



#### **PRE-CON**

- Wednesday, May 4, 2016 @ 2-5PM
- Title: *An Assessment of Today's Top Recovery Modalities*

• Description: Recovery is a hot topic and gaining prominence for its role in athletic performance. The best recovery programs incorporate both nutrition and proven modalities. This session will review some of the most talked about recovery modalities, including sleep, physical treatments (compression, stretching, foam rolling, hot-cold contrast), and nutrition, providing insight on the latest research and offering practical tips for successful recovery for your athletes.

#### **2:00 PM – 2:05 PM**

Welcome & Opening Remarks

#### **2:05 PM – 2:45 PM**

Practice and Science | Dr. William Sands, PhD, CSCS (Sheffield Hallam University's Centre for Sport and Exercise Science)

#### **2:45PM-3:25PM**

Nutrition | Kim Stein, PhD (Gatorade Sports Science Institute)

#### **3:25 PM – 3:35 PM**

Break

#### **3:35 PM – 4:15 PM**

Technology | Jesse Wright, CSCS, PES, FMS (Philadelphia 76ers)

#### **4:15 PM – 4:55 PM**

Sleep | Cheri Mah, MS (Stanford Sleep Disorders Clinic and Research Laboratory)

#### **4:55 PM – 5:00 PM**

Closing Remarks