

In partnership with:



# Sports Science Summit 2019 at Leeds Trinity University (UK)

20-21 May 2019

TIME	MONDAY 20 MAY	TUESDAY 21 MAY
9-10am	<b>Coffee and Networking</b>	<b>Coffee and Networking</b>
10-10.30am	<b>Summit welcome</b> Professor Mark Russell, Professor Carlton Cooke and executive staff member (Leeds Trinity University)	<b>Training at match speed</b> Dr Rich Johnston (Australian Catholic University)
10.30-11am	<b>Setting up high performance teams and getting them to thrive not just survive</b> Grant Downie OBE	<b>Menthol cooling strategies</b> Dr Martin Barwood (Leeds Trinity University)
11-11.30am	<b>TBC</b> Dr Scott Gardner	<b>Recovery strategies</b> Dr Shona Halson (Australian Catholic University)
11.30-12pm	<b>On the bench</b> Dr Scott Gardner and Grant Downie	<b>On the bench</b> Dr Rich Johnston, Dr Martin Barwood and Dr Shona Halson
12-1pm	<b>Lunch</b>	<b>Lunch</b>
1-1.30pm	<b>Testing and monitoring performance to effectively inform training practices</b> Dr Paul Comfort (University of Salford)	<b>Soccer extra-time strategies: current understanding and future directions</b> Professor Mark Russell (Leeds Trinity University)
1.30-2pm	<b>Monitoring and evaluating load in team sports</b> Professor Ben Jones (Leeds Beckett University)	<b>Progressing rehabilitation after injury: consider the 'control-chaos continuum'</b> Matt Taberner (Everton Football Club)
2-2.30pm	<b>Monitoring and evaluating load in endurance sports</b> Dr Inigo Mujika (University of the Basque Country, Spanish Swimming Federation)	
2.30-3pm	<b>On the bench</b> Professor Ben Jones, Dr Paul Comfort and Dr Inigo Mujika	<b>On the bench</b> (TBC)
3-3.30pm	<b>Afternoon tea</b>	<b>Afternoon tea</b>
3.30-4.15pm	<b>TBC</b> TBC (TBC)	<b>TBC</b> TBC (TBC)