

MILK IT™ FOR ALL IT'S WORTH

PERFORMANCE NUTRITION SEMINAR

Wednesday
7th October 2015
W5, At the Odyssey Arena, Belfast

PROGRAMME

BIOGRAPHIES &
BOOKING INFO. >>

4.45pm Arrival and refreshments

5.30pm Seminar

CHAIR:

Dr Sharon Madigan

Performance Nutritionist, Irish Institute of Sport

SPEAKERS:

PRACTICAL SPORTS NUTRITION INSIGHTS –
THE PERFORMANCE NUTRITIONIST'S PERSPECTIVE

Mhairi Keil

Performance Nutritionist, English Institute of Sport,
Lead Nutritionist, British Gymnastics

PRACTICAL SPORTS NUTRITION INSIGHTS –
AN ATHLETE'S PERSPECTIVE

Beth Tweddle MBE

Britain's Greatest Ever Gymnast

POST-EXERCISE REHYDRATION –
EMERGING ROLE OF MILK

Dr Lewis James

Lecturer in Nutrition, Loughborough University

7.30pm Close



Dr Sharon Madigan

Sharon is Head of Performance Nutrition at the Irish Institute of Sport and is responsible for delivery and coordination of nutrition service for elite Irish athletes across a range of sports, including the High Performance Boxing Team since 2003. She was the Olympic Council for Ireland Nutritionist for Team Ireland at the 2012 Games.

Sharon has previously worked with Ulster Rugby and a number of County and Club GAA teams. She is also a part time lecturer in Sports Nutrition at Dublin City University, and works part time as a community respiratory dietitian.

Beth Tweddle MBE

Beth Tweddle is a former British artistic gymnast and is the most successful British Gymnast, male or female, in the history of the sport. Her impressive achievements include being an Olympic Bronze Medallist, a triple World Champion, a six-time European Champion, a Commonwealth Champion and seven-times consecutive National Champion.

Beth, a three time Olympian, is almost as successful outside the gym as she is in it. In 2007, Beth found time to graduate from Liverpool John Moores University in Sports Science and subsequently was accepted to study Physiotherapy at the University of Liverpool.

When Beth retired from competitive participation in Gymnastics, she became a Director and Ambassador of Total Gymnastics. Beth and fellow Olympian, Steve Parry, set up the company to provide the opportunity for as many children as possible to take up gymnastics, within schools, leisure centres and gymnastics clubs in order to help develop the sport.

Mhairi Keil

BSc (Hons), MSc, PG Dip Sp Nut, M.Phil, R.Nutr, SENr
Mhairi has been supporting a variety of Olympic, Paralympic, and professional sports teams and individuals since 2006, through a combination of consultancy-based work and her employment with the English Institute of Sport.

Mhairi is currently the lead nutritionist for British Gymnastics, whereby she has supported the men's and women's artistic gymnasts throughout their highly successful London 2012 Olympic Games. Mhairi also leads the nutrition support to Worcester Warriors Rugby Club and the English National Ballet School and Company. In addition, Mhairi runs a nutrition clinic for a broad spectrum of individuals from young developing athletes through to highly-motivated professionals, to support their training for specific sporting achievements.

Dr Lewis James

Dr Lewis James completed a BSc in Food Science at the University of Reading, before moving to Loughborough University to complete an MSc in Sport and Exercise Nutrition and a PhD investigating the effects of energy restriction on fluid and electrolyte balance (2012). After spending some time lecturing at Nottingham Trent University, he now holds the position of Lecturer in Nutrition within the School of Sport, Exercise and Health Sciences at Loughborough University.

Lewis' current research focuses on the effect of alterations in fluid and energy balance on human performance, appetite regulation and energy balance. He is also a keen sportsman and enjoys martial arts, rugby and cycling.

BOOKING

There is no charge for this event. Places will be allocated on a first come, first served basis and bookings should be made no later than Friday 2nd October 2015.

To reserve your place, please fill out our online booking form at www.dairycouncil.co.uk or respond with your details to sportsnutrition@dairycouncil.co.uk

For further information please contact: Stephanie Ingram, Dairy Council for Northern Ireland on 028 90770 113 ex223

This seminar is part of the Dairy Council's 'Milk it for all it's worth' programme which is designed to communicate the nutritional benefits of milk for sport and healthy active lifestyle to young people. For more information please visit the Dairy Council website www.dairycouncil.co.uk/milk-sport and 'Milk It' Facebook page www.facebook.com/MilkItNI

