

EVENT SCHEDULE

**9:00/9:15**

**Introduction**

Prof. Anthony Turner

Evidence-based practice in S&C

**9:15/10:45**

**Lecture 1**

Prof. Rhodri Llyod

Adopting a holistic approach to managing training prescription during the growth spurt

**Break**

**10:45/11:15**

**11:15/12:45**

**Lecture 2**

Dr. Chris Bishop

Are we aiming for symmetry and what type of symmetry are we aiming for?

**Lunch**

**12:45/14:00**

**14:00/15:30**

**Lecture 3**

Dr. Tom Dos Santos

Mediating the "performance-injury conflict" during change of direction (COD): implications for sports performance, injury mitigation, and rehabilitation.

**Break**

**15:30/15:45**

**15:45/17:15**

**Lecture 4**

Dr. Paul Read

Optimizing assessment and trainability of strength and power in injured athletes to enhance return to sport readiness.

**17.15/18:00**

**Roundtable**

All

Q&A as well as pre-scripted questions

**EVENT SCHEDULE**

**8:00/9:30**

**Practical Workshop**

**9:45/11:15**

**Practical Workshop**

**Break**

**11:15/12:00**

**12:00/13:30**

**Practical Workshop**

**Lunch**

**13:30/15:00**

**15:00/16:30**

**Practical Workshop**

**16:45/17:30**

**Roundtable**  
All