**Webinars**

# Tuesday 28th April

* **7am BST:**

**VALD Performance: Accelerating performance for game demands (Live Q+A)**

David Howarth: Connacht Rugby

Blake McLean: University of Technology Sydney

Dr Billy Hulin: St George Illawara Dragons RLFC and University of Wollongong

Register here: <http://win.valdperformance.com/register-online-series/>



* **7pm**:

**England Rugby**: "Refereeing the tackle" with international referees Ian Tempest & Christophe Ridley. Register here <https://t.co/RaU8tz5puA?amp=1>

* **7.30pm:**

**GAA**: "Becoming a better coach" with Wade Gilbert (Prof of Kinesiology at California State University). Register here <https://learning.gaa.ie/gaacoachwebinar2020>



**Webinars**

# Wednesday 29th April:

* **3am:**

**STATSport:** “From Match Day to Training: Replicating Match Intensity” with Brett Smith (Auckland Blues), Jordan Cassidy (Hong Kong Rugby) Davie Gray (Hurricanes Rugby) and Paul Devlin (Brisbane Broncos).

Register here: <https://statsports.com/webinar-series/>



* **7am - 1.30pm:**

**The Sports MAP Network: Mastering lower limb muscle injuries**

Co-hosted by Michael Giakumis - British Athletics

7am: Martino Franchi - Muscle architecture and its functional impact

7.30am: Paul Head - Optimising healing in the initial 48hours

8am: Charles Pedret - Imaging and Injury classification

8.30am: Nicol Van Dyk - Risk and prevention, the pathway and process

8.55am: Natalia Bittencourt - The complex systems approach and risk identification

9:30am: Fionna MacPartlin - Principles of loading during muscle rehab

10am: Craig Purdam - Rehab of intramuscular injuries

10:30am: Bryan Heiderscheit - Hamstring rehab

11am: James Moore - Hamstring case study

12pm: Andy Walling - Calf strain case study in endurance athlete

12:30pm: Tim Parham - Quadricep strain case study in the kicking athlete

1:00pm: Stephen McAleer - Quadricep strain case study in the sprinting athlete

Register here for free: <https://sportsmap.com.au/mastering-lower-limb-muscle-injuries/>



**Webinars**

# Thursday 30th April

* **1.35pm – 8.30pm:**

**Online Sports Nutrition Conference for Covid Relief,** hosted by Charles Ashford (Director of Sports Nutrition, University of North Texas).

1.35pm: Emma Tester (Performance Nutritionist at Munster Rugby): *The Impact of Dietary Intake on Immune Function. Considerations for Team Sports*

2pm: Dan Martin (Post-Doctoral Researcher at Liverpool John Moores University): *Using Behavior Change Science to Inform Performance Nutrition Interventions in Professional Sport*

2.35pm: Pratik Patel (Director of Performance Nutrition & Assistant S&C at New York Football Giants): *Sports Nutrition: From College to the Pros (Reflective Session)*

3.10pm: Gemma Sampson (Sports Nutritionist for Team Dimension Data for Qhubeka Men's Professional Cycling): Carbohydrate for Endurance Athletes in Competition: *Assessing Knowledge and nutritional Practice*

3.55pm: James Morehan (Performance Nutritionist at the England Football Association): *Nutrition for Boxing and Making Weight Safely*

4.30pm: Matt Jones (Performance Nutritionist at West Ham United Football Club): *Carbohydrate in Soccer: Research & Realities*

5:05pm: Carl Langan-Evans (Post-Doctoral Researcher at Liverpool John Moores University): *Making Weight Safely in Combat Sports: Lessons Learned from the Labs & Field*

5.50pm: Patrick Wilson (Director of Human Performance Lab at Old Dominion University): *The Athlete’s Gut: Prevalence, Causes, and Remedies*

