

COMBAT AND WEIGHT CLASS

— SPORTS NUTRITION SUMMIT —

Location: UFCPI | *Date:* March 27, 2022

Time (EST)

12:00-1:00 PM

1:00-2:00 PM

2:00-2:30 PM

2:30-3:00 PM

3:00-3:15 PM

3:15-4:15 PM

4:15-4:30 PM

4:30-5:30 PM

5:30-7:00 PM

Event

Registration

UFCPI Tour

Performance Nutrition's Role within the Performance Teams (*Media Center*)

Defining the Spectrum of Physiological and Nutritional Needs/Considerations in Combat Sports

Break

Group 1: Culinary Nutrition for Fight Week (*UFC HQ Kitchen / Café*)

Break & Rotate

Group 2: Sports Science & Nutrition Testing (*Innovation Lab / S&C Floor*)

Dinner & Social (*UFC HQ Kitchen / Café*)

Speaker

UFC PI NUTRITION TEAM

DR. DUNCAN FRENCH

DUNCAN, CHARLES,
DR. DUNCAN FRENCH,
CHARLES STULL & CLINT
WATTENBERG

CHEF STEVE PETRE & CHEF
KEN BOUCHE

DR. ROMAN FOMIN

COMBAT AND WEIGHT CLASS

— SPORTS NUTRITION SUMMIT —

Location: UFCPI | *Date:* March 28, 2022

Time (EST)

7:00 - 8:00 AM

8:00 - 8:45 AM

8:45 - 9:45 AM

9:45 - 10:00 AM

10:15 - 11:15 AM

11:15 - 11:45 AM

11:45 - 12:30 PM

12:30 - 1:30 PM

1:30 - 1:45 PM

1:45 - 2:45 PM

2:45 - 3:15 PM

3:15 - 3:30 PM

Event

Morning Workout

Sponsor Remarks & Breakfast

Metabolic Health & Female Athlete Considerations (*Media Center*)

Break

Psychology of the Fighter (*Media Center*)

Panel Discussion: Managing Challenging Cases

Sponsor Remarks & Lunch

Weight Certification & Collegiate Setting

Break

Key Considerations in the weight making process (i.e. weight cutting)

Panel Discussion: Key Considerations & Insights working in different setting (Professional, Collegiate, Olympic & Private Practice)

Closing Remarks & Wrap Up

Speaker

**DR. NIKOLE MACLELLAN, ND,
RD & CLINT WATTENBERG**

MICAH SCHNURSTEIN, LCSW

**TYLER WEEDA, NE, ATC &
NUWANEE KIRIHENNEDIGE**

CHARLES STULL

**CHARLES STULL &
NUWANEE KIRIHENNEDIGE**