

# SDA WORKSHOP: COMPETITION DAY PERFORMANCE STRATEGIES

Monday 18 November 2024 | Australian Catholic University, Melbourne

Time	Topic	Room 1	Room 2
8.30am - 9.15am	<b>Basketball Breakfast</b> (Hoop-Shooting Comp & Breakfast on the Rooftop Basketball Court, Greg Craven Centre, Australian Catholic University) <b>8:45am - 9:15am:</b> Group 1 Tour of Human Metabolic Chamber		
9.25am	<b>Welcome</b>		
9.30am	<b>Morning Session</b>	<u><b>Room 1: Endurance</b></u> With <b>Jeni Pearce</b> , Accredited Sports Dietitian, Performance Nutrition, HPSNZ; and <b>Prof David Rowlands</b> , Professor of Nutrition, Metabolism & Exercise  Energy provision during competition – a professional practice perspective. Drawing on her extensive experience across both NZ & UK high performance sport, Jeni will explore changes in competition nutrition over that time, particularly in relation to the female athlete.  <b>Prof David Rowlands</b> will look at current trends in the endurance space and contextualise these against the current research.	<u><b>Room 2: Cross Fit</b></u> With <b>Harriet Walker</b> , Accredited Sports Dietitian  Explore what is different for the cross-fit athlete compared to other athletes and gain insights into a typical training week. Develop an in-depth understanding of the requirements of the cross-fit athlete's pre event, during event and post-event nutrition.
10.45am - 11.15am	<b>Morning Tea</b> <b>10:50am:</b> Group 2 Tour of Human Metabolic Chamber		
11.15am - 12.30pm	<b>Morning session continued</b>	<u><b>Room 1: Endurance</b></u>	<u><b>Room 2: Cross Fit</b></u>
12.30pm - 1.30pm	<b>Lunch</b> <b>12:35pm:</b> Group 3 Tour of Human Metabolic Chamber <b>1:00pm:</b> Group 4 Tour of Human Metabolic Chamber		

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Time	Topic	Room 1	Room 2
1.30pm - 2.45pm	<b>Afternoon Session</b>	<p><b>Room 1: Weight Making</b></p> <p>With <b>Bronwen Lundy</b>, SDA Fellow &amp; <b>Siobhan Crawshay</b>, Advanced Sports Dietitian</p> <p>This session includes an in-depth look at both the health &amp; safety and performance considerations for weight-making to enable the safe servicing of weight-making athletes and identifying when and how to seek professional peer support and guidance.</p>	<p><b>Room 2: Ultra Endurance</b></p> <p>With <b>Erin Colebatch</b>, Accredited Sports Dietitian; <b>Danielle Hibberd</b>, Accredited Sports Dietitian; <b>Katherine Shone</b>, Advanced Sports Dietitian; and <b>Jo McElhinney</b>, Sports Dietitian.</p> <p>Drawing on four unique case studies, learn about the nutrition preparation and event logistics required to support an ultra endurance athlete, as well as useful tools to draw on.</p> <p>You will gain these insights through the case studies of a male Ultraman competitor juggling a physical job and a young family; an ultra endurance runner post-gastric bypass surgery; a multi-day event master and vegetarian female athlete with pre event food poisoning; and a multi-day cycling event over undulating topography.</p>
2.45pm - 3.15pm	<b>Afternoon Tea</b>		
3.15pm - 4.30pm	<b>Afternoon session continued</b>	<b>Room 1: Weight Making</b>	<b>Room 2: Ultra Endurance</b>
4.30pm - 5.30pm	<b>Social Drinks/Networking to finish</b> Onsite at Level 7, Greg Craven Centre, Australian Catholic University		
5.30pm	<b>Finish</b>		

Provisional Development Points: 40 points

## MEET THE PRESENTERS

### ENDURANCE



#### **Jeni Pearce** **Accredited Sports Dietitian, Performance Nutrition, HPSNZ**

Recognised internationally as an experienced Senior Scientific and Applied Practitioner and Manager with a demonstrated history of working in the sports, food, nutrition and health industries. Strong professional skills in Sports Nutrition, Nutrition Education, Business and Risk Management and working in international Government funded and National Sports Organisations, Olympic, Paralympic and elite professional team sports and events. Jeni has supported a diverse range of sporting codes throughout her career and established the HPSNZ Supplement Programme and Food commercial partnerships. A professional supervisor and mentor for nutrition and dietetics.

Experience at Board level in roles of Chairperson, Executive Officer, Vice President and President for not-for-profit organisations in New Zealand and internationally, currently sports governance roles include Board Director for NZ Rugby League and Condors 7's Rugby Football. Awarded MNZM for service to sports nutrition. Well published Author (12 titles), university lecturer, experience as radio co host and public speaker.



