

SDA FEMALE ATHLETE SYMPOSIUM

Clarifying The Evidence

TIME (AEDT)	PROGRAM
9:00am	Simone Austin , SDA President and Advanced Sports Dietitian Kerry Leech , SDA Fellow and MC <i>Welcome and Housekeeping</i>
9:15am	Doctor Rachel Harris , Sports Doctor <i>Lifecycle of Female Athletes</i>
10:10am	Tracey Veivers , Sports Psychologist <i>Sports Psychology Nuances for the High Performance Female Athlete</i>
11:05am	Bio Concepts , Female Athlete Symposium Sponsor <i>Q&A Session</i>
11:10am	Morning Tea Break
11:25am	Kate Mahony , Sports Physiotherapist <i>Optimal Frameworks for Female Athlete Care</i>
11:45am	Eliza Freney , Advanced Sports Dietitian <i>Reflecting on Practical Application in Women's Cricket Setting</i>
12:05pm	Fiona Sutherland , Accredited Sports Dietitian <i>Disentangling Performance and Disordered Eating in Female Athletes</i>
12:45pm	Allison Cooke , Triathlete and Coach <i>Understanding Energy Availability (EA) from an Athlete's Perspective</i>
1:15pm	Lunch Break
1:45pm	Research Updates <ol style="list-style-type: none"> Clare Flower, Accredited Sports Dietitian and PhD Candidate at Flinders University <i>Comparison of Low Energy Availability (LEA) in Female Aesthetic Endurance and Team Sports Athletes</i> Christopher Rauch, Sports Dietitian- Researcher and Clinician <i>Carbohydrate Oxidation and Tolerance during Running: Sex based differences</i> Isabella Russo, Accredited Sports Dietitian and PhD Candidate at Monash University - Sports Nutrition Researcher <i>Recovery Optimisation for Female Athletes</i> Zoya Huschtscha, Accredited Sports Dietitian and PhD Candidate at Monash University <i>Active Ageing Adults: Exploratory view of Protein intake related to the outcomes of Sarcopenia</i>
2:45pm	Female Athlete Symposium Sponsors <i>Boob Armour</i> <i>Australian Almonds</i>
2:50pm	Afternoon Tea
3:00pm	Associate Professor Kirsty Elliott-Sale , Sports Physiologist <i>Female Physiology Across the Lifespan</i>
3:45pm	Jennifer Hamer , PhD candidate at Griffith University Department of Allied Health Sciences <i>Coaches and Female Athlete Health</i>
4:05pm	Associate Professor Kirsty Elliott-Sale , Sports Physiologist <i>Q&A with Kerry Leech, SDA Fellow</i>
4:15pm	Kerry Leech , SDA Fellow Ali Disher , Advanced Sports Dietitian Sally Anderson , Advanced Sports Dietitian <i>Symposium Wrap Up</i>