



DAY 1: CONTEMPORARY ISSUES AND PRACTICE

Cultural competency: considerations and insights when working with athletes



Angela Burt

Director – Indigenous Leadership at Richmond Football Club

A proud Palawa woman, from Cape Barren Island, Angela has forged a career in Aboriginal and Torres Strait Islander education, and leadership. She has held various roles, including Manager of Indigenous Strategy at Swinburne University, Lecturer of Indigenous Education, and Indigenous Development Manager at Hawthorn Football Club. Currently the Director of Indigenous Leadership at the Richmond Football Club, Angela works across the Club implementing best-practice principles for working with Indigenous athletes within the sporting industry.

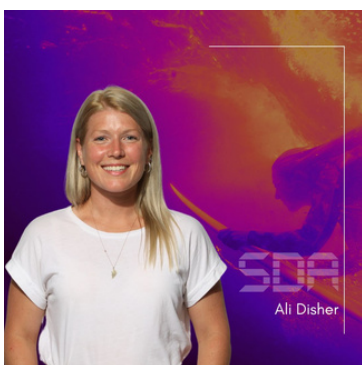
Physique management in high performance sport



Associate Professor Gary Slater,

SDA Fellow

Gary is a SDA Fellow who has been working in elite sport since 1996. Gary currently splits his time between his role as National Performance Nutrition Network Lead at the Australian Institute of Sport and coordinating a Master's Degree in Sports Nutrition at the University of the Sunshine Coast. He has consulted to a number of professional teams and wide array of individual elite & recreational athletes in supporting their sporting ambitions. Gary's professional interests relate primarily to enhancing sports performance. Gary is particularly passionate about factors influencing muscle protein metabolism and muscle hypertrophy/atrophy, nutritional ergogenic aids, nutrient timing, enhancing the assessment of physique and metabolic adaptations, plus the influence of body composition on sports performance. His publications include over 100 manuscripts in peer reviewed journals and book chapters. Gary supported the Australian Olympic team during the 2020 Tokyo Olympic Games and has recently been announced as the Australian team Nutrition Lead for Paris 2024



Ali Disher

Advanced Sports Dietitians

Ali is an Advanced Sports Dietitian and Exercise Physiologist, with a Master of Philosophy in sports nutrition and hydration. Ali is Swimming Australia's Performance Nutrition Lead and she also consults to the Queensland Academy of Sport, Queensland Rugby League, as well as having previously worked at the Australian Institute of Sport. Ali is Chair of the Education arm of Sports Dietitians Australia, and recently finished ten years lecturing and supervising practicum placements for QUT's School of Exercise and Nutrition Sciences.

Tool of the trade – practical assessment of energy availability, diet quality, nutrition knowledge and food choice in athletes.



Kerry Leech
SDA Fellow

Kerry has a long involvement in working with High Performance Sport. She is currently the Sports Nutrition Manager for Netball Australia, a role that includes working with the Diamonds as Performance Sports Dietitian and managing the Sports Nutrition Pathway Program. In the last two years she has added the role of Team Manager for the Diamonds, allowing Kerry to travel with the team to major events and take Performance Nutrition support to the side of the court. Kerry is also part of the Sports Nutrition team at the Queensland Academy of Sport (QAS), working with the QAS/Golf Australia squad and has recently taken a role as National Lead Sports Nutrition for Golf Australia.

These roles have led to a keen interest in the ability to work efficiently with groups of athletes to ensure that we can identify both health and performance nutrition requirements and document their development over time. Kerry has recently been working with the QAS on the development of a Female Athlete Performance Health evaluation tool (FEATHA) which has also incorporated aspects of validated nutrition screening tools.



Professor Fiona Pelly
SDA Fellow

Fiona is the Discipline Leader in Nutrition and Dietetics at The University of the Sunshine Coast, Queensland, Australia and is the President of PINES (Professionals in Nutrition for Exercise and Sport). Fiona is internationally recognised for her expertise in food provision at major sporting competition events and has evaluated the menu and food provision for the Olympic Games and other competition events for over 20 years. She has worked closely with international catering companies to provide a nutrition service to athletes attending major events. Fiona is interested in the influence of the food environment on eating behaviours and food choices in athletes and other populations.



Dr Rachael Thurecht
Accredited Sports Dietitian

Rachael is a Lecturer in Nutrition and Dietetics at The University of the Sunshine Coast. Rachael's PhD research centred on the development and validation of an Athlete Food Choice Questionnaire in a sporting and culturally diverse group of high-performance athletes. The PhD research sought to translate knowledge on the multifactorial construct of food choice into a questionnaire for practitioners, researchers and individual athletes to examine the relative influence of various factors on food choice. Rachael collected data at the 2017 Universiade (Taipei, Taiwan) and 2018 Commonwealth Games (Gold Coast, Australia) where she was also part of the Nutrition Service team.