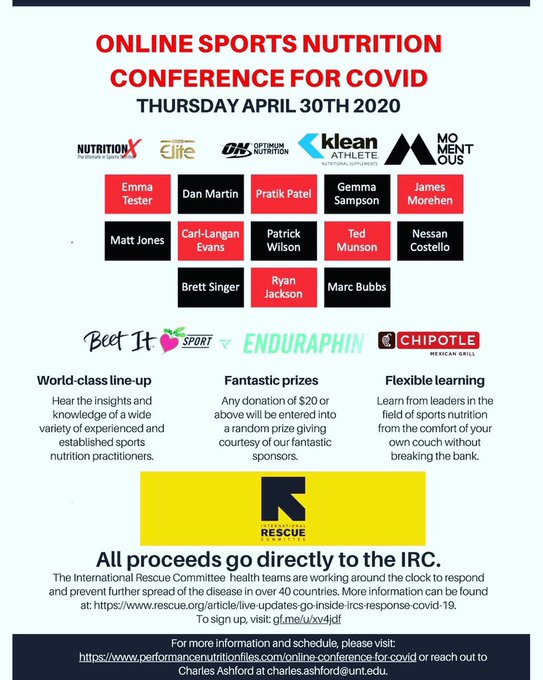
6.25pm: Ted Munson (Performance Nutritionist at Harlequins Rugby Club): *Practical Nutrition Applications in Elite Rugby*

7.10pm: Nessan Costello (Performance Nutritionist at Leeds United Football Club): *Nutrition for Collision Sports*

7.55pm: Brett Singer (Sports Dietitian at Houston Dynamo Football Club) : *Return to Play: Nutrition for the Injured Athlete*

8.30pm:Ryan Jackson (Director of Performance Nutrition at Southern Methodist University): *Combining the Role of Sports Dietitian and Strength & Conditioning Coach*

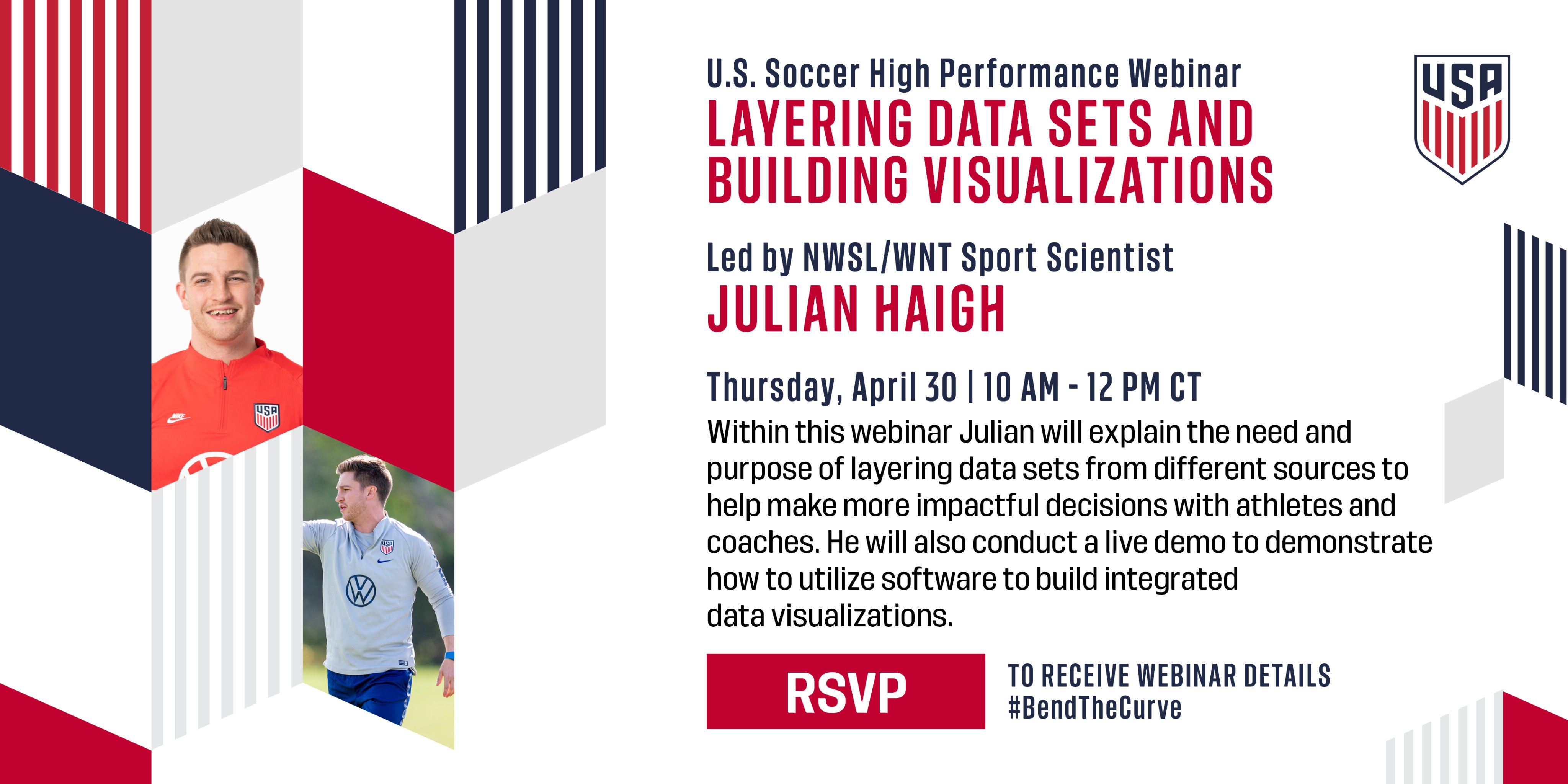
9.05pm: Marc Bubbs (Performance Nutritionist at Canada Basketball): *Lessons from the Hardwood: Performance Nutrition in Practice*



