

Sports Performance Clinic (Additional Fee Applies)

Saturday, November 10, 2018	
12:35 PM	Registration/Check-In
12:55 PM	Welcome & Introduction <i>Karl Erickson, BS, CSCS, PES, FMS-2</i>
1:00 PM	Principles of Planning for the Endurance Athlete <i>Philip Skiba, DO, PhD, MS</i>
1:45 PM	Insights from an Elite Endurance Athlete <i>Ruth Brennan Morrey, PhD</i>
2:15 PM	Questions & Discussion
2:25 PM	Refreshment Break
2:35 PM	Practical Sports Psychology for the Practitioner <i>Ruth Brennan Morrey, PhD</i>
3:10 PM	Questions & Discussion
3:20 PM	Performance Nutrition for the Endurance Athlete <i>Amanda Gilles, RD, LDN</i>
3:55 PM	Questions & Discussion
4:05 PM	Bulletproofing the Endurance Athlete <i>Corey Kunzer, PT, DPT, SCS</i>
4:50 PM	Questions & Discussion
5:00 PM	Closing Remarks & Adjourn