



THE ALTIS SPEED SUMMIT

JUNE 12-14, 2026

QUESTIONS OVER ANSWERS



COLLEGE OF
HEALTH SCIENCES



OVERVIEW

The ALTIS Speed Summit is a three-day conference for coaches and performance practitioners who want to think harder about what they do — and why.

Most conferences are built around experts lecturing to attendees. This one isn't. The assumption that learning follows automatically from instruction is one of the most persistent myths in professional development. It doesn't. Learning happens when practitioners are provoked to think, required to reason, and given space to encounter views that challenge their own.

Every session at the 2026 Summit is designed with that in mind. You will hear from some of the most experienced practitioners in elite sport. You will engage with ideas that are genuinely contested. You will leave with sharper questions — and better tools for answering them.

The Summit is for S&C coaches, performance directors, athletic trainers, sport scientists, physical therapists, and coaches working at any level who take their practice seriously. If you want a weekend of passive content consumption, this isn't it.

[Register at altis.world/altis-speed-summit-2026](https://altis.world/altis-speed-summit-2026)

WHO SHOULD ATTEND

The Summit is designed for practitioners who are already competent — and who want to be better. You don't need to be an elite-level coach to get value from this weekend. You need to be willing to have your assumptions examined in public.

Past attendees have included strength and conditioning coaches from professional and Olympic sport, physical therapists and athletic trainers working in high-performance environments, sport scientists and performance analysts, head coaches and technical directors, and practitioners from team sports, track and field, and individual performance.

What they have in common: they take the gap between where they are and where they want to be seriously.

Questions over answers.



FRIDAY — PRE-SUMMIT INTENSIVES

8:00–13:45 | PLNU College of Health Sciences — Graduate Facility

Force Platform Essentials

Dr. Matt Jordan & Rob Wilson

Brought to you by VALD

Most practitioners who use force platforms stop at the metrics that are easiest to read. This session goes deeper.

Dr. Matt Jordan takes you through the interpretive skills that turn numbers into decisions: bilateral and unilateral CMJ testing, repeated jump protocols, velocity-load profiling, and return-to-play assessment. Rob Wilson grounds the technical output in the practical judgment that real coaching environments demand.

You won't leave with more data. You'll leave with stronger judgment about what to do with it.

The Coaching Eye

Dan Pfaff

Brought to you by Joe Nimble

Dan Pfaff has spent decades developing one of the most perceptive eyes in the history of sprint coaching. This session makes that process explicit.

How do experienced coaches filter signal from noise under speed and fatigue? How do they connect what they see to what they do? This is a small-group session with direct access to one of the sport's great observers. It is not a lecture. Bring your questions.

FRIDAY AFTERNOON — HARD QUESTIONS

Crill Performance Hall

Main Summit Opens | 14:15

Welcome Presentation | 15:00–15:20

Stuart McMillan

The opening sessions are built around a single principle: the questions you carry into a room matter more than the answers you leave with. Three practitioners per session. Each takes a position on a genuinely difficult question. What follows is facilitated discussion designed to raise the quality of thinking in the room — not resolve

Questions over answers.



it.

Session 1 — Programming | 15:30–16:30

Les Spellman, Matt Price, Rob Wilson

Most programs look coherent on the surface. Underneath, they often rest on assumptions that were never examined — exercises inherited from training history, templates borrowed from someone respected, selections made because the facility had the equipment. The adaptation question — what are we actually trying to change, and why — came later, if it came at all.

This session examines how programs actually get made, and what it would take to build one from first principles.

What is your program actually based on — and when did you last interrogate the assumptions underneath it?

Session 2 — Health | 16:45–17:45

Danny Foley, Maggie Bryant, Luke Jenkinson

Medicine operates on *primum non nocere* — first, do no harm. Performance coaching operates on a different logic: inaction has costs too. Most practitioners sit somewhere between those two frameworks without having examined which one they actually hold — and what it costs them.

Performance and medicine inherited different ethical frameworks. Which one are you actually operating from — and have you ever examined what that costs?

Session 3 — Movement | 18:00–19:00

Chris Guarin, Javier Miller-Estrada, Jill Zeller

Every coach observes movement. Most intervene in it. The gap between what we observe, what we measure, and what we believe we are changing is wider than most coaching conversations acknowledge. This session examines what intervention actually is — and what it isn't.

When you intervene in an athlete's movement — what do you believe you are actually changing, and how would you know if you were wrong?

FRIDAY EVENING — VIP DINNER

20:00–22:00

Presented by PLNU College of Health Sciences

This event is sold out.

A small-group dinner for a limited number of attendees, presenters, and partners. Designed for deeper conversation in an intimate setting.

Questions over answers.



SATURDAY MORNING — KEYNOTE PRESENTATIONS

Crill Performance Hall

Three keynote sessions — each running a full hour — give you time to go deep on a single idea. Most conferences don't allow for that. These do.

Keynote 1 | 09:00–10:15

John Griffin

Atlanta Falcons

Keynote 2 | 10:30–11:45

Maggie Bryant

Los Angeles Clippers

Keynote 3 | 12:00–13:00

Cam Josse

Detroit Lions

13:00 | LUNCH

SATURDAY AFTERNOON — STRUCTURED EXCHANGES

Crill Performance Hall

Each exchange is a structured discussion built around a single contestable question. Three practitioners open with a short position statement. What follows is facilitated discussion where genuine disagreement is not just permitted — it's expected.