* **4pm:**

**US Soccer High Performance Webinar**: Layering Data Sets and Building Visualizations, Julian Haigh (US Soccer WNT & MWSL Sport Scientist)

Register here for free: <https://www.ussoccer.com/bendthecurve/webinars>



* **5pm:**

**Just Fly Sports** - Speed Gate Golf with Sam Portland

Purchase here: <https://www.just-fly-sports.com/product/speed-gate-golf/>

* **7pm:**

Athletics Ireland: Coaching Process with Niamh & Noel Richardson (Middle Distance Coaches, Kilkenny City Harriers). Register here for free: <https://eventmaster.ie/event/pZmuvyTyo>

* **7.30pm:**

GAA: Presentation from Johnny Bradley (Topic TBC). Register here for free <https://learning.gaa.ie/gaacoachwebinar2020>

**Webinars**

# Friday 1st May

* **9am-4.30pm:**

**Staffordshire University Clinical Biomechanics Department: 18th Annual Clinical Biomechanics Conference Day 1.**

9.10am: Sharon Dixon (University of Exeter) - *Using biomechanical analysis to support military and elite sporting populations*

10.05am: Paul O Malley (Profeet) - *The performance enhancing effect of running footwear: Evolution or Revolution?*

10:35-10:50 Jeong-Ro Lee et al. (Loughborough University) - *Optimisation of a football boot bottom*

11.15am: Professor Hazel Screen (Queen Mary University of London) - *Achilles tendon - Engineering approaches to exploring injury*

12.10am: Professor Costis Maganaris (Liverpool John Moores University) - *Joint & Muscle-Tendon Mechanics in Children with Cerebral Palsy*

1.40pm: Dr Anita Williams (University of Salford) - *Perceptions of the role of footwear – identity versus foot health?*

2.10pm: Christopher G. Tompkins et al. (University of Nottingham; Adidas America) *- Dual optical force plate for time resolved measurement of forces and pressure distributions beneath shoes and feet*

2.25pm: Matt Hill et al. (Staffordshire University) - *A systematic review of the effectiveness of therapeutic footwear for children with mobility impairment*

2.40pm: Adri Hartveld et al. (Healus Ltd.; Staffordshire University) - *RESILIC sole construction – the evolution of the revolution*

