

Optimizing Adaptation & Performance

Providing a holistic continuum of care from foundational health to elite performance

Tentative Schedule:

8:30-9:45:	Adaptation – Signs of maladaptation and strategies to enhance training effects and improve resiliency to stress with James LaValle
10:00-11:00:	Structural assessment and performance profiling with integration to program design with Kevin Neeld
11:15-12:15:	Potenza: Unlocking performance while minimizing fatigue – In-season modeling with Mike Potenza
12:15-1:00:	Lunch (Catered)
1:00-2:15:	Performance/Recovery – Interventions to maximize performance across the full spectrum of athletic activities, and specific approaches to expedite the recovery process following training with James LaValle
2:30-3:45:	Workload and recovery monitoring to drive practice, training, and recovery interventions. Specific attention will be paid to recovery modalities, mechanisms, and timing, as well as effective communication strategies with management and coaching staff to deliver Monitoring data with Kevin Neeld
4:00-5:00:	Reconditioning – Philosophy, integration of assessment and programming strategies, and case study with Mike Potenza