

PROGRAM – 2025 SDA CONFERENCE: CULTIVATING PERFORMANCE

DAY 1 OF CONFERENCE (Sunday 16 th November) From the Lab ...	
8.00am-8.30am	Registration: Coffee & Connect
8.30am – 9.05am	Welcome to Country Welcome from the President Welcome from the Conference Committee
9.05am – 9.50am	Helen O'Connor Lecture in Honour
9.50am-10.40am	Keynote: REDs/LEA: What's the latest in the REDs debate? Dr Trent Stellingwerff
10.40am – 10.45am	Healthy Life Sponsor
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 (20mins) 2. The Role of the Microbiome & Mental Health, Professor Matt Cooke, La Trobe University (20min) 3. Body Empowerment in Sporting Environments, Fiona Sutherland (20min)
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. Samantha Hoffman – Female Athlete's Key Considerations (20mins) 2. Dr Alannah McKay (ACU) – The Female Athlete and Iron (20mins) 3. Dr Rhiannon Snipe & PhD student Isobel Cotham (Deakin Uni) – Menstrual Cycles & Management of Symptoms (20mins) Case Studies & Examples: • Sports Doctor: Dr Pip Inge – Postpartum Return to Sport (25mins)
2.45pm – 3.05pm	Abstract Presentations (20 mins) 1. Rachael Thurecht - Fuelling Change: Dietitians' Practices to Support Athlete Agency and Wellbeing in High-Performance Sport (6 mins) 2. Nathan Delang - Nutrition for concussion – practices and perspectives from sports dietitians employed within elite-level Australian collision sports (6 mins) 3. Erin Colebatch - Does diet and bone health predict injury in masters distance runners? (6 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 (40 mins) 2. Omega-3 Research, Dr Michael Macartney, University of Wollongong (20 mins)

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From the Lab ...

4.20pm – 4.45pm	Abstract Presentations (20 mins) 1. Claire Buechel - The Margin of Metabolism: Detecting meaningful change of resting metabolic rate in strength athletes (6 mins) 2. Rachel Scrivin - Faecal bacterial and short-chain fatty acid profiles in response to 48-h FODMAP intervention prior to exertional stress (6 mins) 3. Lilia Convit – Sweating for Gold: Translating female-focused heat mitigation science into practice for the 2028 Summer Olympics (6 mins)
4.45pm-4.50pm	Day 1 Closing Session
5.00pm-7.30pm	SDA Excellence Awards Event Incl. Abstract Awards Cocktail Function Ticket included in Conference registration

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 (20mins) 2. Integrating AI into Practice – Jessica Francis (40mins)
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 (15 mins) 2. Taryn Richardson, Dietitian Approved (15 mins) 3. Alex Stone (10mins) 4. Q&A facilitated by Dom Condo with Alicia, Taryn and Alex (10mins)
11.30am-12.10pm	Advocacy in the Private Practice & High Performance Settings Expert Panel Discussion facilitated by Dom Condo. 1. Ethan Said 2. Dr Alice McNamara 3. Kylie Andrew 4. Simone Allen

DAY 2 OF CONFERENCE (Monday 17th November)

... to the Field

12.10pm – 12.15pm	Rokeby Sponsor	
12.15pm – 1.10pm	Lunch	
1.10pm – 2.30pm (80mins)	Private Practice: Building a Business: - Referral Network & Social Media: Converting audience members to clients - Chloe McLeod (20 mins) - Combating imposter syndrome – Tanya Cooper (20 mins) - Social media: Sharing credible and engaging nutrition content on social media - Emily Deniss (20 mins) - Nurturing the Student transition into private practice – Sally Anderson & recent graduate Emilia Ahsan (20 mins)	Multi-Disciplinary Practice in the High Performance Environment: - VIS Athletics HP team case study - Jess Rothwell and team (30 mins) - Food service case study – Joanne Mirtschin (30min) - Panel discussion (20mins) Facilitator – Alan McCubbin
2.30pm – 3.00pm	Stretch & Snack Break (20mins)	
3.00pm- 4.30pm (90mins)	Sports Nutrition Innovations: What is on the horizon: - Fuel In – Alan McCubbin (15 mins) - Metabolomics – Dr Andrew Govus (15 mins) - Gut Research – Rachel Scrivin (10 min) - Oral abstract: Nutritional Management of Acute Injuries in a MDT Sports Clinic – Cate Pedersen (10 mins) - Oral abstract: Can convenience compete? Veggie Meter – Caitlin Brims (10 mins) - Oral abstract: Evaluating continuous glucose monitoring (CGM) derived glucose variability in athletes clinically diagnosed with Relative Energy Deficiency in Sport (REDs) – Penelope Matkin-Hussey (10 mins) - Q&A (10 mins)	Student Careers Summit - Early Career – Bryce Anderson - Private Practice – Simone Allen - High Performance – Siobhan Crawshay - Social Media – Jaymeila Webb - Food Industry – Claire Saundry - Research – Ben Desbrow - Food Service – Joanne Mirtschin
4.30pm- 5.00pm	Day 2 Closing Session	
	PROFESSIONAL DEVELOPMENT CDP POINTS: One day attendance: 40 points Two day attendance: 80 points	

PRE CONFERENCE (Saturday 15 th 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