

# IGNITE 2nd Annual Sports Science for the Olympic Disciplines Seminar.

**Sunday January 12th, Monday January 13th, 2025. WEC Ocala, FL**

**Sports science** is the application of scientific knowledge to sports, achieved through branches of science including biomechanics, physiology and psychology, with the aims of both maximizing performance and reducing injury. Sports science has been critical for developing training programs that enhance athletic potential across a variety of human sports, and this knowledge is increasingly utilized by top athletes in the three Olympic equestrian disciplines.

During this two-day seminar, thought-leaders from both equestrian and human-centric sports will gather to discuss how to use technology to enhance precision within training programs, how athletes acquire skills, how exercise impacts the cardiovascular and musculoskeletal systems in human and equine athletes, and how to manage chronic injuries, among other topics.

This event is the only seminar in North America focused on providing riders, trainers, veterinarians, farriers, therapists, and their supporting teams with the knowledge and tools to enhance their own stable management practices. By empowering decision makers in the stable, we anticipate that this will rapidly advance knowledge translation and lead to improved performance and wellness for equine athletes. Further, the event's interactive program provides plenty of opportunities for networking and connects those doing cutting-edge research and development with end users.

## The event will include:

- sessions designed to give riders, trainers, grooms, veterinarians, farriers, therapists, and other support staff the tools and knowledge to maximize training benefits (for both horses and riders)
- panel discussions where members of the audience can ask our experts questions and gain insight into their approaches to training and athlete management

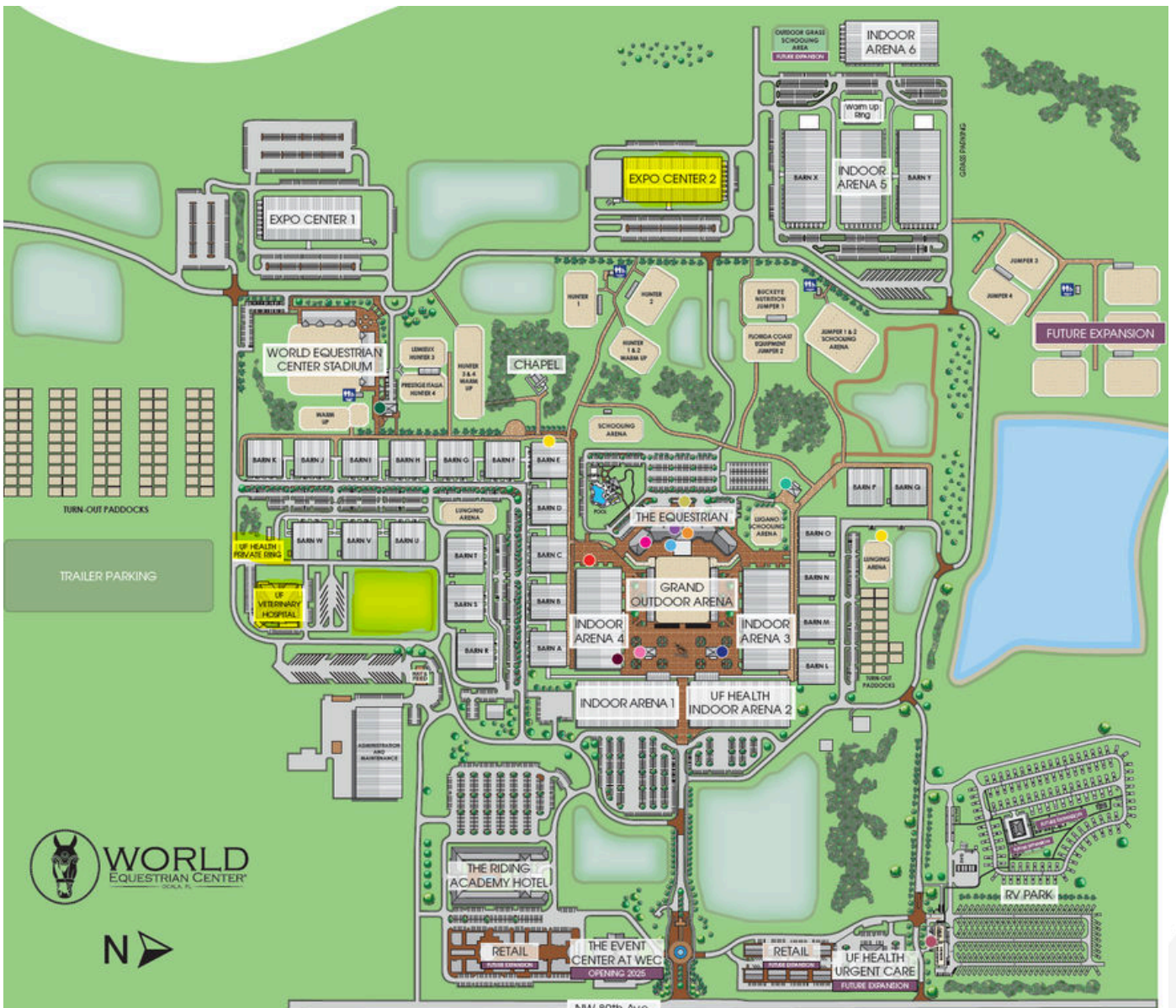
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- interactive networking opportunities
- group activities aimed at identifying best practices for incorporating technology into competition stables

### Outputs:

- **Group Activities** – together we will work to share ideas on how best to incorporate monitoring to enhance performance and mitigate injury risk in the stable. Experts will circulate through the room and interact with attendees to brainstorm new approaches as well as problem solve current challenges to horse management.
- **Media** – writers from leading publications, as well as those involved in other digital media outlets, will be invited and encouraged to create content related to what they learn during the event. This aggressive knowledge translation campaign will ensure that they wider community, and not just those who travel to Ocala, can benefit from the information shared throughout the meeting.
- **Generation of a Video Library** – talks will be filmed and be placed in an online video library for future consumption. Again, this ensures that the resources invested in making this one-day event a success will have maximum impact, not just in Florida but around the globe.



