

# 2024 SPORTS PERFORMANCE SUMMIT: THE TEAM BEHIND THE TEAM

## EVENT SCHEDULE

# 21

Friday

7:30AM

### REGISTRATION OPENS

8:00AM-8:05AM

### OPENING REMARKS

8:05AM-9:35AM

“Implementing an NHL Return to Play Program within an Integrative Athlete Care Department” - **Dr. Chris Stackpole** - Vice President, Athlete Care, **Dr. Steve Nightingale** - Sports Scientist and Performance Coach, **Dr. Michael Farber** - Medical Director: New Jersey Devils

9:45AM-11:15AM

“Disordered Eating Behavior and Eating Disorders in Sport” - **Dr. Karen Egan**: University of Virginia Athletics Department - Associate Sport Psychologist

“Nutrition Therapy in the Treatment of Eating Disorders: Tried and True Tips & Tools for Nutrition Rehabilitation” - **Kirsten Graves**: Kirsten Graves Nutrition, Private Practice. UC Berkeley Athletics - RD, Eating Disorder Specialist

11:25AM-12:55PM

“Emergency & Crisis Preparedness within the Sports Medicine Team” - **Darryl Conway**: University of Michigan Athletics - Executive Senior Associate Athletic Director/Chief Health & Welfare Officer/Sports Medicine Emergency Management, LLC - Co-Owner

“Having a plan: Coaches, Players and Performance” - **Andrew Althoff**: Carolina Panthers - Director of Human Performance:

1:40PM-3:10PM

“The Gut” - **Dr. Sabine Hazan**: Physician, CEO of Progenabiome and Ventura Clinical Trials, Co-founder of Topelia Therapeutics

“The Relationship Between Substance Use and Athletic Performance” - **Dr. Lee Dorpfeld**: University of South Florida - Assistant Professor MCOM Assistant Director of Athletic Medicine/Director of Sport Psychology

3:20PM-5:20PM

“Progressive Plyometrics: Applied Physics Principles to Optimize Explosive Strength” - **Todd Tuetken**: University of Texas (Austin), Kinesiology and Health Education - Ph.D. Student - Physical Culture and Sport Studies

“Hydration Updates and Considerations” - **Brett Singer**: Memorial Hermann Rockets Sports Medicine Institute and St. David's HealthCare / Austin FC - Sports Dietitian Coordinator

7PM - 10PM

### KEYNOTE DINNER AND SOCIAL

“Developing Gamespeed - Ensuring Contextual Relevance in Agility Training” - **Dr. Ian Jeffreys**: All-Pro Performance - Director, NSCA - President Elect

For more information and to register go to:

[FIGHTINGIRISH.COM/SPLT/PERFORMANCESUMMIT](https://fightingirish.com/splt/performancesummit)



# 2024 SPORTS PERFORMANCE SUMMIT: THE TEAM BEHIND THE TEAM

## EVENT SCHEDULE

# 22

Saturday

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10:00AM-10:10AM **OPENING REMARKS AND HOUSEKEEPING**

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10:10AM-12:10PM “Biomarker Assessment for Athlete Health & Nutrition Status” - **Jennifer Gibson:** Chicago Blackhawks – Head Performance Dietitian

“Periodisation of Recovery Techniques to Accelerate and Support Return to Performance” - **Dr. Robin Thorpe:** Arizona State University, USA ; Liverpool John Moores University, UK ; Red Bull Athlete Performance Center, USA - Director, Sports Science, Strength & Conditioning

“Protracted Recovery from Injury and Post Concussive Syndrome” - **Brett Haskell:** National Women's Soccer League and New York Yankees - Director of Clinical Mental Health and Performance, Team Psychologist

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12:20PM-1:50PM “Lisfranc Injuries” - **Dr. David Porter:** Forte Sports Medicine and Orthopedic - Orthopedic Foot and Ankle specialist and Partner

“Conservative and Post Surgical Management of Lis Franc Injuries” - **Erin Barill:** Indianapolis Colts – Director of Sports Medicine

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2:00PM-3:30PM “Holistic Talent Development: Raising the Psychological Floor” - **Dr. Tyler Bradstreet:** Milwaukee Brewers Baseball Club – Director, Performance Psychology:

“How to Build Your Speed System” - **Les Spellman:** Spellman Performance - Founder

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3:30PM **CLOSING REMARKS**

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