

Performance and Recovery Symposium Programme

- 9.00am – 9.05am Welcome – **Prof. Nick Draper**, Chair SESNZ.
- 9.05am – 10.00am **Dr. Matt Driller** (HPSNZ/University of Waikato) – Acute recovery strategies and sleep for athletes.
- 10.00am – 11.00am **Associate Professor Nic Gill** (All Blacks/University of Waikato) – Chronic recovery and practical ideas for ‘agile’ recovery.
- 11.00am – 11.30am Morning Tea
- 11.30am – 12.30pm **Associate Professor Rob Duffield** (University of Technology Sydney) – Travel and recovery for athletes.
- 12.30am – 1.00pm Lunch
- 1.00pm – 1.45pm Discussion Forum – **Chair Nick Draper, Panel – Matt Driller, Nic Gill, Rob Duffield.**
- 1.45pm – 2.00pm Afternoon Tea
- 2.00pm – 4.00pm Performance for Māori and Pasifika athletes **Marg Foster MNZM** and **Juliana Nauopu.**



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