**Webinars**

# Monday 4th May

* **11am BST:**

**Arsenal Performance and Research Team: Defining mental health and wellbeing: What it is and isn’t**

Andreas Ivarsson

Register here: <https://t.co/IuN520DFhG?amp=1>



* **1pm**:

**ACSM Combat Sport Conference Day 1: Combat Sport Online Conference**

Dr Ian Durcan (Adjunct Associate Professor (ECU), Senior Research Fellow (UWA))

The effects of water loading and rapid weight loss on sleep quality and quantity in combat sport athletes

Bruno Follmer (PhD Student in Kinesiology, Rehabilitation Neuroscience Lab, University of Victoria, Canada.

Understanding the vicious cycle of concussion knowledge in combat sports

Dean Amasinger (Director of MMA/Head Coach at UFCPI Shanghai)

Applying periodization in a team setting at a professional MMA training facility: How to meet individual’s needs, in the team environment

Dr Carl Langan-Evans (Researcher in combat sports)

The Lowdown on the Rebound: Assessing Energy Availability & Within Daily Energy Balance to Make Weight Safely in Combat Sports

David Nolan (Coach & Educator (Synapse). Head of Performance at Rugby Academy Ireland.)

Prevalence, magnitude & methods of rapid weight loss in male and female powerlifters

Pedro Perim

Buffer supplements: mechanics of action, recommendation and use on combat sport

John Connor (Strength Coach, Irish Strength Institute)

Comparison of hot water immersion at 37.8°C with or without salt for rapid weight loss in mixed martial arts athletes

Register here:

[docs.google.com/forms/d/e/1FAIpQLSdBShkWemRF1-F2UlNYnavxFvYmX2yeMJu7bQzk6ATitu0jnQ/viewform?usp=sf\_link](https://t.co/nQGY4nxPQc?amp=1)

* **7pm**:

**New York GAA: Women in sport**

Eimear Considine

Irish Rugby International (15s)

Ailish Considine

Adelaide Crows AFL Player

Register here: <https://forms.office.com/Pages/ResponsePage.aspx?id=hrxFrNSvpUKfwz6H4bd_zlA9l_WCHpBIoUSzcJq31yZUOUlIRkgyTU9KUlQzMFROVEFUUjBaS1JYVC4u>

**Webinars**

# Tuesday 5th May:

* **3am:**

**British Columbia Rugby: Women in rugby**

Jenn Joyce

Register here: <https://us02web.zoom.us/meeting/register/tZUlc-GorD0qH9EqfZCoF1pLdPmPyYcv4fwq?timezone_id=Europe%2FDublin>

* **10am:**

**Arsenal Performance & Research Team: Maximising Sleep and Recovery**

Shona Halson - Associate Professor, School of Behavioural and Health Sciences, ACU

Register here - <https://t.co/IuN520DFhG?amp=1>

* **2pm:**

**STATSport: Approaches to Monitoring in Football: Match Day -2**

Dr Matt Taberner (Post Doctorate Researcher, LJMU) - Consider the chaos: ecological validity in the Return to Sport process

Dylan Mernagh (QPR) - Developing “R” Way

Hani Al Haddad (Qatar FA) - Monitoring players physical activity in football: considerations and applications

Register here - <https://statsports.com/webinar-series/session-5/>

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* **7pm:**

**England Rugby: Principles of Defence p1**

Stuart Lancaster

Register here - <https://t.co/8qpvzR2PyL?amp=1>

* **7pm**

**Athletics Ireland: Pelvic Floor Training with Lorraine Boyce**

Register here - <https://eventmaster.ie/event/61ltEpT5G>

* **7:30pm**

**GAA Learning Portal: Game Centred Approaches to Sport**

Dr Shane Pill (Associate Professor, Flinders University)

Register here - <https://learning.gaa.ie/gaacoachwebinar2020>

**Webinars**

# Wednesday 6th May

* **8.40am – 7.40pm:**

**Rehab in sport for the S&C Coach with Aidan Oakley**

Dr Ebonie Rio - Tendon Q+A

Jason Webber - Hamstring

Thihan Chanramohan - Shoulder

Cam Dyer - Groin

Simon Harries - Calf

Mike Rennie - Quad

Jonny King (Bournemouth) - ACL

David Breen (Wasps) - Syndemosis

Adam Mattlussl (The Royal Ballet) - Ankle

Jonny King (Bournemouth) - ACLR - When can I run?

