewing, New Jersey (September 15, 2007)

SWAT Fitness Specialist Certification Program  
Livermore, California (August 2 and 3, 2007)

Central Intelligence Agency  
Langley, Virginia (July 19, 2007)

SWAT Fitness Specialist Certification Program (United States Customs and Border Protection)  
Camp McGregor, New Mexico (May 3 and 4, 2007)

SWAT Fitness Specialist Certification Program  
Hagerstown, Maryland (March 23 and 24, 2007)

Gravity Fitness and Spa (Le Parker Meridien Hotel)  
New York, New York (February 8, 2007)

SWAT Fitness Specialist Certification Program  
Bloomington, Indiana (May 4 and 5, 2006)

SWAT Fitness Specialist Certification Program  
Hagerstown, Maryland (April 20 and 21, 2006)

Department of Public Safety, Princeton University  
Princeton, New Jersey (March 20 and 21, 2006)

United States Marine Corps, Recruiting Station New Jersey  
Naval Weapons Station Earle, Colts Neck, New Jersey (March 11, 2006)

SWAT Fitness Specialist Certification Program  
Longmont, Colorado (July 30 and 31, 2005)

SWAT Fitness Specialist Certification Program  
Hagerstown, Maryland (June 25 and 26, 2005)

Women Living Well Series (Bryn Mawr College)  
Bryn Mawr, Pennsylvania (April 13, 2005)

SWAT Fitness Specialist Certification Program  
Rochester, New York (November 6 and 7, 2004)

Princeton University Black Men's Awareness Group  
Princeton, New Jersey (October 15, 2004)

United States Secret Service Academy  
Beltsville, Maryland (July 16, 2004)

St. Francis Xavier Secondary School  
Mississauga, Ontario (June 4, 2004)

Faculty Fellow Luncheon (Wilson College, Princeton University)  
Princeton, New Jersey (March 31, 2004)

SWAT Fitness Specialist Certification Program  
Gaithersburg, Maryland (January 14 and 15, 2004)

SWAT Fitness Specialist Certification Program  
Voorhees, New Jersey (August 11 and 12, 2003)

Alumni in the Classroom (The Pennsylvania State University; Kines 456; Physical Fitness Appraisal)  
University Park, Pennsylvania (April 5, 2002)

Ivy League Meetings  
Princeton, New Jersey (June 16, 1997)

Personal Training Institute  
Huntington, New York (August 6, 1994)

Hackettstown Community Hospital Cardiac Rehabilitation Center  
Hackettstown, New Jersey (May 14, 1992)

Department of Exercise Science and Sport Studies (Rutgers University; 377:371; Exercise Physiology)  
New Brunswick, New Jersey (April 4, 1990)

Ewing High School Wrestling Banquet  
Ewing, New Jersey (March 21, 1988)

**Princeton University Employee Learning Center:**

Princeton University Health and Wellness Speaker Series  
online presentation (February 11, 2025)

Princeton University Health and Wellness Speaker Series  
Princeton, New Jersey (February 5, 2025)

Princeton University Health and Wellness Speaker Series  
online presentation (January 15, 2025)

Princeton University Health and Wellness Speaker Series  
Princeton, New Jersey (December 10, 2024)

Princeton University Health and Wellness Speaker Series  
Princeton, New Jersey (March 22, 2024)

Princeton University Health and Wellness Speaker Series  
Princeton, New Jersey (March 21, 2024)

Princeton University Health and Wellness Speaker Series  
online presentation (June 28, 2022)

Princeton University Health and Wellness Speaker Series  
online presentation (January 28, 2022)

Princeton University Health and Wellness Speaker Series  
online presentation (December 2, 2021)

Princeton University Health and Wellness Speaker Series  
online presentation (July 1, 2021)

Princeton University Health and Wellness Speaker Series  
online presentation (April 15, 2021)

Princeton University Health and Wellness Speaker Series  
online presentation (November 5, 2020)

Princeton University Health and Wellness Speaker Series  
online presentation (November 2, 2020)

Princeton University Health and Wellness Speaker Series  
online presentation (October 29, 2020)

Princeton University Health and Wellness Speaker Series  
online presentation (July 15, 2020)

Princeton University Health and Wellness Speaker Series  
online presentation (June 25, 2020)

Princeton University Health and Wellness Speaker Series  
online presentation (June 4, 2020)

Princeton University Health and Wellness Speaker Series  
online presentation (May 21, 2020)

Princeton University Health and Wellness Speaker Series  
online presentation (May 7, 2020)

Princeton University Health and Wellness Speaker Series  
online presentation (April 30, 2020)

Princeton University Health and Wellness Speaker Series  
Princeton, New Jersey (April 27, 2020)

Princeton University Health and Wellness Speaker Series  
Princeton, New Jersey (February 19, 2020)

Princeton University Health and Wellness Speaker Series  
Princeton, New Jersey (November 13, 2019)