



Nutrition & Peak Performance Conference

Croke Park Stadium,
Saturday, 27th January 2007

GOOD NUTRITION HELPS TO MAXIMISE SPORTS PERFORMANCE
GOOD NUTRITION HELPS TO MAXIMISE THE BENEFITS OF EXERCISE

NUTRITION & PEAK PERFORMANCE CONFERENCE

Nutrition is an important factor in helping athletes to achieve their full potential. Making the correct choices about the type, quantity and timing of food, in combination with appropriate training and lifestyle, will ensure athletes realise their best. However, there is a wealth of misinformation and confusion which surrounds the topic of sports nutrition. Athletes and coaches are frequently bombarded with contradictory information and elaborate marketing campaigns for the next "fix it all" nutritional supplement. Athletes may spend hundreds of euro each year on sports nutrition products while at the same time paying little or no attention to their everyday diet. It is essential that athletes get the balance right by choosing the right foods in the right quantities, in combination with appropriate use of sports nutrition products.

This is a one day conference which will explore the role of nutrition in enhancing sport performance. Renowned national and international speakers will discuss several topics including:

- The role of nutrition in preparation for exercise
- Hydration in sport
- Nutrition and lifestyle issues in recovery from exercise
- Use and misuse of nutritional supplements in sport

Delegates will be able to choose from a variety of workshops which will enable them to meet their own individual needs.

WHO SHOULD ATTEND?

The conference is aimed at athletes, coaches and trainers who wish to update themselves on the topic of sports nutrition. It will also provide relevant and practical information to sports medicine professionals working with athletes and teams, to parents of young athletes, and to any other individuals involved with managing and mentoring athletes of any age. The provision of practical workshops will enable attendees to choose the topics which are most relevant to them.

BIOGRAPHIES

SHANE O'DONOGHUE - CHAIRPERSON RTE PRESENTER

Shane O'Donoghue has been a presenter with RTE since 1996. Having fronted sports programmes like Saturday Sport on Radio 1 and anchoring 2FM's Breakfast Show Sports slot for the last four years, he has been presenting on television since the Athens Olympics in 2004.

RUTH WOOD-MARTIN PERFORMANCE NUTRITIONIST, IRISH RUGBY FOOTBALL UNION

Ruth Wood-Martin has worked as a Registered Dietitian for over 20 years. Since 1994 she has been accredited in Sports Nutrition and has worked with a wide variety of athletes and sports, promoting the role of nutrition in contributing to optimal performance.

From 2002 to 2005, she provided consultancy sports nutrition services to the Sports Institute Northern Ireland athletes in Rugby, Athletics, Hockey, Swimming and Rowing High Performance programmes. Ruth has recently taken up the position of Performance Nutritionist with the Irish Rugby Football Union.

PROF. RON MAUGHAN SCHOOL OF SPORT & EXERCISE SCIENCES, LOUGHBOROUGH UNIVERSITY

Professor Maughan is a Fellow of the American College of Sports Medicine and a member of many scientific organisations. He is secretary of the Sports Nutrition group established by the IOC Medical Commission in 2002. He also acts as an adviser to UK Athletics, the Irish Sports Council and to various other sporting bodies. Ron has published extensively in the scientific literature, and is an Editor of several international journals.

SHARON MADIGAN ACCREDITED SPORTS DIETITIAN

Sharon Madigan qualified as a Dietitian in 1995 from the University of Ulster. From there she went on to work as a community Dietitian in Belfast. Sharon completed the BDA Accredited Sports Dietetics qualification in 1997-1998. Since then she has worked with a number of sports with athletes, coaches and performance managers from club to international levels.

Since 2002 she has helped deliver nutrition services within the Sports Institute Northern Ireland to athletes from GAA, Rugby, Hockey and

individual sports. She completed her PhD in 2005 in the area of nutrition education. She currently sits on the Sports Science and Medicine group of PACE, the Northern Ireland Sports Council sports science working group and the Olympic Council of Ireland and also delivers a nutrition module to undergraduate students at Dublin City University.

