

Think Fitness Performance Conference 2010

Itinerary	
9.30am	Welcome & Introduction Jon Goodman (Think Fitness Performance)
9.45am	Performance Management & Its' Application in Professional Football Dean Riddle (Performance Manager, Sheffield United FC)
10.30am	Periodisation of Diets to Support Performance – Is the Cycling Model Transferable to Professional Football? Nigel Mitchell (Head of Nutrition, British Cycling / Team Sky)
11.15am	Break
12pm	Managing the Injury Prone Footballer Steve Kemp (Head of Medical Department, Wolves FC)
1pm	Lunch
2pm	Using Science to Debunk Conventional Wisdom Dr Tony Strudwick (1 st Team Fitness Coach, Manchester United FC)
2.45pm	Break
3.30pm	Making Sense of the Data – Objectively Measuring Match Performance Dr Ross Sherman (Senior Analyst, Performance League)
4.15pm	The Science of Recovery Monitoring Dr Vern Neville (Elite Sailor & Performance Consultant)