UFC PERFORMANCE INSTITUTE × ISSN

High-Performance Science in Combat Sports

Feb 27, 2027

One-Day Workshop · Las Vegas, Nevada

An open-door, applied workshop uniting ISSN faculty with the UFC Performance Institute team that supports more than 600 rostered fighters. The day translates peer-reviewed combat-sport science into the systems used inside the PI: weight management, sports medicine, neuromuscular monitoring, and fight-week nutrition.

WHERE
UFC Performance Institute
6650 S. Torrey Pines Dr, Las Vegas, NV 89118

FORMAT
60-seat tiered lecture theatre
Keynotes, expert panels, and a live weight-cut laboratory exercise

WHO SHOULD ATTEND
Sports nutritionists, S&C coaches, physical therapists, sport scientists, and researchers working with combat athletes.
Register at ISSN.net

WHAT YOU TAKE HOME
Practical frameworks aligned with the ISSN Position Stand on nutrition and weight-cut strategies for MMA and combat sports. Hands-on weight-cut experience.

MORNING PROGRAM

8:00 AM	**Registration and coffee** · *Lecture Theater lobby*
8:50 AM	**Welcome Message** · *Duncan French, PhD (UFC PI) & Jose Antonio, PhD (ISSN)*
	Moderator: Jose Antonio, PhD
9:15–9:45	***Kinematics, Neuromuscular, and Physiological Mechanisms of Striking Power*** · *Tony Ricci, EdD, CISSN, FISSN · NSU*
9:45–10:15	**NSU Fight Science Lab Collaborative MMA Research** · *Corey Peacock, PhD, CSCS, CISSN, FISSN · NSU*
10:15–10:45	**The best half-dozen supplements for the combat athlete** · *Jose Antonio, PhD, CSCS, CISSN, FISSN · NSU & ISSN*
10:45	**Break**
	Moderator: Tony Ricci, EdD
11:00–11:30	**Sports medicine in MMA: injury, concussion, and return-to-fight** · *Heather Linden, DPT · Sr. Dir. Sports Medicine, UFCPI*
11:30–12:00	**Data-driven training load and readiness in combat sports** · *Roman Fomin, PhD · Sr. Dir. Performance Science, UFCPI*
12:00 PM	**Panel — Making weight without compromising performance** · *Stull, Castro, Ricci, Peacock, Linden, Fomin*

AFTERNOON PROGRAM

12:30 PM	**Lunch on your own**
	Moderator: Corey Peacock, PhD
2:30–3:00	**Wisdom from a UFC Veteran** · *Forrest Griffin*
3:00–4:00	**Weight management in the Octagon: camp, cut, and rebound** · *Charles Stull, MS, RD, CISSN · Dir. Performance Nutrition, UFCPI* **Applied fight-week nutrition logistics** · *Glenn Castro, RD · Performance Nutrition Manager, UFCPI*
4:00–5:30	**Weight-Cut Lab** · *Stull & Castro guide volunteers through a simulated weight cut (heat tent, hot bath, mummy wrap, etc.)*

Register at ISSN.net · Limited to 60 seats · All presenters automatically registered.

UFC PERFORMANCE INSTITUTE

issn
International Society of Sports Nutrition
Why Go Anywhere Else?!

The UFCPI x ISSN Combat Sports Conference

Feb 27, 2027

At the UFCPI in Las Vegas




Tony Ricci EdD


Forrest Griffin


Corey Peacock PhD


Glenn Castro RD


Heather Linden DPT


Roman Fomin PhD


Charles Stull MS RD


Jose Antonio PhD


Duncan French PhD

Limited to 60 registrants!

Register now at ISSN.net

BIOs

Jose Antonio PhD

He is the CEO and co-founder of the International Society of Sports Nutrition. Dr. Antonio earned his PhD and completed a postdoctoral fellowship at the University of Texas Southwestern Medical Center. The International Society of Sports Nutrition is the only academic non-profit dedicated to promoting the science and application of sports nutrition and supplements. His day job is a Professor of Exercise Science at Nova Southeastern University.

Glenn Castro RD

He is a Performance Nutrition Manager at the UFCPI, where he supports the UFC's global rostered athletes in all phases of their nutrition preparation. Before joining the UFCPI, he worked as a Clinical Dietitian at several medical centers, including Adventist Health and Los Robles Regional. Glenn also competed as an NCAA collegiate wrestler.

Roman Fomin PhD

He is the Senior Director of Performance Science at the UFCPI. He is a globally recognized sports science expert with over 20 years of experience maximizing elite athlete performance. Throughout his career, he has contributed significantly to the success of Olympic athletes, national teams, and professional athletes across various sports.

Duncan French PhD

He is the Senior Vice President of Performance at the UFCPI. Duncan has over 25 years of experience with elite professional and Olympic athletes and is recognized globally as a leader in high-performance sport. He has directed programs for Notre Dame, Newcastle United FC, and Great Britain's Olympic teams across three cycles. He is also the author of 70+ publications and the lead editor of NSCA Essentials of Sport Science.

Forrest Griffin

He is the Vice President of Athlete Development at the UFCPI. Forrest graduated from the University of Georgia and went into local law enforcement. He later left law enforcement to pursue his ultimate passion, a career in professional mixed martial arts where he rose to prominence after winning the first season of The Ultimate Fighter.

Heather Linden DPT

She serves as the Senior Director of Sports Medicine for the UFCPI. She manages all UFCPI sports medicine departments in Las Vegas, Shanghai, and Mexico City. Recently, Heather was awarded the "Trainer of the Year" award at the 2022 and 2023 World MMA Awards.

Corey Peacock PhD

He is a Professor and Chair of the Exercise Science program at Nova Southeastern University. His research focuses on athletic performance, supplementation, and special populations. My recent investigations have focused on improving athletic performance through improved strength, power, and body composition. These experiences have included athlete testing and research within the NHL, NFL, and MMA. Corey earned his PhD at Kent State University.

Charles Stull MS RD

He is the Senior Director of Performance Nutrition at the UFCPI. Charles joined the UFC Performance Institute in 2018 as the Performance Nutrition Manager. In 2023, he was promoted to Performance Nutrition Manager and now leads the UFCPI nutrition program's mission to deliver best-in-class services to support UFC athletes. Charles has played a role in driving many of the research application initiatives of the UFCPI nutrition program.

Tony Ricci EdD

He is an Assistant Professor at Nova Southeastern University. He has coached scores of professional athletes in fight sports, including 6 World Champions. He is a Fellow and Advisory Board member of the International Society of Sports Nutrition (ISSN). Tony holds separate Masters Degrees in Exercise Physiology and Human Nutrition, with Doctoral work in Health Sciences. He is an Assistant Professor of Exercise Physiology and Nutrition at Long Island University in Brooklyn, NY.