



International Sports Performance Leaders to Convene in The Bahamas for High Level Sports Performance 2026

Two-day global conference brings experts, athletes, coaches and healthcare leaders together to advance performance, recovery and athlete wellness.

NASSAU, NEW PROVIDENCE, BAHAMAS, August 18, 2026 /EINPresswire.com/ -- Internationally recognized experts and professionals across sports performance, healthcare, athlete development and business will gather in Nassau, The Bahamas, November 6–7, 2026, for [High Level Sports Performance 2026](#), a premier two-day conference focused on the future of athletic performance, recovery and injury management.

“

High Level Sports Performance brings the different sides of athlete performance into one room. Our goal is to improve how athletes are supported throughout their careers.”

Edwardo C. Thompson

Hosted by [Anachronist Wellness](#) and The Winner’s Circle, the conference will take place at Grand Hyatt Baha Mar under the theme “The Advancement of Sports Performance, Recovery & Injury Management.”

The event will bring together athletes, coaches, athletic trainers, healthcare professionals, educators, sports organizations, performance specialists and industry leaders for two days of evidence-informed education, practical applications, innovative technologies and professional networking.

ADVANCING THE FUTURE OF SPORTS PERFORMANCE

As the demands placed on athletes continue to evolve, the professionals supporting them are increasingly looking beyond traditional approaches to performance and recovery.

High Level Sports Performance 2026 will create a multidisciplinary environment for exploring the interconnected factors influencing athletic performance, injury prevention, rehabilitation, recovery, athlete wellness and career longevity.

Participants will gain evidence-informed strategies for improving athletic performance;

advancements in sports recovery, rehabilitation and injury management; practical approaches to reducing injury risk and improving return-to-play outcomes; and insights into sports medicine, recovery technology, nutrition and human performance optimization.

Attendees will also have opportunities to discover emerging technologies and innovative solutions while networking with internationally recognized speakers, healthcare professionals, coaches, sports organizations and industry leaders.

INTERNATIONAL EXPERTISE IN ONE ROOM

Featured speakers include Edwardo C. Thompson, Consultant, Neuromuscular & Orthopedic Sports Therapist, International Speaker and Mentor; Tim Adams, Performance Architect and Creator of the Integrated Performance Operating System™; Dr. Glenn Toby, Amazon #1 Bestselling Author and Global Leader in Business, Entertainment & Philanthropy; Myron Flowers, Elite Performance Coach and Trainer to NFL Stars, Professional Athletes & World Champions; and Shannon Ligon, Esq., Founder of PrettySMARTLaw and Sports, Business & Entertainment Attorney.

Together, these multidisciplinary perspectives will expand the conversation beyond athletic training alone to examine the broader ecosystem influencing athlete performance, development and long-term success.

WHO SHOULD ATTEND

The conference is designed for professional, Olympic, collegiate, high school and youth athletes; coaches; strength and conditioning professionals; athletic trainers; sports medicine physicians; orthopedic specialists; physiotherapists; chiropractors; massage therapists; nutrition and recovery professionals; sports teams; national sporting federations; Olympic committees; athletic departments; performance and wellness organizations; government and sports leaders; and parents of competitive athletes.

JOIN US IN THE BAHAMAS

The poster for 'HIGH LEVEL SPORTS PERFORMANCE 2026' features a blue and gold color scheme. At the top, it displays the event title in large, bold, blue letters, with the subtitle 'THE ADVANCEMENT OF SPORTS PERFORMANCE, RECOVERY & INJURY MANAGEMENT' below it. A row of five speakers is shown in the center, each with a name tag: Shannon Ligon, Esq., Myron Flowers, Edwardo Thompson, Tim Adams, and Dr. Glenn Toby. Below the speakers, the text 'JOIN US IN THE BAHAMAS' is prominently displayed in gold. Underneath, a paragraph describes the experience: 'Experience 2 days of world-class education, collaboration, innovation, and professional networking as we explore The Advancement of Sports Performance, Recovery & Injury Management and help shape the future of athlete performance, recovery, and wellness.' The event is hosted by 'ANACHRONIST WELLNESS & THE WINNER'S CIRCLE'. At the bottom, the dates 'November 6-7, 2026' and the time '8:00 AM - 5:00 PM (BOTH DAYS)' are listed, along with the location 'GRAND HYATT, BAHAMA MAR, ANDROS BALLROOM, NASSAU, BAHAMAS'. The bottom of the poster features the tagline 'ADVANCING THE FUTURE OF SPORTS PERFORMANCE' in blue letters on a gold background.

Set at Grand Hyatt Baha Mar in Nassau, High Level Sports Performance 2026 positions The Bahamas as a destination for international sports education, innovation, collaboration and professional networking.

Attendees will experience two days of learning and relationship-building while connecting with professionals from across the sports performance ecosystem.

“High Level Sports Performance brings the different sides of athlete performance into one room. Our goal is to create conversations and connections that improve how athletes are supported throughout their careers.” - Edwardo C. Thompson

High Level Sports Performance 2026 takes place November 6–7, 2026, from 8:00 a.m. to 5:00 p.m. at Grand Hyatt Baha Mar, Andros Ballroom, Nassau, The Bahamas.

Registration is now open for local and international attendees.

[Register for High Level Sports Performance 2026:](https://luma.com/o02vyawy?utm_campaign=aw-highlevelsports-q426&utm_medium=paid-link&utm_source=einpresswire&utm_term=internationalrelease)

https://luma.com/o02vyawy?utm_campaign=aw-highlevelsports-q426&utm_medium=paid-link&utm_source=einpresswire&utm_term=internationalrelease

ABOUT HIGH LEVEL SPORTS PERFORMANCE

High Level Sports Performance is an educational and professional networking platform focused on advancing knowledge and collaboration across athletic performance, recovery, injury management and athlete wellness. The conference brings multiple disciplines together to encourage evidence-informed practices, innovation, practical application and meaningful connections across the sports performance ecosystem.

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