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# Preliminary Agenda

Sunday January 12th

08:30 Registration + Commercial Exhibits

09:00 Opening Talk and Introduction of IGNITE

09:05 **Artificial Intelligence and Horse Rider Interaction**

Elin Hernlund DVM PhD DECVSMR Swedish Agricultural University, Uppsala, Sweden

Kirk Peck PT PhD CSCS CCRT CERP Creighton University, Omaha, NE, USA

Emily Rose PT DPT CERP Reaching Strides Equine Rehabilitation LLC, WI, USA

Two Riders

Theory explanation, presenting of the combinations and preparation for afternoon workshop.

10:20 Break + Commercial Exhibits

10:45 **Using Fitness Wearables to Improve Performance and Health**

Cris Navas de Solis DVM PhD DACVIM University of Pennsylvania

Christopher Kawcak DVM PhD DACVS DACVSMR Colorado State University

Emmanuelle van Erck Westergren DVM PhD DECEVIM Equine Sports Medicine Practice

Beau Whitaker DVM Brazos Valley Equine Hospital

Two Riders

Theory explanation, presenting of the combinations and preparation for afternoon workshop.

12:00 **From the Ground Up, Impact of Shoeing and Footing on Equine Performance**

Bart Halsberghe DVM DACVSMR ISELP

Footing Expert

Two 12 min talks followed by ~ 10 min panel discussion and a workshop in the Expo center attendees can join over lunch.

12:30 Lunch

13:30 **Workshops at University of Florida WEC Equine Clinic**

Two workshops related to the presentations in the morning each about 2 hours Including the riders and the horses discussed in the morning and all speakers. Attendees can follow both.

17:30 Reception with heavy appetizers or buffet

18:30 Workshop Evaluation, Lessons Learned

19:00 **Panel Discussion on the Future of Equestrian Sports – Where are we now and where are we going?**

With: Max Corcoran, Emmanuelle van Erck, Elin Herlund, Robin Bell, Matt Durham, Tim Worden, Tim Ober, Lauren Schnabel, Kirk Peck, UF Athletics Team, Trainers, Riders.

Moderators: Mark Revenaugh / Tim Worden

20:15 Networking

20:45 End





Monday January 13th

**08:30 Registration + Commercial Exhibits**

**09:00 How Do Orthobiologics Change the Way We Treat Horses?**

The science behind orthobiologics Lauren Schnabel

Orthobiologics in day to day practice:

Locomotion - Beau Whitaker

Respiration - Dan Dreyfuss

Talks followed by ~ 20 min panel discussion with Tim Ober and Mark Revenaugh

**10:15 Exercise For Equine Athletes**

Exercise-induced bone remodelling – Chris Kawcak DVM PhD DACVS DACVSMR  
Colorado State University

The importance of footing - Elin Hernlund DVM PhD DECVSMR Swedish Agricultural  
University, Uppsala, Sweden

Data driven exercise. Cris Navas de Solis DVM PhD DACVIM University of Pennsylvania  
Three 12 min talks followed by ~ 20 min panel discussion

**11:15 Break + Commercial Exhibits**

**11:30 Utilizing human athlete training and management approaches in the stable**

Athlete preparation: what can be learned from human athletes? – Tim Worden PhD IGNITE

Exercise is Medicine - Heather K Vincent, PhD MS FACSM, UF Department of Physical  
Medicine and Rehabilitation

Making it happen - Adrian Melendez Director of Track & Field Operations, University of Florida  
Athletic Association

Three 12 min talks followed by ~ 20 min panel discussion with rider and Max Corcoran

**12:30 Lunch + Networking + Commercial Exhibits**

**13:30 Challenging Conditions and Solutions**

Heat stress and cooling down horses with implanted thermal chips - Joe Pagan

Respiratory challenges in sport horses – Emmanuelle van Erck

A study on Shockwave Therapy For The Treatment of EIPH and Asthma - Beau Whitaker

Three 12 min talks followed by ~ 20 min panel discussion

**14:30 Using Data to Improve Health and Performance**

Measuring exercise in Human Athletes - Heather K Vincent, PhD MS FACSM

Using AI to monitor eventing horses, at FEI competition - Elin Hernlund

Data driven rehabilitation of human athletes - Kevin Vincent MD PhD FACSM FAAPMR  
CAQSM, UF Department of Physical Medicine and Rehabilitation

Three 12 min talks followed by ~ 20 min panel discussion

**15:30 Break (coffee and snacks) + Commercial Exhibits**

**15:45 It Takes a Team - Building a Successful Culture**

Building a team around human athletes - Adrian Melendez

Strategies for assessing human and equine interaction – Kirk Peck

Prepare horses and works with rider and trainers as a team veterinarian - Robin Bell

Three 12 min talks followed by ~ 20 min panel discussion

**16:45 Closing Remarks**

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