



University of Notre Dame and Australian Catholic University **Human Performance Summit: The 24 Hour Athlete**



June 22-24 2018 at the University of Notre Dame
(South Bend, Indiana, USA)

TIME	FRIDAY 22 JUNE
1pm	Summit Commences Summit Introduction Mike Harrity (University of Notre Dame)
1.15-2pm	Challenges of Applying the Evidence in Collaboration with the 24-hour athlete Dr Blake McLean (Oklahoma City Thunder)
2-2.45pm	The Sports Scientist's Toolbox Jo Clubb (Buffalo Sabres and Buffalo Bills)
2.45-3.30pm	Marginal Gains vs Big Rocks Tim Pelot (United States Olympic Committee)
3.30-3.45pm	Coffee Break
3.45-4.15pm	On the bench with Blake, Jo and Tim
4.15-5pm	The "Other 22-Hours": Supporting Athlete Health and Performance Dr Marc Bubbs (Canadian Men's Basketball)
5pm onwards	Trade Display
7pm onwards	Evening Dinner and Drinks
TIME	SATURDAY 23 JUNE
8.30-9.30am	The Belief Effect Dr David Martin (Philadelphia 76ers)
9.30-10.15am	Masters and Servants: How the Preparation Framework serves the Performance Model Dr Jeremy Sheppard (Canadian Sport Institute-Pacific)
10.15-10.45am	On the bench with David and Jeremy
10.45-11.15am	Coffee Break
11.15am-12pm	An Integrative Approach to Performance Psychology Dr Cristina Fink (HPSports and Philadelphia Union)
12-12.45pm	The 24-hour College Athlete: Managing Stress Off the Field Niki Sims and Joey Ramaeker (University of Notre Dame)

12.45-2pm	Lunch
2-2.45pm	Controversies in Recovery Dr Shona Halson (Australian Institute of Sport)
2.45-3.30pm	Performance Based Model Following Injury: We are not progressing if we accept close enough Bill Knowles (HPSports and Philadelphia Union)
3.30-4.15pm	Hamstrung: Contemporary Approaches to Injury Prevention and Rehabilitation Dr David Opar and Dr Ryan Timmins (Australian Catholic University)
4.15-4.45pm	On the bench with Shona, Bill, David and Ryan
4.45-5pm	Coffee Break
5pm onwards	Performance Think Tank "Hot Topic seminar sessions with presenters" and Trade Display
7pm onwards	Evening Dinner and Drinks
TIME	SUNDAY 24 JUNE
8.30-9.30am	Coaching Up: Effectively Communicating Sports Science Data Jordan Webb (University of Notre Dame) Kevin Hartman (Google)
9.30-10.15am	Importance of Acceleration Monitoring in Team Sport Athletes Dr Jace Delaney (University of Oregon)
10.15-10.45am	On the bench with Jordan, Kevin and Jace
10.45-11.15am	Coffee Break
11.15am-12pm	Wearable Technology and Player Tracking Dr Grant Duthie (Australian Catholic University)
12-12.30pm	On the bench with Summit Presenters
12.30-1.30pm	Notre Dame Stadium Tour
1.30pm	Summit Closes