

The College of New Jersey
The Department of Kinesiology and Health Sciences

Maximizing Athletic Performance
Wednesday April 24, 2024, 12:30-3:30
Education 115

0.5 KHS conference credits
TCNJ student \$20 (Late fee after April 14th, \$27)

Dr Disa Hatfield



Professor of Exercise Science
University of Rhode Island

*Revitalize and Recharge:
Recovery Methods for Peak Performance*



Andrea Hudy, MS, MBA
Director of Sports Performance for Women's
Basketball
University of Connecticut

*The Importance of Load Management,
Communication and Coaching Education*

