

# MILK IT FOR ALL IT'S WORTH™

## PERFORMANCE NUTRITION SEMINAR



WEDNESDAY  
11<sup>TH</sup> November  
2020  
11.15am - 12.30pm  
ONLINE

## PROGRAMME

11.15am Seminar live

DCNI WELCOME AND INTRODUCTION

**Dr Carole Lowis**

Nutritionist, Dairy Council for Northern Ireland

CHAIRPERSON'S INTRODUCTION

**Dr Sharon Madigan**

Head of Performance Nutrition, Sport Ireland Institute

REVIEW OF THE ROLE OF  
MILK AND DAIRY PRODUCTS  
IN SPORT AND EXERCISE NUTRITION

**Professor Louise Burke**

Chair of Sports Nutrition, Mary MacKillop Institute for  
Health Research, Australian Catholic University

Live Q&A

12.30pm Close

## BIOGRAPHIES

**Professor Louise Burke** OAM PhD APD

Louise is a sports dietitian with nearly 40 years of experience in the education and counselling of elite athletes. She worked at the Australian Institute of Sport for thirty years, first as Head of Sports Nutrition and then as Chief of Nutrition Strategy. Louise was the team dietitian for the Australian Olympic Teams for the 1996-2012 Summer Olympic Games.

Her publications include over 300 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.

**Dr Sharon Madigan** PhD RD RSEN FFSEM (Hon)

Sharon is Head of Performance Nutrition at the Sport Ireland Institute, and is responsible for delivery and coordination of nutrition services for elite Irish athletes across a range of sports, including for the Irish Boxing Team since 2003. A strong focus of her position is engagement in high performance research. She has delivered nutrition support to athletes over four Olympic cycles and other major championships such as European, World and EU championships.

Sharon has a PhD in Nutrition Education and has previously worked with Ulster Rugby (2008-11) and delivered services at the Sports Institute Northern Ireland (2002-09). She has also significant experience as a clinical dietitian within the Belfast Trust. Sharon was awarded an Hon Fellowship of the Faculty of Sport and Exercise Medicine, RSCI in 2016

## BOOKING

To register for the seminar, please fill out our online booking form by 9th November at: [www.dairycouncil.co.uk](http://www.dairycouncil.co.uk) or respond with your details to: [nutrition@dairycouncil.co.uk](mailto:nutrition@dairycouncil.co.uk)

Once registered, we will be in touch with further details of how to view the seminar including the URL link for the livestream.

For further information please contact:

Dr Carole Lowis on  
01751 430 158 or  
Dairy Council for Northern Ireland  
on 028 9077 0113 ex 221

MILK IT programme

This seminar is part of the Dairy Council's 'Milk it for all it's worth' campaign which is designed to communicate the nutritional benefits of milk for sport and a healthy active lifestyle to young people. For more information please visit the Dairy Council website [www.dairycouncil.co.uk/milk-sport](http://www.dairycouncil.co.uk/milk-sport)



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