

CMCC Homecoming '25

Detailed Weekend Agenda:

FRIDAY, JUNE 6, 2025

Advancing Athletic Performance: Integrative Approaches to Health Movement, and Injury Management

9:00 a.m. – 9:15 a.m.	CONTINUING EDUCATION	Check-in & Attendance
9:15 a.m. – 10:45 a.m.	Lecture Hall 1	An Integrative Healthcare Approach to Optimizing High-Performance in Athletes
10:45 a.m. – 11:00 a.m.	BREAK	
11:00 a.m. – 12:30 p.m.	Lecture Hall 1	Exploring Twenty-First Century Anatomy: A Modern Perspective for Clinical Chiropractic Practice
12:30 p.m. – 1:15 p.m.	LUNCH	CAFETERIA
1:15 p.m. – 2:45 p.m.	Lecture Hall 1	Biophysical and Physiological Factors of Connective Tissue in Movement: Implications for Performance, Injury, and Rehabilitation
2:45 p.m. – 3:00 p.m.	BREAK	
3:00 p.m. – 4:00 p.m.	Athletic Centre	Mastering Exercise Techniques for Performance Enhancement and Injury Prevention: A Practical Approach
5:30 p.m. – 10:00 p.m.	SOCIAL EVENT	Cocktail Hour, Dinner, Live Music, Dancing, Awards, Tribute Video, and much more!

SATURDAY, JUNE 7, 2025

Empowering the Female Athlete: Considerations Throughout the Lifespan

8:30 A.M - 8:45 P.M.	SIGN-IN	
8:45 a.m. – 9:45 a.m.	Technique Rooms 2 & 3	The Athletic Mom-to-Be: Supporting the Pregnant Athlete
9:45 a.m. – 10:45 a.m.	Technique Rooms 2 & 3	Postpartum Recovery: Getting Back to Sport
10:45 a.m. – 11:00 a.m.	BREAK	
11:00 a.m. – 12:00 p.m.	Technique Rooms 2 & 3	SMT from a Female Chiropractor's Perspective: Techniques for Optimal Performance Spanning a Practice Lifetime
12:00 p.m. – 1:00 p.m.	Technique Rooms 2 & 3	Navigating Menopause as an Athlete: Maintaining Health and Performance
1:00 p.m. – 3:00 p.m.	SOCIAL EVENT	LUNCH: BBQ at CMCC

VISIT OUR WEBSITE TODAY TO REGISTER AND VIEW THE DETAILED PROGRAM!

cmcc.ca/homecoming

