



SPORT
IRELAND
INSTITUTE



HPX PERFORMANCE NUTRITION 2021

Breaking Down and Building Back Up: Bone Health, Injury and Recovery in Athletes

20th October 2021

Hosted by Sport Ireland Institute in association with The National Dairy Council

THE DAY AIMS TO IMPROVE KNOWLEDGE ON:

- Practical recovery strategies for athletes, with a particular emphasis on sleep and travel
- Nutrition to support bone health and recovery from injury
- Barriers that athletes may face in applying these strategies

The day is aimed at support professionals working within sport; practicing dietitians, Sports Nutritionists, Physiologists, Physiotherapists, S&C Coaches, Coaches, managers, athletes and performance directors, academics and students with an interest in sports nutrition.

COST:

Online ticket with recording €10

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SCHEDULE

Session 1 10:00am-12:30pm – Recovery Focus

Prof Shona Halson

"Optimising recovery amongst athletes – where do we get bang for our buck?"

Toni Rossiter

"Beating Jet Lag on the Road to Tokyo"

Ronan Doherty

"Sleep, nutrition, and athlete recovery"

Panel discussion – Reflections on Tokyo athletes' experiences

Session 2 1:30pm-4pm – Bone Health & Injury Nutrition

Dr Eimear Dolan

"Protecting athlete bone health – nutrition and training strategies to prevent bone stress injuries"

Prof Keith Baar

"Loading and nutrition to support muscle and tendon recovery following injury"

Dr Danielle Logue

"Practical considerations for athletes, coaches and sports nutritionists to help with adequate fuelling"

Panel discussion

SPEAKERS



Professor Shona Halson

Professor Shona Halson is from Australia's Catholic University (ACU's) School of Behavioural and Health Sciences and prior to this was the Head Recovery Physiologist at the Australian Institute of Sport for over 15 years and has been a part of three Olympic campaigns with the Australian Olympic Committee. Her research focuses on sleep, recovery and fatigue and she has published over 140 peer-reviewed articles and multiple book chapters. Shona is an Associate Editor for the International Journal of Sports Physiology and Performance and also provides consultancy services to the Australian Open Tennis Tournament and Nike as part of both the Nike Performance Council and Nike Sports Research Advisory Group. Shona also consults to a number of national and international professional sporting teams.



Professor Keith Baar

Dr Keith Baar received his Bachelor's in Kinesiology from the University of Michigan where he also served as an Assistant Strength and Conditioning Coach with the University of Michigan Football team. He then received a master's from the University of California, Berkeley while teaching strength and conditioning and his Ph.D. from the University of Illinois where he discovered the molecular signal that causes load-induced muscle hypertrophy. He did his postdoctoral studies on the molecular mechanism underlying the muscular adaptation to endurance exercise at Washington University in St. Louis. Keith is currently the head of the Functional Molecular Biology Laboratory (FMBLab) at the University of California Davis.

Over the last 15 years, Keith has worked with elite athletes, as the scientific advisor to Chelsea Football Club, USA Track and Field, Paris Saint-Germain Football Club, British Cycling, The English Institute of Sport, Leicester Tigers Rugby, and the Dallas Mavericks, to maximize performance while minimizing injury. His research is focused on determining the molecular mechanisms underlying the physiological and functional adaptations of musculoskeletal tissues to nutrition and exercise. The result of this research is almost 150 peer-reviewed articles in journals from the Journal of Applied Physiology to Nature.



Dr Eimear Dolan

Eimear completed her undergraduate and postgraduate studies in sport and exercise science in Dublin City University, Ireland. She then worked as a Sports Nutrition lecturer in the Robert Gordon University, Scotland, before moving to Brazil to join the Applied Physiology and Nutrition Research Group of the University of São Paulo. Currently she leads a research program, funded by the Sao Paulo Research Foundation (FAPESP), that investigates how exercise and nutrition may influence bone health in athletic and clinical populations. Her primary research interests include the influence of low energy availability on health and performance, the bone response to nutrition and exercise, pH regulation and high-intensity exercise performance, and female physiology. She is also an executive committee member, and the outreach committee chair for the Society of Transparency, Openness and Replication in Kinesiology (STORK).

SPEAKERS CONTD.



Dr Danielle Logue

Danielle completed her undergraduate studies in Human Nutrition in the University of Ulster, Coleraine. She completed her PhD in 2020 entitled relative energy deficiency in sport and it's relationship with injury, illness, health and performance. Danielle currently works as a performance nutritionist in Sport Ireland. She has worked with athletes in sports such as hockey, athletics, gymnastics, rowing and cycling and specialises primarily in the detection and prevention of RED-s.



Toni Rossiter

Toni Rossiter is a Performance Physiologist at the Sport Ireland Institute. Toni is a graduate of the University of Limerick where she completed her undergraduate degree in Sport and Exercise Science before graduating from UL with a MSc by research in 2005. She is currently completing her PhD entitled "Development and Evaluation of a Travel, Acclimatisation and Recovery Strategy for Irish Athletes Competing at Tokyo 2020 Summer Olympic Games".

Since 2006 she has developed and implemented physiological testing and monitoring for a wide range of high-performance sports, delivering this support in a variety of locations such as, in the lab, in the field, at training camps and major championships. This summer she was Holding Camp Physiologist in Fukuroi, where Irish athletes finalised their preparations for the Olympic Games. She led the development of travel strategies implemented by Irish athletes and staff travelling to Tokyo to compete in the Olympic and Paralympic Games.



Rónán Doherty

Rónán lectures at Letterkenny Institute of Technology and is also a member of the Sport Ireland Institute, Performance Nutrition team. He currently works predominantly with Irish Sailing having previously worked across a range of national teams including Hockey, Rowing, Boxing, and Paralympics sports. Rónán was the Performance Nutritionist to Irish Olympic medalists Annalise Murphy (Sailing) and Gary and Paul O'Donovan (Rowing) for the Rio Olympic games 2016, and the Irish sailing team for the Tokyo Olympic games 2021. He was also the lead Performance Nutritionist for Donegal GAA from 2015-2019. Rónán will present research completed prior to the Tokyo Olympic games focusing on nutrition, sleep, and athlete recovery.
