

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	Coffee and networking breakfast hosted by IMeasureU (registration is required)	Coffee and Networking
10-10.30am	Summit welcome Professor Mark Russell, Professor Carlton Cooke and executive staff member (Leeds Trinity University)	Training for peak game intensities: how do we do it, and is it important? Dr Rich Johnston (Australian Catholic University)
10.30-11am	Setting up high performance teams and getting them to thrive not just survive in the world of elite sport Grant Downie OBE	Exercise performance in the heat: The effect of Menthol on perception, temperature regulation and performance. Dr Martin Barwood (Leeds Trinity University)
11-11.30am	Creating more effective learning environments in high performance sport with lessons from the business world Dr Scott Gardner (Founder and Chairman of Track Record)	Periodisation of recovery Dr Shona Halson (Australian Catholic University)
11.30-12pm	On the bench Dr Scott Gardner and Grant Downie	On the bench Dr Rich Johnston, Dr Martin Barwood and Dr Shona Halson
12-1pm	Lunch	Lunch
1-1.30pm	Training the force-velocity continuum with weightlifting derivatives. Dr Paul Comfort (University of Salford)	Soccer extra-time strategies: current understanding and future directions Professor Mark Russell (Leeds Trinity University)
1.30-2pm	Monitoring and evaluating load in team sports Professor Ben Jones (Leeds Beckett University)	Progressing rehabilitation after injury: consider the 'control-chaos continuum. Matt Taberner (Everton Football Club)
2-2.30pm	Monitoring and assessment of athlete's preparation Dr Inigo Mujika (University of the Basque Country, Spanish Swimming Federation)	Nutrition considerations when pushing the limits of athletic performance Dr Sophie Killer (Research Fellow in Sports Nutrition at Loughborough University)
2.30-3pm	On the bench Professor Ben Jones, Dr Paul Comfort and Dr Inigo Mujika	On the bench Professor Mark Russell, Matt Taberner and Dr Sophie Killer
3-3.30pm	Afternoon tea	Afternoon tea
3.30-4.15pm	Athlete Q&A session Robert Burrow (Retired English Rugby League Footballer)	Athlete Q&A session Tom Bosworth (British Race Walker)