

Health & Performance Meetings

Program Agenda

DAY 1: THURSDAY, MAY 14

MCCORMICK PLACE, ROOM W196 (LEVEL 1)

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| 7:30 AM | Breakfast Available |
| 8:00 AM | Welcome Remarks |
| 8:05 AM | Practical Strategies for Eccentric Training <i>Ramsey Nijem</i> |
| 8:35 AM | Health through Movement: Update on the NBA Biomechanics Program <i>Eric Leidersdorf, Alec Miller, Dan O'Brien, Jenny Strickler</i> — moderated by <i>Courtney Chaaban</i> |
| 9:15 AM | Vitamin D Metabolism and the Elite Athlete: Performance, Recovery and Overall Health <i>Graeme Close</i> |
| 9:50 AM | 20-Minute Intermission |
| 10:10 AM | NBA Ankle Sprain Initiative: Current Learnings and Potential Applications <i>Patrick Gilbert, Darren Stefanyshyn, Aisling Toolan, Stanford Williams</i> — moderated by <i>Erik Wikstrom</i> |
| 10:50 AM | Building a Successful Health and Performance Team <i>Maggie Bryant, Josh Corbeil, Jesse McGinley, Leroy Sims, Casey Smith</i> — moderated by <i>Andrew Gottschalk</i> |
| 11:30 AM | 20-Minute Intermission |
| 11:50 AM | Load, Readiness, and Regulation: A Psychological Perspective <i>Kensa Gunter</i> |
| 12:20 PM | Navigating Sports Betting Culture and Online Harassment <i>Zach Collins, Charles Lee, Adam Stockwell, David Thomas</i> — moderated by <i>Tim Fong</i> |
| 1:00 PM | Closing Remarks & Lunch Available |



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DAY 2: FRIDAY, MAY 15

MCCORMICK PLACE, ROOM W196 (LEVEL 1)

NBATA Tradeshow, 9:00 AM – 12:00 PM

12:00 PM **Lunch Available**

1:00 PM **Welcome Remarks**

1:05 PM **Sport Specialization and Factors Affecting Youth Basketball Development**
Shareef Abdur-Rahim, Chad Buchanan, Jean Côté
 — moderated by John DiFiori

1:45 PM **Understanding Nutritional Supplements and IV Peptides**
Thane Campbell, Gary Green, Thomas Hospel
 — moderated by Matt Brooker

2:25 PM **Latest in Regenerative Medicine**
Asheesh Bedi, George Muschler
 — moderated by Travis Maak

3:05 PM **20-Minute Intermission**

3:25 PM **Participating in Professional Sports with Underlying Cardiac Issues**
Matthew Martinez, Dermot Phelan, Allan Schwartz, Ankit Shah
 — moderated by David Engel

4:05 PM **Current Trends in Promoting Tendon Health**
Bryan Heiderscheit, Katie Taylor, Rachel Teater

4:45 PM **Closing Remarks**

