

# EVENT SCHEDULE

05.09.2025 0700-1730

 OKLAHOMA CITY

## WOMEN'S TACTICAL

HUMAN PERFORMANCE SUMMIT

<b>0700-0800</b>	Check-in, and socialize; light breakfast and coffee provided in expo area
<b>0800-0815</b>	Opening ceremonies
<b>0815-0900</b>	Keynote: Annette Zapp, MA, CSCS*D, CISSN State of the Union in Women's Tactical Performance
<b>0900-0945</b>	Jill Joyce, Ph.D, RD Making the Healthy Choice the Easier Choice
<b>1000-1045</b>	Brittany Hollerbach, Ph.D, TSAC-F Reproductive Health, Belonging, and Female Performance
<b>1100-1145</b>	Megan Lautz, MS, RD, CSCS-Sponsored by Drip Drop The Hydration Solution
<b>1145-1245</b>	Lunch provided in expo area
<b>1245-1330</b>	Taylor Dinyer-McNeely, Ph.D, CSCS Leveraging Female Physiology for Optimal Performance and Recovery
<b>1345-1430</b>	Tessa Koschel, Ph.D, CSCS Stop, Collaborate, and Listen: Cognitive Control for our Tactical Women
<b>1445-1530</b>	Major Allison Brager, Ph.D-Sponsored by O2X The Ground Truth about Sex Differences and Sleep
<b>1545-1630</b>	Kelly Kennedy, Ph.D, CSCS*D, CISSN, ACSM-EP Opportunities Outweigh Differences
<b>1630-1730</b>	Speaker Panel and Wrap-up