

Each room follows its own schedule. Please check the time shown beside each session.

IDEA (main stage)	
09:00-10:15	Stuart McMillan ALTIS Presented by ALTIS Speed in Team Sports: What Matters? A Qualitative Approach [ENG]
75 min	
10:15-10:20	Changeover
10:20-11:35	Carlos del Barrio Fernández Atlético de Madrid Bridging the Gap between Gym and Field Testing in Elite Sports [ENG]
75 min	
11:35-11:40	Changeover
11:40-12:40	Kurt Vogel Revolve Athletic Presented by ASCA The Human Side of Sports Technology: Managing Change, Not Just Data [ENG]
60 min	
12:40-13:40	Lunch & Expo Experience
13:40-14:40	Prof. Anthony Turner London Sport Institute, Middlesex University Determining Meaningful Change in Metrics That Matter: Data Analysis When N = 1 [ENG]
60 min	
14:40-14:45	Changeover
14:45-16:00	André Rebelo, PhD Sporting Clube de Portugal Sport Science in Context: Building a High-Performance Environment at Sporting CP [ENG]
75 min	
16:00-16:15	Coffee & Expo Experience
16:15-17:00	Paweł Krótki-Borowicki Óptimo Sport Medical Center Between Standardisation and Individualisation [PL]
45 min	
17:00-17:05	Changeover
17:05-18:00	Nicholas Ripley, PhD University of Salford Presented by IUSCA Translating Hamstring Risk Profiles into High-Performance Training and Sports Medicine [ENG]
55 min	
18:00-18:05	Changeover
18:05-19:00	Prof. Jason Lake University of Chichester; Edith Cowan University Beyond the Equations: Deconstructing Mechanical Power for the Strength Coach [ENG]
55 min	

HARMONIA (additional conference room)	
09:00-12:40	Joint morning programme in Idea
12:40-13:40	Lunch & Expo Experience
13:40-14:10	Dr Jakub Jabłoński ALAB Clinic Presented by ALAB Clinic Additional Procedures During ACL Reconstruction: Clinical Rationale, Surgical Options, and Implications for Return to Sport [PL]
30 min	
14:10-14:15	Changeover
14:15-14:40	Dr Mark Gillett Cleveland Clinic London; Premier League Return to Play in Muscle Injuries: Does the Scan Help, and Can AI Add Value to Decision-Making? [ENG]
25 min	
14:40-14:45	Intra-lecture break
14:45-15:10	Dr Mark Gillett Cleveland Clinic London; Premier League Are Modern Sports Medicine Doctors Good Enough? Where Do They Fit into the Multidisciplinary Team? [ENG]
25 min	
15:10-15:15	Changeover
15:15-16:00	Jakub Surmacz Rehab Performance Why Do We Keep Searching for the Next Method? From Fascination with Concepts to Deliberate Clinical Reasoning [PL]
45 min	
16:00-16:15	Coffee & Expo Experience
16:15-17:15	Lance Brooks, PhD Department of Health and Kinesiology, Bridgewater State University; Brooks Performance Methods Biomechanics in Practice: Separating Signal from Noise in the Age of AI [ENG]
60 min	
17:15-17:20	Changeover
17:20-17:50	Ivan Batanov Relay Athletic Presented by Relay Athletic Strength & Conditioning in the Era of AI [ENG]
30 min	
17:50-17:55	Changeover
17:55-18:25	Daniel Day CRFTD Athlete The Other 23 Hours: Optimising the Window Outside of Training [ENG]
30 min	
18:25-18:30	Changeover
18:30-19:00	Kamil Goleń Body Support; Józef Piłsudski University of Physical Education Presented by PROUD Preventing Burnout in Youth Sport: A Tennis Perspective in the Context of Other Sports [PL]
30 min	

Q&A Zone / Main hall. Meet the speakers immediately after their lectures for questions and discussion.

07:30-08:30 / Community Run / Mobility / 60 min
Community Run and Mobility are two alternative activities. The activity offered will depend primarily on weather conditions.

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IDEA (main stage)	
09:00-10:15	Nick Grantham Newcastle United Football Club 75 min Do You Want to Be Last Season’s Team? Keeping Pace with Football’s Evolution [ENG]
10:15-10:20	Changeover
10:20-11:20	Darragh Connolly, PhD Juventus Football Club 60 min Academy Performance Model: Aligning Daily Decisions with Long-Term Player Development [ENG]
11:20-11:25	Changeover
11:25-12:40	Mladen Jovanović, PhD Complementary Training 75 min Skill Acquisition and Problem-Led Planning [ENG]
12:40-13:40	Lunch & Expo Experience
13:40-14:40	Prof. Kirsty Elliott-Sale Centre of Excellence for Women in Sport, Institute of Sport, Manchester Metropolitan University 60 min Science versus Speculation: The Role of Ovarian Hormones in Women’s Sport [ENG] Sports Medicine Female Health & Performance
14:40-14:45	Changeover
14:45-15:45	Dimitrije Cabarkapa, PhD Jayhawk Athletic Performance Laboratory, Wu Tsai Human Performance Alliance; Department of Health, Sport & Exercise Sciences, School of Education and Human Sciences, University of Kansas 60 min Performance Monitoring in Sport: Research Insights, Technological Innovations, and Practical Challenges [ENG]
15:45-15:50	Changeover
15:50-17:00	Andreas Behm ALTIS Presented by ALTIS 70 min Performance Perspectives: Theory, Process, Chaos and Application [ENG]

