





Schedule of Events

(as of 22 October, 2009)

The 2009 Sport Innovation (SPIN) Summit and Own the Podium (OTP) Leadership Conference

T H U R S D A Y November 12 2009	 The SPIN Summit <small>Powering Sport Performance with Science and Technology</small>	 OWN THE PODIUM
7 : 0 0 o n w a r d s	Registration	
8 : 0 0 – 8 : 1 5	<p style="text-align: center;">Welcome Dr. Jon Kolb Manager, Sport Science/ Sport Medicine, Own the Podium Recovery and Regeneration: From the daily training environment to the starting line</p>	<p style="text-align: center;">Welcome Alex Baumann Chief Technical Officer, Own the Podium</p>
8 : 1 5 – 9 : 0 0	<p>Dr. Dave Paskevich, Faculty of Kinesiology University of Calgary Focus techniques and recovery from the psychological stress of intense exercise and competition.</p>	<p style="text-align: center;">Shifting the Mindset Larry Smith President of the Montreal Alouettes Canada Games Chairman Canadian Olympic Committee Board Member</p>
9 : 0 0 – 9 : 3 0	<p>Bruce Craven, MSc, PT, Sport Medicine and Science Council of Saskatchewan Functional movement screening; a pilot project.</p>	
9 : 3 0 – 1 0 : 3 0	<p>Dr. Gord McMorland, National Spine Care The role of chiropractic medicine in recovery and regeneration.</p>	
1 0 : 3 0 – 1 1 : 0 0	Regeneration Break	
1 1 : 0 0 – 1 2 : 0 0	<p style="text-align: center;">Dr. Charles Samuels, Centre for Sleep and Human Performance The role of sleep and recovery in high performance sport.</p>	
1 2 : 0 0 – 1 3 : 0 0	<p style="text-align: center;">Dr. Shona Halson, Australian Institute of Sport Contrast hydrotherapy and current recovery and regeneration trends for acute and chronic training and competition.</p>	
1 3 : 0 0 – 1 4 : 0 0	Lunch	
1 4 : 0 0 – 1 5 : 0 0	<p style="text-align: center;">Dr. Igor Burdenko, Burdenko Institute, Bedford Massachusetts Water therapy, rehabilitation and injury free training and conditioning.</p>	
1 5 : 0 0 – 1 6 : 0 0	<p style="text-align: center;">Beijing Coach/ Athlete Debrief Session Deb Muir/ Penny Werthner Lessons Learned and Best Practices</p>	

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16:00 – 16:30	Regeneration Break	
16:30 – 17:15	Dr. Hap Davis, Clinical / Sports Psychology Psycho-physiological Perspectives on High Performance Athlete Recovery: Prevention and Intervention.	Coach/ Athlete Debrief Session (lessons learned) Deb Muir/ Penny Werthner
17:15 – 18:00	Scott Vass, Wrestling Canada. Optimizing recovery and regeneration through the IST; lessons from the Beijing Olympic Cycle.	Moving Towards Canadian Sport Institutes Dale Henwood President, Canadian Sport Centre Calgary
18:30 – 19:30	Dinner	
19:30 – 22:00	ICCE, SPoRT INNovation Summit and Own the Podium Research Exposition and Social Leading sport scientists and researchers will present poster presentations describing recent research related to athlete and coach development, followed by a social.	
	Thematic Poster Presentations	

F R I D A Y November 13 2009	 The SPIN Summit <small>Powering Sport Performance with Science and Technology</small>
8:00 – 9:00	Alain Delorme (CNMM), Matt Jordan (CSC Calgary), Chris Dalcin (CSC Ontario) (Strength and Conditioning Panel). Exercise prescription and recovery.
9:00 – 9:45	Dr. Ben Sporer, Canadian Sport Centre-Pacific. Optimal core temperature for training and competition.
9:45 – 10:30	Dr. Julia Alleyne, Medical Director of Sport C.A.R.E. at the Sunnybrook and Women's College Health Sciences Centre. Wellness and nutrition in recovery from intense exercise.
10:30 – 11:00	Break
11:00 – 12:00	Steve Norris, Canadian Sport Centre Calgary, OTP (Winter) Achieving podium performance through optimal training sequencing in concert with well planned and executed recovery and regeneration strategies