

## PROGRAM – 2025 SDA CONFERENCE: CULTIVATING PERFORMANCE

<b>DAY 1 OF CONFERENCE (Sunday 16<sup>th</sup> November)</b> From the Lab ...	
8.00am-8.45am	<b>Registration: Coffee &amp; Connect</b>
8.45am – 9.10am	<b>Welcome to Country</b> <b>Welcome from the President</b> <b>Welcome from the Conference Committee</b>
9.10am – 9.50am	<b>Helen O'Connor Lecture in Honour</b>
9.55am-10.45am	<b>Keynote: REDS/LEA: What's the latest in the RED's debate?</b> Trent Stellingwerff
10.45am–11.05am	<b>Stretch &amp; Snack Break (20mins)</b>
11.05am – 12.05pm	<b>Food   Body   Brain: Athlete Wellbeing:</b> 1. The Influence of Food on Brain, Mood & Mental Health, Dr Wolfgang Marx, Deakin University Food & Mood Centre 2. The Role of the Microbiome & Mental Health and Performance, Professor Matt Cooke, La Trobe University 3. Body Empowerment in Sporting Environments, Fiona Sutherland and Ali Disher
12.05pm-12.25pm	<b>Athletic Disordered Eating (ADE) Screening Tool Mini Masterclass</b> <b>Dr Regina Belski and Dr Georgie Buckley:</b>
12.25pm – 1.20pm	<b>Lunch</b> <b>Poster Session</b>
1.20pm – 2.45pm	<b>The Female Athlete: New research across the lifespan:</b> 1. Dr Anthea Clarke (Ex Sci, La Trobe) – Female Athlete's Key Considerations 2. Dr Alannah McKay (ACU) – The Female Athlete and Iron 3. Dr Rhiannon Snipe & Isobel Cotham (Deakin Uni) – Menstrual Cycles & Management of Symptoms  <b>Case Studies &amp; Examples:</b> • Sports Doctor: Dr Pip Inge – Postpartum Return to Sport
2.45pm – 3.05pm	<b>Abstract Presentations x 3 (20 mins)</b>
3.05pm – 3.25pm	<b>Stretch &amp; Snack Break (20mins)</b>
3.25pm-4.25pm	<b>Supplements:</b> 1. AIS Framework Update: Gary Slater, Sports Nutrition Lead, Australian Institute of Sport (40 mins) 2. Omega-3 Research, Dr Michael Macartney, University of Wollongong (20 mins)
4.20pm – 4.40pm	<b>Abstract Presentations x 3 (20mins)</b>
4.40pm-4.45pm	<b>Day 1 Closing Session</b>

## DAY 1 OF CONFERENCE (Sunday 16<sup>th</sup> November)

From the Lab ...

5.00pm- 7.30pm	<b>SDA Excellence Awards Event</b> <b>Incl. Abstract Awards</b> Cocktail Function Ticket included in Conference registration
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## DAY 2 OF CONFERENCE (Monday 17<sup>th</sup> November)

... to the Field

8.00am- 8.45am	<b>Registration: Coffee &amp; Connect</b>	
8.45am – 9.00am	<b>Welcome to all</b>	
9.00am – 9.40am	<b>REDS/LEA: Through the lens of the practitioner</b> Trent Stellingwerff	
9.40am – 10.20am	<b>Artificial Intelligence</b> 1. <b>Data &amp; Future Trends</b> – Professor Clair Sullivan 2. <b>Integrating AI into Practice</b> – Jessica Francis	
10.20am – 10.40am	<b>Stretch &amp; Snack Break</b>	
10.40am- 11.30am	<b>Practitioner Journeys: The Cross-Over Between High Performance &amp; Private Practice</b> 1. Alicia Edge, Compeat Performance (20 mins) 2. Taryn Richardson, Dietitian Approved (20 mins) 3. Q&A with Alicia & Taryn (10mins)	
11.30am- 12.10pm	<b>Advocacy in the Private Practice &amp; High Performance Settings</b> Expert Panel Discussion. 1. Ethan Said 2. Dr Alice McNamara 3. Kellie Hogan 4. Simone Allen	
12.10pm – 1.10pm	<b>Lunch</b>	
1.10pm – 2.30pm (80mins)	<b>Private Practice: Building a Business:</b> 1. Referral Network & Social Media: Converting audience members to clients - Chloe McLeod (20mins) 2. Combating Imposter Syndrome – Tanya Cooper (20 mins) 3. Credible Promotion Techniques in Social Media - (20mins) 4. Nurturing the Student Transition into Private Practice – Sally Anderson (20 mins)	<b>Multi-Disciplinary Practice in the High          Performance Environment:</b> <ul style="list-style-type: none"> <li>• Case Studies</li> <li>• Panel Discussion</li> </ul>
2.30pm – 3.00pm	<b>Stretch &amp; Snack Break (20mins)</b>	

**DAY 2 OF CONFERENCE (Monday 17<sup>th</sup> November)**

... to the Field

<p>3.00pm- 4.30pm (90mins)</p>	<p><b>Sports Nutrition Innovations: What is on the horizon:</b></p> <ul style="list-style-type: none"> <li>• Gut</li> <li>• Personalised Nutrition &amp; the Microbiome</li> <li>• Sustainability</li> <li>• Practitioner-led Research</li> <li>• AI</li> </ul>	<p><b>Student Careers Summit</b> Students interested in sports nutrition will meet and hear from Sports Dietitians across a range of exciting fields, including: private practice, elite sports, industry, research, gyms, media, and food service. <i>The <b>Student Careers Summit</b> can be purchased as a stand alone session free for all students – whether attending the conference or not.</i></p>
<p>4.30pm- 5.00pm</p>	<p><b>Day 2 Closing Session</b></p>	
<p style="text-align: center;"><b>PROFESSIONAL DEVELOPMENT CDP POINTS:</b> One day attendance: 40 points Two day attendance: 80 points</p>		

**PRE CONFERENCE (Saturday 15<sup>th</sup> November, afternoon)**

<p>1.00pm - 5.00pm</p>	<p><b>Pre-Conference Workshop</b> <b>The Practicalities of Injury Management: Skills for High Performance and Private Practice Settings</b> <i>Details to follow.</i></p>
<p style="text-align: center;"><b>PROFESSIONAL DEVELOPMENT CDP POINTS:</b> Half day attendance: 25 points</p>	