# Schedule of Events  
*(as of 22 October, 2009)*

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter/Speaker</th>
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<tr>
<td>7:00 onwards</td>
<td>Registration</td>
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| 8:00 – 8:15 | Welcome  
Dr. Jon Kolb  
Manager, Sport Science/Sport Medicine, Own the Podium  
Recovery and Regeneration: From the daily training environment to the starting line |                                                                                                         |
| 8:15 – 9:00 | Dr. Dave Paskevich, Faculty of Kinesiology  
University of Calgary  
Focus techniques and recovery from the psychological stress of intense exercise and competition. |                                                                                                         |
| 9:00 – 9:30 | Bruce Craven, MSc, PT, Sport Medicine and Science Council of Saskatchewan  
Functional movement screening; a pilot project. |                                                                                                         |
| 9:30 – 10:30 | Dr. Gord McMorland, National Spine Care  
The role of chiropractic medicine in recovery and regeneration. |                                                                                                         |
| 10:30 – 11:00 | Regeneration Break                                                      |                                                                                                         |
| 11:00 – 12:00 | Dr. Charles Samuels, Centre for Sleep and Human Performance  
The role of sleep and recovery in high performance sport. |                                                                                                         |
| 12:00 – 13:00 | Dr. Shona Halson, Australin Institute of Sport  
Contrast hydrotherapy and current recovery and regeneration trends for acute and chronic training and competition. |                                                                                                         |
| 13:00 – 14:00 | Lunch                                                                    |                                                                                                         |
| 14:00 – 15:00 | Dr. Igor Burdenko, Burdenko Institute, Bedford Massachusetts  
Water therapy, rehabilitation and injury free training and conditioning. |                                                                                                         |
| 15:00 – 16:00 | Beijing Coach/ Athlete Debrief Session  
Deb Muir/ Penny Werthner  
Lessons Learned and Best Practices |                                                                                                         |
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<tr>
<td>16:00 - 16:30</td>
<td>Regeneration Break</td>
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| 16:30 - 17:15 | Dr. Hap Davis, Clinical / Sports Psychology  
| 17:15 - 18:00 | Scott Vass, Wrestling Canada.  
Optimizing recovery and regeneration through the IST; lessons from the Beijing Olympic Cycle. |
| 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.  
The thematic poster presentations. |

**Friday, November 13, 2009**

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<th>Time</th>
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| 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 |