



ATHLETE PERFORMANCE SUMMIT

MARCH 4, 2023

@ THE RICHMOND OLYMPIC OVAL

SUPERCHARGE

YOUR SEASON

SUMMIT SCHEDULE

- 9:00-10:15am:** Upgrade your Goal Setting Practice
- 10:30-12:00pm:** Injury Prevention & Recovery Strategies
- 12:00-12:45pm:** Lunch (provided)
- 12:45-1:45pm:** Nail your Nutrition to Performance Your Best
- 1:45-2:45pm:** Train Smarter, Not Harders as a Female Athlete
OR Strength & Conditioning Basics
- 3:00-4:30pm:** Mental Performance Strategies to be your Best!
- 4:30-4:45pm:** Wrap Up



"SUPERCHARGED"

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SPEAKER LINE UP



Steph McCann, MPT, OLY
*Injury Prevention & Recovery
Strategies*



Dr. Katrina Allison, ND
*Nail Your Nutrition to Perform Your
Best & Train Smarter, not Harder as
a Female Athlete*



**Megann
VanderVliet, MA**
*Upgrade your Goal Setting
Practice*



Kendra Pomfret, RCC
*Mental Performance
Strategies To Be Your
Best!*



**Jackson Cheung,
CSCS**
*Strength & Conditioning
Basics*