**PROF DAVID ROWLANDS**

#### **Professor David Rowlands** **Professor of Nutrition, Metabolism & Exercise, Massey University**

David's research area is the study of nutrition and nutrients on cellular and whole-body metabolism in health, disease, and in response to exercise. In addition to this role as Professor in the School of Sport, Exercise, and Nutrition, David is an associate investigator at the Riddet Institute, currently working on protein nutrition and health. He has collaborated several leading nutrition, metabolic, and exercise laboratories and institutes across the globe. Recent work has focused on the impact of a novel dietary protein high in cysteine on skeletal-muscle insulin resistance and glucose disposal mechanisms in type-2 diabetes in middle and older-aged men and women and further potentially interesting carbohydrate blends for sports performance and new forms of creatine for muscle and cognitive function. He is also currently involved in projects associated with the NZ Government Healthy Active Learning and clinical nutrition applications involving chyme reinfusion therapy.

### CROSS FIT



#### **Harriet Walker** **Accredited Sports Dietitian**

Harriet Walker is an Accredited Sports Dietitian with nearly 10 years' experience working across multiple facets of sport nutrition and business. Harriet is owner of Athletic Eating, an established name in the online nutrition practice space and more recently the owner of 98 Gym Canberra, a strength and conditioning facility delivering industry leading group training. Harriet's personalised and hands on approach has seen her work with some of Australia's most reputable brands as a consultant including Body Science. Harriet is well known within the industry for engaging and educational sessions and loves sharing her knowledge as a mentor and advocate for the sports dietetics profession.

## MEET THE PRESENTERS

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### MAKING WEIGHT



**Dr Bronwen Lundy**  
**SDA Fellow**

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.



**Siobhan Crawshay**  
**Advanced Sports Dietitian**

Siobhan is experienced across a range of sports. In the early stages of her career, she was fortunate to undertake a two-year fellowship at the Australian Institute of Sport, where she gained invaluable experiences in an elite sporting environment but more importantly, learnt from an exceptional team of dietitians. Since then, Siobhan has been the Lead Dietitian for both Paralympics Australia and the Olympic Winter Institute of Australia, where she services a number of athletes across both roles. She was the dietitian for the Australian Winter Olympic Team in Sochi 2014, PyeongChang 2018 and Beijing 2022, as well as for the Australian Paralympic Team in London 2012, Rio 2016 and in Tokyo 2020.

Siobhan enjoys the challenges that come from being in a Games environment – all of which are unique in their own ways. Siobhan is about to re-join the Victorian Institute of Sport, where she will be servicing a range of athletes. Outside of her work, Siobhan enjoys spending time with her family – David and their three young children.

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### ULTRA ENDURANCE



**Erin Colebatch**  
**Accredited Sports Dietitian**

16 years of experience across clinical dietetics, private practice, education and research. Erin holds a Bachelor of Science (2003) and a Bachelor of Nutrition and Dietetics (2008). In 2018, completed the Sports Dietitians Australia Sports Nutrition Course, combining her passion for running and nutrition.

Currently, pursuing a Masters by Research to explore how diet and health behaviours impact running-related injuries in masters-aged recreational distance runners. Her research aims to identify strategies that minimise injury risks and help athletes remain active longer.

## MEET THE PRESENTERS

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### **Danielle Hibberd** **Accredited Sports Dietitian**

Danni is a sports dietitian of almost six years, who has a passion for helping others develop a balanced approach to eating and fueling their bodies to feel & perform at their best (both during exercise/competition and day-to-day life).

She believes clients are the true experts and meaningful progress & success only comes when dietitians work alongside their clients - helping them find or create their own individual answers/solutions/plans.



### **Katherine Shone** **Advanced Sports Dietitian**

Advanced Sports Dietitian and credentialed Eating Disorder Dietitian with over 15 years of experience helping active people and athletes eat for health and peak performance. Her passion for sports nutrition stems from personal involvement in endurance events including Ironman, marathon and ultra-marathon races. Her professional areas of interest include endurance sports and the performing arts, plus assisting athletes recover from REDs and Eating Disorders.

In the past, Katherine worked at Olympic Park Sports Medicine Centre where she worked with a range of elite and recreational athletes from a wide range of sports. She has been an invited speaker at two SMA conferences and the 2018 ANZAED Eating Disorder conference. She has delivered presentations to a host of local and elite sporting teams plus lectured on the topic of Sports Nutrition at Deakin University, The University of Melbourne and the National Institute of Circus Arts at Swinburn University. She has also been involved in writing the nutrition unit for the Melbourne University Masters of Sports Medicine program.



### **Jo McElhinney** **Sports Dietitian**

After studying Biomedical Sciences as a first degree, Jo decided to study Nutrition & Dietetics. She has 18 years experience as an APD, with the past 3 years as a Sports Dietitian. Her experience as a Sports Dietitian has predominantly been at Maribyrnong Sports Academy (attached to Maribyrnong Secondary College) which is the only publicly funded Sports Academy for 12-18yo in Victoria. The Sports Academy encompasses at least 16 sports incorporating team and individual sports, weight-making sports and some associate sports such as golf for which technical trainings are held offsite.

During her career she has worked across Community Health Services for 10 years, as an Eating Disorder Coordinator at a Mental Health Service, a Cardiac Coach in two tertiary hospitals and overseas as a Nutritionist for UNHCR and International Committee of the Red Cross/Australian Red Cross, prior to settling on Sports Dietetics. She also completed a Masters of Public Health at Monash University and working for the Victorian Department of Health as a 'Contact tracer' (Public Health officer) during the COVID pandemic.