HARMONIA (additional conference room)	
09:00-12:40	Joint morning programme in Idea
12:40-13:40	Lunch & Expo Experience
13:40-14:25	Jakub Chycki, PhD Centre for Innovation in Sport and Health (CISZA); Laboratory of Exercise Metabolism and Neuromuscular Activity Diagnostics, Institute of Sport Sciences, The Jerzy Kukuczka Academy of Physical Education in Katowice; Usyk & Joshua Teams 45 min Title to be announced [PL]
14:25-14:30	Changeover
14:30-15:15	Piotr Maruszewski Polish Athletics Association (PZLA); AZS UMCS Lublin; Maruszewski Team 45 min Acceleration: Do We Really Know How to Train It? [PL]
15:15-15:20	Changeover
15:20-15:45	Dr Urszula Zdanowicz Life Institute; Mirai Clinic; McGowan Institute for Regenerative Medicine, University of Pittsburgh 25 min ACL Injuries Don’t Believe in Gender Equality: Women Face Up to 9 Times Higher Risk [PL] Sports Medicine Female Health & Performance
15:45-15:50	Intra-lecture break
15:50-16:15	Dr Urszula Zdanowicz Life Institute; Mirai Clinic; McGowan Institute for Regenerative Medicine, University of Pittsburgh 25 min Ankle Sprain: the Orthopaedic Surgeon Says “Immobilise”, the Physio Says “Get Moving”. Who’s Right? [PL]
16:15-16:20	Changeover
16:20-17:00	Logan Barrett Integrated Performance Systems; The Baseball Center NYC 40 min Training the Rotational Athlete: From Physical Qualities to Sport-Specific Expression [ENG]

Q&A Zone / Main hall. Meet the speakers immediately after their lectures for questions and discussion.

Pre- & post-conference workshops

Main conference: CKF_13 Fabryczna Conference Center, Fabryczna City, Kraków, Poland

Two full-day workshops around the main conference weekend.

FRIDAY / 29 JANUARY 2027

10:00-16:00

6-hour workshop / English

Stuart McMillan

ALTIS

Preparing for Speed: Warm-Up Strategies and Acceleration Development [ENG]

Presented by ALTIS

The exact workshop location will be announced soon.

Nearly sold out - final spots remaining.

MONDAY / 1 FEBRUARY 2027

10:00-16:00

6-hour workshop / English

Mladen Jovanović, PhD

Complementary Training

Agile Periodisation [ENG]

The exact workshop location will be announced soon.

Nearly sold out - final spots remaining.

Main conference. Saturday 30 January, 09:00-19:00; Sunday 31 January, 09:00-17:00. CKF_13 Fabryczna City, Kraków.

Conference Q&A. Immediately after each lecture, speakers will answer questions in the dedicated Q&A Zone in the main hall.

Sunday community activity. 07:30-08:30. Community Run and Mobility are two alternative activities. The activity offered will depend primarily on weather conditions.

All times are local to Kraków (CET).

Online programme / Pre-recorded webinars

Main conference: CKF_13 Fabryczna Conference Center, Fabryczna City, Kraków, Poland

10 pre-recorded webinars

The final online programme will comprise 10 pre-recorded webinars with 30-day access.

Jess Racz
Wellington Sports Academy; Rise Mentorship; JR Performance

Archotyping and Developing Pro-Track Talent: A Framework for Aligning Physical Capacities with Long-Term Trajectory [ENG]

Online
Female Health & Performance

Karol Kruczek, PhD Candidate
Sports Science Department, Next Generation Performance

Searching for Scientific Gaps in Neuromuscular Profiling and Readiness Monitoring [PL]

Online

Ramsey Nijem, PhD
Men’s Basketball, Kansas Athletics, University of Kansas

Strength Training During the Basketball Season: Balancing Performance, Fatigue, and Training Priorities [ENG]

Online

Kathy Horton, PhD
Kathy Horton Sport and Fitness Consultancy

Title to be announced [ENG]

Online
Female Health & Performance

Six further webinars will be announced. Additional speakers and topics will complete the 10-webinar programme.

Access. Complete Pass includes 30-day access to the additional pre-recorded webinar block.

Language. [ENG] - delivered in English. [PL] - delivered in Polish.