



**Forces and Motion - Kinetics and Kinematics  
Workshop Agenda  
November 13<sup>th</sup> & 14<sup>th</sup> 2015**

**FRIDAY, NOVEMBER 13<sup>TH</sup>**

TIME		EVENT	TITLE	DURATION
7:00	- 8:00	Registration and Breakfast	Complimentary Breakfast of Pastries and Beverages	1:00
8:00	- 8:05	Introduction/Overview Dr. Phil Cheetham and Dr. Sasho MacKenzie	Outline of the Program	0:05
8:05	- 8:30	Keynote: Chris Como	Practical Biomechanics in my Coaching	0:25
8:30	- 10:15	Dr. Phil Cheetham	Basic Kinematics	1:45
10:15	- 10:30	Coffee Break		0:15
10:30	- 12:15	Dr. Sasho MacKenzie	Basic Kinetics	1:45
12:15	- 1:00	Lunch	Complimentary Box Lunch	1:00
1:00	- 2:00	Dr. Phil Cheetham	Practical Kinematics I	1:00
2:00	- 3:00	Dr. Sasho MacKenzie	Practical Kinetics I	1:00
3:00	- 5:00	Hitting Bay	3D Analysis	2:00

**SATURDAY, NOVEMBER 14<sup>TH</sup>**

7:00	- 8:00	Registration and Breakfast	Complimentary Breakfast of Pastries and Beverages	1:00
8:00	- 8:05	Welcome Dr. Sasho MacKenzie and Dr. Phil Cheetham	Outline of Today's Program	0:05
8:05	- 8:30	Keynote: Dr. Peter Mackay	A Clinical Biomechanics Perspective of 3D Analysis	0:25
8:30	- 10:15	Dr. Phil Cheetham	Practical Kinematics II	1:45
10:15	- 10:30	Coffee Break		0:15
10:30	- 12:15	Dr. Sasho MacKenzie	Practical Kinetics II	1:45
12:15	- 1:00	Lunch	Complimentary Box Lunch	0:45
1:00	- 3:00	Hitting Bay	3D Analysis	2:00

*\*If time permits, there will be a question & answer session at the end of each day.*