

FRIDAY

ØRKA
EDUCATION

PLINTH TO PODIUM

Sponsored by **VALD**

5:30-6:00PM

Registration, Welcome and Facility Tour

6:00PM-7:30PM

The Business of Rehab

Taylor Evernden

7:30PM-8:30PM

The Female Athlete

GUEST SPEAKER : Carla van den Berg

8:30PM

ROUND TABLE + Q and A



SATURDAY

ØRKA
EDUCATION

PLINTH TO PODIUM

Sponsored by **VALD**

8:30-9:00AM **Arrival & Coffee Social**

9:00-10:45AM **Bridging the Gap**
Brendan DeForge

10:45-11:00AM **NETWORKING BREAK**

11:00-12:30PM **Performance Testing**
Travis Gaudet

Sponsored by **VALD**

12:30-1:00PM **LUNCH**

1:00-2:30PM **Strength and Power Models**
Taylor Evernden

2:30-4:00PM **The Plyometric Continuum**
Travis Gaudet

4:30-6:00PM **ROUND TABLE + NETWORKING DRINKS (RAILYARD BREWERY)**

SUNDAY

ØRKA
EDUCATION

PLINTH TO PODIUM

Sponsored by **VALD**

8:30-9:00AM **Arrival & Coffee Social**

9:00-10:30AM **Linear Gait Restoration & Speed**
Travis Gaudet and Taylor Evernden

10:30-10:45AM **NETWORKING BREAK**

10:45-12:00PM **Change of Direction / Agility**
Travis Gaudet and Taylor Evernden

12:00-12:30PM **LUNCH**

12:30-1:00PM **Travel to Absolute Sports (INDOOR TURF FIELD)**

1:00-2:00PM **Field Rehab and Performance PRACTICAL + On Field Q and A**
Travis Gaudet and Taylor Evernden

2:00-2:30PM **Travel Back to ORKA Performance**

2:30-4:00PM **ENERGY SYSTEM DEVELOPMENT**
Taylor Evernden

4:00-4:30PM **CLOSING, WRAP UP**