

302 SPORT PERFORMANCE SYMPOSIUM

University of Delaware Sport Performance proUDly is hosting a free symposium with CEUs for high school and community sport performance professionals (AT's, S&C coaches, dietitians and any other professional provider) who work in the State of Delaware.

WHEN: JUNE 9TH, 10AM-2:30PM

WHERE: WHITNEY ATHLETIC, UNIVERSITY OF DELAWARE

10:00	Welcome / Opening Remarks (Dan Watson, MEd, LAT, ATC, Deputy AD, Sport Performance & Campus Recreation)
10:10-10:30	Intentionality in Training – Integrating What You Have (Chris Stewart, MS, SCCC, MSCC, Associate AD, Strength and Conditioning/Head S&C Coach, Football)
11:00-11:30	Performance Fueling on a Budget (Kelly Rossi, MS, RD, CSSD, LDN, Director of Performance Nutrition)
11:00-11:30	Injury Reduction Activation Strategies During Warm-up (Lovell Kosh, M.S., CSCS, USA-W, Co-Owner of 3&D Sports Performance Director of Sports Performance)
11:30-12:00	Panel (All presenters, Dan to moderate)
12:00-12:45	Lunch / Networking (Whitney Kitchen)
12:45-1:15	Shoulder Endurance Program (Brandon DeSantis, MS, LAT, ATC, Associate AD, Head Football Athletic Trainer)
1:15-1:45	Sports Science 101 (Rich Levy, MS, CSCS, RSCC_E, SPN, Assistant AD, Sport Performance/Head Basketball S&C Coach)
1:15-1:45	Mental Performance Target for Optimal Performance (Dr. Christine Jehu, PhD, Assistant Director of Embedded Services, Senior Sport Psychologist)
1:45-2:15	Closing

REGISTER NOW: [HTTPS://WWW.DELATA.ORG/302-SPORT-PERFORMANCE-SYMPOSIUM.HTML](https://www.delata.org/302-sport-performance-symposium.html)