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Dr Ryan Tam

Accredited Sports Dietitian

Ryan is currently a teaching academic in the discipline of Nutrition and Dietetics at Australian Catholic University across the Blacktown and North Sydney campuses in New South Wales. Ryan completed his PhD at the University of Sydney where his research focused on the development of a nutrition knowledge assessment tool for athletes known as the PEAKS-NQ. His research interests are in questionnaire development and understanding how nutrition knowledge may influence dietary behaviours in athletes.



Dr Louise Capling

Accredited Sports Dietitian

Louise has more than 25 years' of experience in a diverse range of nutrition settings including high performance sport, food industry and academia. Louise recently completed her PhD at the University of Sydney where her research involved the development and validation of the Athlete Diet Index (ADI), an electronic dietary assessment tool for athletes. The ADI has since been incorporated into the Australian Institute of Sport's Athlete Management System (AMS) to help create efficiencies for the national network of sports dietitians working at state-based institutes across the country.



Dr Bronwen Lundy

Advanced Sports Dietitian

Bronwen has worked at Rowing Australia for the last 11 years as the Nutrition Lead. She recently completed a PhD investigating nutrition risk factors for rib stress injury in elite rowers and has a strong interest in both energy availability and bone health in athletic populations. Her employment history includes the Australian Institute of Sport, the English Institute of Sport, the Waratahs and South Sydney Rabbitohs as well as providing nutrition support at the Rio and Tokyo Olympic Games.

DAY 2: TECHNOLOGY & CHANGE

Space food system challenges and integrative solutions for long duration exploration missions



Dr Grace Douglas

Lead Scientist Space Food

Systems Laboratory, Advanced Food Technology, NASA Johnson Space Center

Dr Grace Douglas serves as the lead scientist for NASA's Advanced Food Technology research effort, which focuses on determining methods, technologies, and requirements for developing a safe, nutritious, and palatable food system that will promote astronaut health during long-duration space missions. Her responsibilities include assessing the risk of an inadequate food system to crew based on vehicle design and mission concept and developing the research path that will ensure the food system meets crew health requirements on spaceflight vehicles. She holds degrees in food science from Penn State and North Carolina State University, and a Ph.D. in Functional Genomics from North Carolina State University

Mental performance in athletes - future challenges for the evolution of gaming



Dr Walter Staiano

Academic Affiliations as Research Associate: Department of Sport and Exercise Science, University of Valencia, Spain/Department of Psychology, University of Odense (SDU), Denmark.

Dr. Staiano is a high-performance consultant and researcher working on integrated solutions for performance using a holistic neuro-psycho-socio-physiological approach. With a BSc in sport science, an MSc in rehabilitation, and a Ph.D. in the neuroscience of effort and fatigue, Dr. Staiano has spent 20 years in sport science and the elite athletes' world providing an unboxed and highly adaptive perspective to sport performance needs. Dr. Staiano has supported several coaches, military personnel, and elite/Olympic athletes in various countries. As an academic, he has worked in many research labs around the globe. Dr. Staiano's research and application in the last few years have been highly ranked for their innovative elements and multidisciplinary approach as well as for their strong impact on elite sports performance. His passion for integrating evidence-based and experience-based domains in a multidisciplinary approach has been a successful formula. He is globally considered a pioneer and one of the first experts in neuro-performance applied to sport.

Wearable devices - why, when and how?



Professor Shona Halson

Professor Shona Halson is the Deputy Director of the Sports Performance, Recovery, Injury and New Technologies (SPRINT) Research Centre at Australian Catholic University's School of Behavioural and Health Sciences. Prior to this she was the Head Recovery Physiologist at the Australian Institute of Sport for over 15 years and has led the Recovery team at three Olympic campaigns with the Australian Olympic Committee. Her research focuses on sleep, recovery and fatigue and she has published over 170 peer-reviewed articles and multiple book chapters. Shona provides consultancy services to the Australian Open Tennis Tournament and Nike as well as a number of national and international professional sporting teams.

The future of sports nutrition



Professor Louise Burke OAM

SDA Life Member

Louise is a SDA Life Member with 40 years of experience in the education and counselling of elite athletes. She worked at the Australian Institute of Sport for 30 years, first as Head of Sports Nutrition and then as Chief of Nutrition Strategy. She was the dietitian for the Australian Olympic Teams for the 1996-2012 Summer Olympic Games. Her publications include over 350 papers in peer-reviewed journals and book chapters, and the authorship or editorship of several textbooks on sports nutrition. She is an editor of the International Journal of Sport Nutrition and Exercise Metabolism. Louise was a founding member of the Executive of Sports Dietitians Australia and is a Director of the IOC Diploma in Sports Nutrition. She was awarded a Medal of the Order of Australia in 2009 for her contribution to sports nutrition. Louise was appointed as Chair in Sports Nutrition in the Mary MacKillop Institute of Health Research at Australian Catholic University in Melbourne in 2014 and took up this position in a full-time capacity in 2020.