3.20pm: Nina Davies (Leeds Community Healthcare NHS Trust) - *Gait deviations in young children - what raises concern?*

3.50pm: Abdullah Alzahrani et al. (University of Dundee; Shaqra University) - *Gait analysis in conjunction with neural network for prediction and diagnosis of patients with stroke*

4.05pm: Renan Monteiro et al. (University of Sao Paulo) - *Foot muscle strength can be improved in people with diabetic polyneuropathy: A preliminary study.*

4.20pm: Gayathri (Victoria) Balasubramanian et al. (Staffordshire University) - *The effect of controlling plantar skin temperature on the measures of post-occlusive reactive hyperaemia*



* **12pm:**

**UK Coaching**: Unlocking coach potential: Maximizing your effectiveness with Suzanne Brown (Sports Psychologist, Arsenal FC) and Andy Bradshaw (UK Coaching). Register here for free <https://www.trybooking.com/uk/book/event?embed&eid=11665>

**Webinars**

# Saturday 2nd May

* **9am-4.30pm:**

**Staffordshire University Clinical Biomechanics Department: 18th Annual Clinical Biomechanics Conference Day 2**

09:00-09:45: Michael Rexing (Human Study AV.) - *Efficient walking in neuromuscular lower limb orthotics through kinetic energy conversion*

09:45-10:00: Natalie Vanicek et al. (University of Hull; University of York; Nottingham Trent University; University of Salford; Lancashire Teaching Hospitals NHS Foundation Trust; Hull University Teaching Hospitals NHS Trust; Public Involvement Member) - *A randomised feasibility study of self-aligning prosthetic device for older patients with vascular-related amputations: The STEPFORWARD study*

10:20-11:05: Dr Andy Franklyn-Miller (SSC Sports Medicine) - *Controversies in biomechanically driven gait re- education for lower limb injury*

11:15-11:45: Tom Kepple (C-Motion, Inc.) and Steven Cadavid (Kinatrax, Inc.) - *Markerless Motion Capture for in Game Baseball Biomechanics Analysis*

12:10-12:25: Hill, K.J. et al. (University of Dundee) - *Does a left footed or right footed reverse stick hit in hockey cause a greater force to be exerted through the lower limb joints?*

12:25-12.40: Turnbull, E.J. et al. (University of Dundee) - *The influence of pelvic factors on perceived discomfort in female cyclists*

12.40-12.55: Harrison, R.P. et al. (University of Dundee) - *The importance of jump direction in knee injury prevention in volleyball.*

13.40-14.10: Nicola Eddison et al. (The Royal Wolverhampton NHS Trust; Staffordshire University) - *The effect of tuning ankle foot orthoses-footwear combinations on the gait kinematics of children with cerebral palsy and the effect of user perception on adherence: a case series*

14:25-14:35: Jessica Hargreaves et al. (Opcare) - *The effect of a thoracolumbar brace under different conditions on spinal kinematics in a group of healthy adults during level walking: A pilot study*

14.35-15.05: Dr Alfred Gatt (University of Malta) - *Pressure and temperature mapping in diabetic foot disease*