Sam Blanchard - Hamstring

Pete Burridge (Leicester Tigers) - GPS led RTP

Nick Court (Bournemouth FC) - Hamstring

Fearghal Kerin - Groin

Edel Fanning (Sport Surgery Clinic) - Shoulder

Bill Knowles (Knowles Athletic) - Meniscus

Terrence Kennel - ACL

Jonny Alcaraz - Hamstring

Darren Roberts

Register - [us02web.zoom.us/webinar/regist…](https://t.co/KrUGnEoc6i)

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* **10am**

**Arsenal Performance & Research Team: Swimming at the 2020 Tokyo Olympics - where to next**

Steve Tigg - Head Performance Swimming Coach; University of Stirling

Jon Twynham - Physiotherapist

Register here - <https://t.co/IuN520DFhG?amp=1>

* **1pm**

**Athletics Ireland: Athlete Mobility**

Ciara McCallion (Irish International Squad Physiotherapist)

Register here - <https://eventmaster.ie/event/2Ajf2qc0z>

* **6:30pm**

**Sport Surgery Clinic: Online Educational Evening focusing on Orthopaedics & Sports Medicine**

Prof Cathal Moran, Consultant Orthopaedic Surgeon - Sporting knee and shoulder injuries.

Ms Katie Gill, Senior Physiotherapist - Low Back pain: assessment and management’

Ms Ann Maria Byrne, Consultant Orthopaedic Surgeon - Tendinopathy about the elbow’

Register here - <https://t.co/YqPcF5hKXx?amp=1>

**Webinars**

# Thursday 7th May

* **10am:**

**Arsenal Performance & Research Team: Measuring wellbeing in athletes - is it possible**

Annie Jeffries - PhD candidate, University Technology Sydney

Franco Impellizzeri - Professor in Sport and Exercise Science and Medicine at UTS

Register here - <https://t.co/IuN520DFhG?amp=1>

* **7pm:**

**Athletics Ireland Club: Development & Planning**

David Denieffe

Register here - <https://eventmaster.ie/event/ELJu4EF74>

**Webinars**

# Friday 8th May

* **10am:**

**St Mary's Twickenham: Performance Analysis & Talent ID**

Performance Analysis -

Stuart Key (PA Bears Cricket Club) - Performance Analysis in County Cricket'

Stewart England (Performance Analyst (Brisbane Roar)) - Opposition Analysis: The How, Why and What'

Chris Loxton (Performance & Game Analyst (FIFA)) - The Other Side of Performance Analysis'

Talent ID -

Brett Igoe (MSc Sports Performance Analysis Lecturer (IT Carlow)  
Leinster Schools Defence Coach (Leinster Rugby) - Developing Strategy using Performance Analysis'

Dan Petts (Assistant Coach U20 Men (GB Basketball)  
Scouting and Player Development (Obradoiro CAB)) - Making Data Driven Decisions'

Hugo Chandler (Performance Analyst (Southern Vipers)) - Building a Profile as a Performance Analyst in Cricket

Register here - <https://t.co/lsF6mZW3Qc?amp=1>

* **Time TBC**

**Arsenal Performance & Research Team - Surprise guest**

Register here - <https://t.co/IuN520DFhG?amp=1>

**Webinars**

# Saturday 9th May

* **1pm:**

**ACSM Combat Sport Conference Day 2 - Combat Sport Online Conference**

* **3pm:**

**#LTAD Chats**

Rick Howard

Joe Eisenmann

Tony Moreno

* **5pm:**

**Movement & Skill Acquisition Ireland: Knowledge & Toolkit to Aid the Prevention of Youth Sport Dropout**

Prof Catherine Woods (Professor, Physical Activity for Health, Department of Physical Education and Sport Sciences, University of Limerick)

Dr Joey Murphy (Post Doc Researcher, Irish Physical Activity Research Collaboration)

Register here - <https://twitter.com/MSAIreland>