

PROGRAM – 2025 SDA CONFERENCE: CULTIVATING PERFORMANCE

DAY 1 OF CONFERENCE (Sunday 16 th November) From the Lab ...	
8.00am-8.45am	Registration: Coffee & Connect
8.45am – 9.10am	Welcome to Country Welcome from the President Welcome from the Conference Committee
9.10am – 9.50am	Helen O'Connor Lecture in Honour
9.55am-10.45am	Keynote: REDs/LEA: What's the latest in the REDs debate? Dr Trent Stellingwerff
10.45am–11.05am	Stretch & Snack Break (20mins)
11.05am – 12.05pm	Food Body Brain: Athlete Wellbeing: 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, Professor Matt Cooke, La Trobe University 3. Body Empowerment in Sporting Environments, Fiona Sutherland and Ali Disher
12.05pm-12.25pm	Athletic Disordered Eating (ADE) Screening Tool Mini Masterclass Dr Georgie Buckley and Dr Regina Belski
12.25pm – 1.20pm	Lunch Poster Session
1.20pm – 2.45pm	The Female Athlete: New research across the lifespan: 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 & PhD student Isobel Cotham (Deakin Uni) – Menstrual Cycles & Management of Symptoms Case Studies & Examples: • Sports Doctor: Dr Pip Inge – Postpartum Return to Sport
2.45pm – 3.05pm	Abstract Presentations x 3 (20 mins)
3.05pm – 3.25pm	Stretch & Snack Break (20 mins)
3.25pm-4.25pm	Supplements: 1. AIS Framework Update: Professor Gary Slater, Sports Nutrition Lead, Australian Institute of Sport & co-presenter Naomi Speers from SIA (30 mins) 2. Omega-3 Research, Dr Michael Macartney, University of Wollongong (20 mins) Q & A (10 mins)
4.20pm – 4.40pm	Abstract Presentations x 3 (20 mins)
4.40pm-4.45pm	Day 1 Closing Session

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

... to the Field

7.00am-7.45am	Morning social walk (optional) Meet outside ACU, 115 Fitzroy Pde, where we will head towards Fitzroy Gardens	
7.45am	Registration opens: Coffee & Connect	
8.00am-8.30am	SDA AGM - F2F & online via Zoom	
8.45am – 9.00am	Welcome to all	
9.00am – 9.40am	REDs/LEA: Through the lens of the practitioner Dr Trent Stellingwerff	
9.40am – 10.20am	Artificial Intelligence 1. Data & Future Trends – Professor Clair Sullivan 2. Integrating AI into Practice – Jessica Francis	
10.20am – 10.40am	Stretch & Snack Break	
10.40am-11.30am	Practitioner Journeys: The Cross-Over Between High Performance & Private Practice 1. Alicia Edge, Compeat Performance (20 mins) 2. Taryn Richardson, Dietitian Approved (20 mins) 3. Q&A with Alicia & Taryn (10 mins)	
11.30am-12.10pm	Advocacy in the Private Practice & High Performance Settings Expert Panel Discussion. 1. Ethan Said 2. Dr Alice McNamara 3. Kellie Hogan 4. Simone Allen	
12.10pm – 1.10pm	Lunch	
1.10pm – 2.30pm (80mins)	Private Practice: Building a Business: 1. Referral Network & Social Media: Converting audience members to clients - Chloe McLeod (20 mins) 2. Combating imposter syndrome – Tanya Cooper (20 mins)	Multi-Disciplinary Practice in the High Performance Environment: <ul style="list-style-type: none"> Case Studies Panel Discussion

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	<div>3. Social media: Sharing credible and engaging nutrition content on social media - Emily Deniss (20 mins)</div> <div>4. Nurturing the Student transition into private practice – Sally Anderson & recent graduate Emilia Ahsan (20 mins)</div>	
2.30pm – 3.00pm	Stretch & Snack Break (20mins)	
3.00pm-4.30pm (90mins)	<div>Sports Nutrition Innovations: What is on the horizon:</div> <div><div><div></div><div>Gut</div></div><div><div></div><div>Personalised Nutrition & the Microbiome</div></div><div><div></div><div>Sustainability</div></div><div><div></div><div>Practitioner-led Research</div></div></div>	<div>Student Careers Summit</div> <div>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.</div> <div><i>The Student Careers Summit can be purchased as a stand alone session free for all students – whether attending the conference or not.</i></div>
4.30pm-5.00pm	Day 2 Closing Session	
	<div>PROFESSIONAL DEVELOPMENT CDP POINTS:</div> <div>One day attendance: 40 points</div> <div>Two day attendance: 80 points</div>	

PRE CONFERENCE (Saturday 15th November, afternoon)

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