

Thursday 18th October 2012

Ramada Hotel, Shaw's Bridge, Belfast

MILK IT FOR ALL IT'S WORTH™

PERFORMANCE NUTRITION SEMINAR

PROGRAMME

BIOGRAPHIES &
BOOKING INFO. >>

4.30pm Arrival and tea & coffee

5.00pm Seminar

CHAIR:

Professor Marie Murphy
Head of Ulster Sports Academy, University of Ulster.

SPEAKERS:

DOES PROTEIN IMPROVE ADAPTATIONS TO TRAINING
- A ROLE FOR MILK?

Dr Naomi Cermak

Post Doctoral Fellow, Maastricht University, Netherlands

PRACTICAL NUTRITION INSIGHTS FROM
THE 2012 OLYMPICS AND PARALYMPICS:

Alex Popple

Performance Nutritionist, British Swimming

Dr Sharon Madigan

Olympic Council of Ireland Nutritionist, Team Ireland

6.30pm Close and refreshments

DR NAOMI CERMAK

Naomi is a post-doctoral research fellow at Maastricht University in the Department of Movement Sciences with Prof Luc van Loon. She has a keen interest in sports nutrition, specifically protein ingestion and endurance exercise, as well as examining the clinical applications of sports nutrition.

Naomi is also an avid long-distance triathlete having qualified for the 70.3 Ironman World Championships (2010 and 2011).

ALEX POPPLE

Alex is Lead Performance Nutritionist for British Swimming at the English Institute of Sport. He has been working with the sport since 2007 including with Team GB Swimmers at this year's Olympics.

Alex has also worked with athletes from a wide variety of sports including football, hockey, canoe-slalom, speed skating and triathlon.

DR SHARON MADIGAN

Sharon is the performance nutritionist at the Irish Institute of Sport and is responsible for delivery and coordination of nutrition services for elite Irish athletes across a range of sports, including the High Performance Boxing Team since 2003. She was the Olympic Council of 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 a community dietitian.

BOOKING

There is no charge for this event. To reserve your place, please respond with your details by 15th October 2012 to info@dairycouncil.co.uk or fill out our online booking form at www.dairycouncil.co.uk

For further information or queries please contact:
Dr Carole Lewis on 01751 430 158
or the Dairy Council for Northern Ireland on 028 9077 0113 ex 221

This seminar is part 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 'Milk It' website www.milkitforallitsworth.co.uk or Facebook page www.facebook.com/MilkItNI



This campaign is
financed with aid
from the European
Union