Saturday / 30 January 2027

CKF_13 Fabryczna Conference Center, Fabryczna City, Kraków, Poland

Sports Science | Sports Medicine | Strength & Conditioning | Performance | Engineering

[ENG] English [PL] Polish / All times CET

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

IDEA (main stage)

09:00-10:15 (75 min)
Stuart McMillan
ALTIS | Presented by ALTIS
Speed in Team Sports: What Matters? A Qualitative Approach **[ENG]**

10:15-10:20 Changeover

10:20-11:35 (75 min)
Carlos del Barrio Fernández
Atlético de Madrid
Bridging the Gap between Gym and Field Testing in Elite Sports **[ENG]**

11:35-11:40 Changeover

11:40-12:40 (60 min)
Kurt Vogel
Revolve Athletic | Presented by ASCA
The Human Side of Sports Technology: Managing Change, Not Just Data **[ENG]**

12:40-13:40 **Lunch & Expo Experience**

13:40-14:40 (60 min)
Prof. Anthony Turner
London Sport Institute, Middlesex University
Determining Meaningful Change in Metrics That Matter: Data Analysis When N = 1 **[ENG]**

14:40-14:45 Changeover

14:45-16:00 (75 min)
André Rebelo, PhD
Sporting Clube de Portugal
Sport Science in Context: Building a High-Performance Environment at Sporting CP **[ENG]**

16:00-16:15 **Coffee & Expo Experience**

16:15-17:00 (45 min)
Prof. Kirsty Elliott-Sale
Centre of Excellence for Women in Sport, Institute of Sport, Manchester Metropolitan University
Science versus Speculation: The Role of Ovarian Hormones in Women's Sport **[ENG]**
Sports Medicine
Female Health & Performance

17:00-17:05 Changeover

17:05-18:00 (55 min)
Nicholas Ripley, PhD
University of Salford | Presented by IUSCA
Translating Hamstring Risk Profiles into High-Performance Training and Sports Medicine **[ENG]**

18:00-18:05 Changeover

18:05-19:00 (55 min)
Prof. Jason Lake
University of Chichester; Edith Cowan University
Beyond the Equations: Deconstructing Mechanical Power for the Strength Coach **[ENG]**

HARMONIA (additional conference room)

09:00-12:40 Joint morning programme in **Idea**

12:40-13:40 **Lunch & Expo Experience**

13:40-14:10 (30 min)
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]**

14:10-14:15 Changeover

14:15-14:40 (25 min)
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]**

14:40-14:45 Intra-lecture break

14:45-15:10 (25 min)
Dr Mark Gillett
Cleveland Clinic London; Premier League
Are Modern Sports Medicine Doctors Good Enough? Where Do They Fit into the Multidisciplinary Team? **[ENG]**

15:10-15:15 Changeover

15:15-16:00 (45 min)
Jakub Surmacz
Rehab Performance
Why Do We Keep Searching for the Next Method? From Fascination with Concepts to Deliberate Clinical Reasoning **[PL]**

16:00-16:15 **Coffee & Expo Experience**

16:15-17:15 (60 min)
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]**

17:15-17:20 Changeover

17:20-17:50 (30 min)
Ivan Batanov
Relay Athletic | Presented by Relay Athletic
Strength & Conditioning in the Era of AI **[ENG]**

17:50-17:55 Changeover

17:55-18:25 (30 min)
Daniel Day
CRFTD Athlete
The Other 23 Hours: Optimising the Window Outside of Training **[ENG]**

18:25-18:30 Changeover

18:30-19:00 (30 min)
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]**

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

Sunday / 31 January 2027

CKF_13 Fabryczna Conference Center, Fabryczna City, Kraków, Poland

■ Sports Science ■ Sports Medicine ■ Strength & Conditioning ■ Performance ■ Engineering [ENG] English [PL] Polish / All times CET

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.

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

IDEA (main stage)

09:00-10:15 (75 min) **Nick Grantham**
Newcastle United Football Club
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 (60 min) **Darragh Connolly, PhD**
Juventus Football Club
Academy Performance Model: Aligning Daily Decisions with Long-Term Player Development **[ENG]**

11:20-11:25 Changeover

11:25-12:40 (75 min) **Mladen Jovanović, PhD**
Complementary Training
Skill Acquisition and Problem-Led Planning **[ENG]**

12:40-13:40 **Lunch & Expo Experience**

13:40-14:40 (60 min) **Paweł Krótki-Borowicki**
Óptimo Sport Medical Center
Between Standardisation and Individualisation **[PL]**

14:40-14:45 Changeover

14:45-15:45 (60 min) **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
Performance Monitoring in Sport: Research Insights, Technological Innovations, and Practical Challenges **[ENG]**

15:45-15:50 Changeover

15:50-17:00 (70 min) **Andreas Behm**
ALTIS | Presented by ALTIS
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 (45 min) **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
Title to be announced **[PL]**

14:25-14:30 Changeover

14:30-15:15 (45 min) **Piotr Maruszewski**
Polish Athletics Association (PZLA); AZS UMCS Lublin; Maruszewski Team
Acceleration: Do We Really Know How to Train It? **[PL]**

15:15-15:20 Changeover

15:20-15:45 (25 min) **Dr Urszula Zdanowicz**
Life Institute; Mirai Clinic; McGowan Institute for Regenerative Medicine, University of Pittsburgh
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 (25 min) **Dr Urszula Zdanowicz**
Life Institute; Mirai Clinic; McGowan Institute for Regenerative Medicine, University of Pittsburgh
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 (40 min) **Logan Barrett**
Integrated Performance Systems; The Baseball Center NYC
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

Archetyping 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 | Presented by ASCA

Building an Effective Coach-Athlete Relationship **[ENG]**

Online
Female Health & Performance

Craig Kleinberg

Athletic Lab

Beyond the Dashboard: Analytics in the High Performance Environment **[ENG]**

Online

Five 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.