Session 1 — Monitoring | 14:00–14:35

Jill Zeller, Rob Wilson, Matt Jordan

The monitoring stack has expanded beyond anything envisioned a decade ago. GPS, force plates, HRV, wellness questionnaires, sleep trackers. And yet the honest answer to whether better data has produced better decisions is, at best, unclear. More information has not always meant more clarity.

Questions over answers.

Has the exponential rise in technology and athlete monitoring made us better coaches — or just better recorders?

Session 2 — Specificity & Transfer | 14:45–15:20

Javier Miller-Estrada, Victor Hall, Matt Price

Sport-specific training has become the dominant logic in performance preparation. The closer the training looks to the game, the more transfer is assumed. But resemblance is not transfer. Proximity is not mechanism. An exercise that looks like sprinting does not automatically develop the qualities that make sprinting faster.

Is developing athletic capacity the same as developing sport performance — and what are we responsible for if the answer is no?

Session 3 — Return to Play | 15:30–16:05

John Griffin, Molly Binetti, Dan Pfaff

The return-to-play decision sits at one of the most contested intersections in performance practice. Medical expertise, coaching instinct, institutional pressure, and athlete ambition all converge on a single question. The answer is rarely straightforward. The process by which it gets made is rarely clean.

When the short-term pressure to perform and the long-term requirement for sustainable load management are in direct conflict — how do you build a system, and a culture, that protects the athlete when everyone's incentives point toward playing?

Session 4 — Evidence Standards | 16:15–16:50

Cam Josse, Jacob Goodin, Victor Hall

S&C coaching has never been more research-informed. But citation is not the same as critical appraisal. Knowing what a study found is not the same as knowing whether it applies — to this athlete, in this context, at this point in their development.

Should S&C coaches be held to the same standards of evidence as researchers — and what happens if the answer is yes?



SATURDAY — OPEN PRACTICE

17:00–19:00

This is not a trade show. Our partners and sponsors are on the floor with their equipment live, their people present, and no sales agenda — just genuine access.

Try a force platform. Learn about BFR. Test some supplements. Find out about the fastest track surface on the planet. Ask the people who built the tools the questions you'd never get to ask in a formal setting. Two hours. Open floor.

SATURDAY EVENING — ROUNDTABLE DINNER

20:00–22:00

This event is sold out.

Four practitioners. A moderated conversation. Enough time to go somewhere worth going.

No slides, no positions to defend, no right answers. The goal is candid, unhurried dialogue about the questions that sit underneath everything else discussed across the weekend.

Featuring Molly Binetti, Luke Jenkinson, Dan Pfaff, John Griffin

Examples of questions include:

- What have you changed your mind about in the last five years that you haven't said out loud professionally, and what stopped you from saying it?
 - Think of the athlete you worked with who you believe you genuinely helped. Now think of one you didn't. What was the difference — and how much of it was you?
 - Is there a decision you made about an athlete's training, loading, or return to competition that you knew at the time was wrong — and you made it anyway? What were you actually serving in that moment?
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SUNDAY MORNING — FROM PRINCIPLES TO PRACTICE

Pre-Practical Wake-Up | 08:00–08:45

Rob Wilson & Molly Binetti

A gentle collective start to the day — breathing, mobility, and light movement. Simple tools worth taking home. Smoothies provided.

Applied Performance | 09:00–12:30

Brought to you by Momentous

Sunday moves the learning onto the field. Small-group practical sessions where you observe, question, and engage directly with methods in live environments. Limited capacity per session — register early.

Block 1: 09:00–10:00 · Block 2: 10:15–11:15 · Block 3: 11:30–12:30

Acceleration in Practice

Les Spellman & CiCi Murray

Brought to you by Output

How to break acceleration into its component parts — early and late phase, capacity and coordination, technique and intent — and design sessions that actually develop each one. Practical tools for reading what your athlete needs and matching methods to athlete profiles.

Game Speed Innovation

Javier Miller-Estrada

Most speed work in team sport sits too far from the game to deliver transfer. This session shows you how to close that gap — practical tools for designing training environments that better connect practice to performance.

Designing the Warm-Up

Stuart McMillan

Brought to you by Hytro

The warm-up is the most consistently underused block of time in coaching practice. This session works through the principles that should underpin warm-up design: what we are actually trying to achieve, how those aims change across athletes and contexts, and how to build a structure that is purposeful rather than procedural.

Lift to Develop, Not to Perfect

Victor Hall

Brought to you by Bridge

Questions over answers.



A practical framework for coaching Olympic lift variations in group environments — built around identifying individual limitations, selecting appropriate variations, and keeping the focus where it belongs: on developing coordination, strength, and power in athletes who don't all move the same way.

Create / Activate / Integrate

Danny Foley & Chris Guarin

Brought to you by Joe Nimble

How to use pre-session preparation and warm-up periods to actively improve how athletes move, not just get them ready to train. A practical framework for integrating health and performance work into your existing sessions.

SUNDAY AFTERNOON

Wrap-Up & Giveaways | 12:45–14:15

The weekend closes the way it began — together. Open discussion, a chance to reflect on the ideas that carried through the three days, and prizes from our Summit partners. You need to be in the room to win.

Informal Conversations | 14:15–15:00

The structured program ends at 14:15. The doors stay open until 15:00. Time to connect, continue conversations, and say your goodbyes.

REGISTER

The 2026 ALTIS Speed Summit takes place June 12–14 at Point Loma Nazarene University, San Diego, CA. Capacity is limited. Pre-Summit Intensives and practical session blocks are available separately and sell out first.

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