

Mayo Clinic Sports Performance Clinic

Saturday, November 5, 2022	
12:30 PM	<i>Registration & Check-In – Dan Abraham Healthy Living Center, 3rd Floor Turf</i>
12:55 PM	Welcome and Introduction
1:00 PM	Evaluating Dimensions of Strength <i>Sarah Anderson, PT, DPT, SCS, CSCS</i>
1:50 PM	Filling the Gap: Return to Sport Following ACLR <i>Brian Ishola, PT, DPT, CSCS</i>
2:40 PM	Panel Discussion
2:50 PM	<i>Refreshment Break</i>
3:00 PM	Measuring and Improving Power <i>Kristin Zadanczewicz, SCCC</i>
3:50 PM	Assessing Mental Strength: Identifying Areas for Growth of Mental Skills <i>Philip Whitesitt, MS, CSCS</i>
4:40 PM	Panel Discussion
5:00 PM	Closing remarks