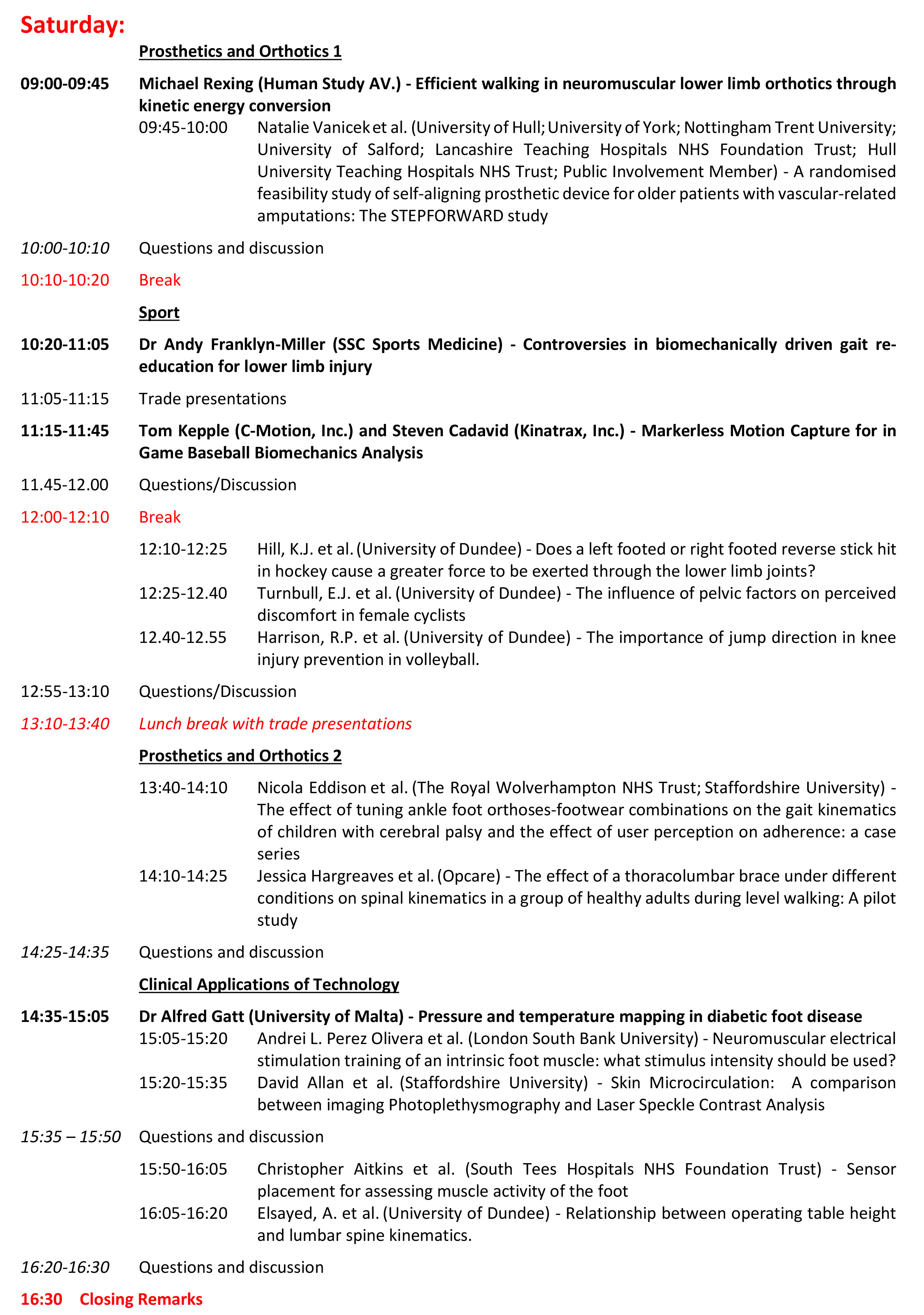
15:05-15:20: Andrei L. Perez Olivera et al. (London South Bank University) - *Neuromuscular electrical stimulation training of an intrinsic foot muscle: what stimulus intensity should be used?*

15:20-15:35: David Allan et al. (Staffordshire University) - Skin Microcirculation*: A comparison between imaging Photoplethysmography and Laser Speckle Contrast Analysis*

15:50-16:05: Christopher Aitkins et al. (South Tees Hospitals NHS Foundation Trust) - *Sensor placement for assessing muscle activity of the foot*

16:05-16:20: Elsayed, A. et al. (University of Dundee) - *Relationship between operating table height and lumbar spine kinematics.*

16:30 Closing Remarks



* **3pm:**

**#LTADChats hosted by Joe Eisenmann**: Training Load in Youth Athletes with Ben Jones (Leeds Beckett), David Johnson (Sport Scientist, AFC Bournemouth Academy), Jay Salter ( PhD Researcher) and Andy Bruce (Statera). Watch here for free <https://zoom.us/j/697756513>

