

# FEMALE ATHLETE SYMPOSIUM: CLARIFYING THE EVIDENCE

**THURSDAY 22nd OCTOBER 9.00AM - 4.30PM**

MC'd by SDA Fellow Kerry Leech, leading presenters in the field will unpack the current research in this space to ensure clarity of the evidence, alongside the athlete's perspective. This fully online symposium will deliver an update of the current research and its translation into a collaborative and practical sports science approach to female athlete performance. Final Program to be released, presenters include:

**DOCTOR  
RACHEL HARRIS**



Dr Harris has worked with the Australian Women's Cricket team, Rowing and Swimming teams, South Fremantle WAFL team and Fremantle AFLW inaugural season. She was the AIS European Training Centre Doctor for two months in 2019 and was a member of the Australian Team Headquarters medical staff for the 2018 Gold Coast Commonwealth Games. Dr Harris is the Project Lead for the AIS Female athlete performance and health project.

**ASSOCIATE PROFESSOR  
KIRSTY ELLIOTT-SALE**



Dr Elliott-Sale is the Head of the Musculoskeletal Physiology Research Group and the Postgraduate Research Tutor for the School of Science and Technology at Nottingham Trent University. Dr Elliott-Sale teaches mainly in the areas of Exercise Physiology and particularly in Female Physiology, Performance, and Health.

**ELIZA FRENEY  
ADVANCED SPORTS DIETITIAN**



Eliza Freney has experience working across team and individual sports such as rugby union, rugby league, AFL, triathlon, endurance running, basketball, rowing and cricket. Eliza has a keen interest in both gut and female health and is currently Team Performance Dietitian for the Australian Women's Cricket Team, Australian Men's Cricket Team and Australian Pathway, male and female cricket teams. Eliza is also completing an MBA with Deakin University.

**FIONA SUTHERLAND  
SPORTS DIETITIAN**



Fiona Sutherland is Director of both The Mindful Dietitian & Body Positive Australia. She has been practising for over 15 years primarily in the areas of eating behaviour, eating disorders, body image, sports nutrition & education/training. Fiona is a committed Non Diet Dietitian, and is passionate about supporting & educating Health Professionals to develop skills and insight into working with clients from a weight-inclusive, heart centred lens.

**Prerequisites:** This symposium is specifically for sports dietitians, sports scientists/sports health professionals and coaches. If you are not eligible to attend this symposium, please [click here](#) and leave us your details so that we can look to run future events targeted for your needs.

A recording will be available for those who cannot attend the live symposium.

**REGISTER HERE**

Cost: A\$125 inc gst

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