

### MEET THE PRESENTERS



#### **Doctor Rachel Harris – Sports Doctor**

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 - Sports Physiologist**

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.



#### **Kate Mahony - Sports Physiotherapist**

Kate is a Sports Physiotherapist with over 15 years' experience in elite sport both domestically and abroad. Currently the Head of Performance Health at NSWIS, she oversees the clinical teams supporting over 500 athletes across 17 Olympic and Commonwealth sports. Kate has previously held positions with the Women's Tennis Association, as Head physiotherapist for the Australian Open and with Cricket Australia and the Australian Women's Cricket team. In 2018 Kate was awarded a Churchill Fellowship and travelled worldwide investigating best practice Sports Science and Sports Medicine of the Female athlete.



#### **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 - Accredited 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.

# SDA FEMALE ATHLETE SYMPOSIUM

## Clarifying The Evidence

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#### Tracey Veivers - Sports Psychologist

Tracey has serviced elite sport in Australia for almost 30 years including Olympic and Paralympic sports as well as professional sports such as that within the high-pressure world of Australian Rugby Union, Australian Football League and the Football Federation of Australia.

She has also assisted other professional performers such as in the Arts and Motor Racing with contracts to Australian Ballet School and V8 Supercars. Unusually she has also been sought out by top Australian surgeons in preparation for highly innovative surgical procedures and asked to coach high profile CEO's in the pursuit of leading their corporate teams to success.

Tracey has served as Chair of the Australian Psychological Society's College of Sport and Exercise Psychologists National and State Committees for over a decade where she has assisted in setting the national registration protocols and competencies for minimum standards of professional practice.

Tracey has just returned from spending the last 4+years in Singapore after having been head hunted for one of the leading Sport Science/Sport Medicine roles as Head of Department of Sport Psychology at the Singapore Sports Institute.



#### Allison Cooke - Triathlete And Coach

Allison Cooke is an elite level age group athlete continuing to excel at the top of her age category. Over the past 7 years, Alli has achieved some results in racing which have seen her emerge as one of the most successful competitors in both Running and Triathlon, locally, Nationally & Internationally. Her results speak for themselves with National Titles and Major event wins to her name.

Community minded and committed to sharing her love of sport, Alli is an active run coach at Coomera Anglican College and Coomera parkrun where she is the Event Coach. Alli also has current accreditations with Triathlon Australia, Athletics Australia, and IAAF in High Performance Run Coaching, Cycling Australia as a Skills Development Coach & most recently, attaining her Level 1 in Strength & Conditioning Coaching with ASCA. She also has a triathlon squad called Multisport Gold which is currently the only active Triathlon & Multisport Squad on the Northern end of the Gold Coast. Alli therefore has a great network within the local community and a growing online presence.



#### Zoya Huschtscha - Accredited Sports Dietitian

Zoya is a PhD candidate at Monash University. As part of her PhD research, Zoya is presenting an exploratory view on how protein amount, quality, and distribution is potentially associated with muscle mass, strength and power outcomes in active older adults with a focus on the differences between males and females.



#### Clare Flower - Accredited Sports Dietitian

Clare is a PhD Candidate at Flinders University. She will be presenting her PhD research on Low Energy Availability in female athletes, comparing the prevalence and manifestation among endurance, aesthetic and team sport athletes. Her research will also explore athlete's supplement intake and the possible links to Low Energy Availability. Clare's supervisor throughout her PhD is Doctor Kathryn Jackson.

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#### **Isabella Russo - Accredited Sports Dietitian**

PhD Candidate at Monash University Department of Nutrition and Dietetics

Isabella will be presenting on her research on Recovery Optimisation for Female Athletes.

It is common practice for athletes to implement recovery nutrition strategies to support training and performance. To date, recovery nutrition research has predominantly employed male athletes. In fact, no research has been conducted amongst female athletes to examine optimal recovery nutrition to support muscle protein synthesis or immune function after endurance exercise. Her study aims to characterise recovery outcomes after 2 h HIIT exercise, followed by consumption of a recovery beverage, between male and female athletes.



#### **Chris Rauch - Sports Dietitian**

Researcher and Clinician

Chris Rauch is a clinical and sports dietitian and researcher at Monash University. His area of interest is Exercise Gastroenterology and Fuel Kinetics (carbohydrate and fat oxidation) in endurance athletes.

At the Monash Nutrition and Exercise Clinic, Chris uses research protocols in the exercise laboratory for clients looking for customised race nutrition strategies or those looking to diagnose and manage gut issues. Other laboratory tests that he conducts includes VO<sub>2</sub>max testing & RMR testing. These services are available to all Sports Dietitians and Sports Doctors by referral.

Chris is presenting research findings into carbohydrate oxidation and tolerance in endurance and ultra-endurance runners with a particular focus on the sex-based differences that have been observed and will give some practical recommendations for fuelling of female endurance athletes.



#### **Jennifer Hamer - Bsc Sport & Exercise For Health & Master's In Clinical Nutrition & Eating Disorders**

Jennifer Hamer is a PhD candidate at Griffith University from the UK. She has a BSc in Sport and Exercise for Health and an MSc in Eating Disorders and Clinical Nutrition from University College London. Jennifer's research interests focus on supporting the female athlete to develop a healthy relationship with sport, exercise, body image to assist in reducing the risk of developing disordered eating/ eating disorders. Her PhD is taking the direction of exploring coach knowledge, attitudes, and beliefs towards Relative Energy Deficiency in Sport and associated conditions.