

## Elitefts SWIS 2023 Schedule

Fri Oct. 20	Training: Easton Room B	Nutrition: Easton Room A	Treatment - Rehab Regent 1 - 2	Panels Regent 3
8:30 - 9:30	<b>Matt Wenning</b> Wenning Warmup	<b>Jason Dhir</b> Nootropics Cognitive Optimization	<b>Dr. Andrew Lock</b> 6 Principles That Solve Low Back Disorders	<b>Energy Medicine Panel</b> Dr. Sergey Sorin Dr. Ken Kinakin
9:30 – 10:00	<b>Break – Visit the Exhibitors Network Meetup</b>			
10:00–11:00	<b>Laura Phelps-Stackhouse</b> Advanced Powerlifting Workshop and Accessory Exercises	<b>Dr. Robert Silverman</b> Functional Medicine for Hypertrophy	<b>Dr. Todd McDougale</b> Chiropractic Treatments for Weight Training Injuries	<b>Strength Coach Panel</b> Matt Nichol Jim Wendler Lorne Goldenberg Brian Peters
11:00–11:30	<b>Break – Visit the Exhibitors Network Meetup</b>			
11:30–12:30	<b>Brian Carroll</b> Squat Injury Low Back Prevention & Rehab	<b>Dr. Eric Serrano</b> Intravenous Drip Therapy for Energy And Supplement Protocols	<b>Joe Durant</b> Low Back Treatment Protocols with MPS Dolphin Units	<b>Business Panel</b> Justin Kavanaugh Nick Lambe Ryan Magin Dr. Tom Roselle Paul Oneid Dr. Ken Kinakin
12:30-2:00	<b>Lunch Break – Visit the Exhibitors Network Meetup</b>			
2:00-3:00	<b>JL Holdsworth</b> World Class Coaching Language	<b>Dr. Rob Rakowski</b> 2023 Supplement Guide for Soft Tissue Injuries	<b>Justin Kavanaugh</b> Tension Based Rehab	<b>Steroid Panel 4,0</b>
3:00-3:30	<b>Break – Visit the Exhibitors Network Meetup</b>			
3:30-4:30	<b>Kassem Hanson</b> Exercise Selection for Hypertrophy	<b>Eoin Lacey</b> Restoration Techniques and Strategies	<b>Dr. Nikita Viznek</b> ISATM Workshop	<b>Neurological Strength Panel</b> Dr. Michael Allen Dr. Ken Kinakin
4:30-5:00	<b>Break–Visit Exhibitors Network Meetup</b>			
5:00-6:00	<b>Mike Tuchscherer</b> How to Measure and Use Bar Velocity for Programing	<b>Victoria Felkar</b> Troubleshooting Common Female Athlete Health Concerns	<b>Dr. Mario Novo</b> Blood Flow Restriction Pain Neuroscience	<b>Rehab Panel 4.0</b>
6:00-1:00	<b>Party in The Bar</b>			
Sat Oct.21	Training: Easton Room B	Nutrition: Easton Room A	Treatment - Rehab Regent 1 - 2	Just One Thing: Regent 3
8:30-9:30	<b>Jujimufu</b> Flexibility Training for Sports	<b>Justin Harris</b> PreCompetition Nutrition	<b>Dr. Dale Buchberger</b> Post Surgical Shoulder Rehab Protocols	<b>Amber Hansen</b> <b>Jimmy Kolb</b>
9:30-10:00	<b>Break – Visit the Exhibitors Network Meetup</b>			
10:00-11:00	<b>Dr. Stu McGill</b> Lumbar Spine Injury Mechanisms	<b>Rapid Fire Nutrition Tips Panel</b>	<b>Paul Gagne</b> <b>Brian Peters</b> Breathing Protocols for Sports	<b>Ali Gilbert</b> <b>Vigorous Steve</b> <b>Trevor Jaffe</b>
11:00-11:30	<b>Break – Visit the Exhibitors Network Meetup</b>			
11:30-12:30	<b>Dr. Jordan Shallow</b> Exercise Taxonomy – Understanding Biomechanics through Exercise Selection	<b>Rick Collins</b> <b>David Sandler</b> How to Navigate the Supplement Industry	<b>Mai-Linh Dovan</b> Solving the Low Back Pain Conundrum	<b>Dr. Jordan Moon</b> <b>Artur Pacek</b> <b>Miroslaw Babiarz</b> <b>Jeremy Hartman</b>
12:30-2:00	<b>Lunch</b> Visit the Exhibitors, Network Meetup			
2:00-3:00	<b>Dr. Mike Israetel</b> Advanced Training Protocols	<b>Luke Leaman</b> Leveraging Nutrition and Supplementation for the Mitochondria	<b>Dr. Adeel Khan</b> Gene & Cellular Therapy for Longevity, Performance, Disease.	<b>Scott McNally</b> <b>Scott Mendelson</b> <b>Nick Lambe</b>
3:00-3:30	<b>Break – Visit the Exhibitors</b>			
3:30-4:30	<b>Tom Sheppard</b> Specialization Training for Advanced High Performing Populations	<b>Stan Efferding</b> Hormone Testing and Optimization	<b>Dr. David Leaf</b> <b>Dr. Tom Roselle</b> Advanced Low Back Muscle Testing	<b>Dr. Ken Kinakin</b> <b>Sheena Leedham</b> <b>Jance Footit</b> <b>Ryan Faehnle</b>
4:30-5:00	<b>Break – Visit the Exhibitors</b>			
5:00-6:00	<b>Ed Coan</b> Advanced Powerlifting Workshop and Accessory Exercises	<b>Dr. Dwayne Jackson</b> Gut Health for Gains: Optimizing Assimilation to Promote Anabolism	<b>Chris Duffin</b> Elite Recovery Protocols	<b>James Thayer</b> <b>Anthony Castore</b> <b>Dr. Dylan Seeley</b>
6:00-6:15	<b>Break – Visit the Exhibitors</b>			
6:15-7:00	<b>Lifetime Achievement Awards – Closing Keynote – All of Us is Better and Stronger Than One of Us</b>			
7:00 -1:00	<b>Party in the Bar Networking</b>			