GILES WARRINGTON SPORT AND EXERCISE PHYSIOLOGIST

Giles Warrington is a Sport and Exercise Physiologist and Lecturer in the School of Health and Human Performance at Dublin City University. He is also Sports Physiologist to the Olympic Council of Ireland and was a member of the medical team at the Athens Olympics. Prior to taking up his academic role at DCU, he worked for 12 years at the National Coaching and Training Centre where he was Head of Player/Athlete Services. Giles was previously employed by the British Olympic Association where he worked as an Exercise Physiologist at the British Olympic Medical Centre.

DR. HANS GEYER DEPUTY HEAD OF GERMAN SPORT UNIVERSITY, COLOGNE

Dr. Hans Geyer is Deputy Head of the doping control laboratory in Cologne. He is also Managing Director of the Center for Preventive Doping Research of the German Sport University Cologne. His main research interests are: Anabolic androgenic steroids, steroid profiling, and analysis of nutritional supplements. He was involved in the landmark international study of 624 nutritional supplements purchased in 13 different countries which showed that about 15 percent of non-hormonal nutritional supplements contained prohibited anabolic-androgenic steroids which were not declared on the label.

GREG COX SENIOR SPORTS DIETITIAN, AUSTRALIAN INSTITUTE OF SPORT

Greg has been part of the Australian Institute of Sport Department of Sports Nutrition since 1998, having completed the Australian Institute of Sport Berrivale Sports Nutrition Fellowship in 1995. He has a background in exercise physiology and nutrition, which has served as a perfect foundation to deliver state-of-the-art nutrition programmes to high performance athletes and sporting teams.

Greg currently works with Triathlon, Boxing, Artistic Gymnastics and Women's Water Polo. He is also currently completing his PhD studies investigating nutritional issues for high intensity endurance athletes.

CROKE PARK STADIUM - SATURDAY, 27TH JANUARY 2007

PROGRAMME

09.00 – 10.00	Registration, tea/coffee
10.00 – 10.10	Opening of Conference by John Treacy , Chief Executive of the Irish Sports Council Welcome from Chairperson, Shane O'Donoghue , RTE Sports Presenter
10.10 - 10.35	Nutrition in preparation for exercise and competition Ruth Wood-Martin - Performance Nutritionist, Irish Rugby Football Union
10.35 - 11.15	Hydration issues in sport Prof. Ron Maughan - School of Sport and Exercise Science, Loughborough University, England
11.15 – 11.30	Coffee break
11.30 - 12.30	Recovery from exercise - Nutrition and lifestyle factors Sharon Madigan – Accredited Sports Dietitian Giles Warrington - Sport and Exercise Physiologist
12.30 – 12.45	Questions to panel
12.45 - 1.30	Lunch
1.30 - 2.45	Workshop Session (see below for details)
1.30 - 2.00	Workshop 1 of choice
2.15 - 2.45	Workshop 2 of choice
3.00 - 3.45	Nutritional supplements in sport – Do they work? Greg Cox . Senior Sports Dietitian, Australian Institute of Sport
3.45 - 4.20	Nutritional supplements cross-contaminated and faked with prohormones, “classic” anabolic steroids and “designer steroids” Dr Hans Geyer . German Sport University, Cologne
4.20 – 4.30	Questions to panel
4.30	Closing of Conference by Niamh Furey , President of the Irish Nutrition & Dietetic Institute

WORKSHOP TOPICS

- Nutritional management of a team** **Noreen Roche - Consultant Sports Dietitian**
This workshop will explain how to identify the nutrition needs of a squad, monitoring team performance and managing hydration in team sports.
- Choose the right sports drink - what can the label tell you?** **Jill Sommerville - Accredited Sports Dietitian**
This workshop will describe the different types of sports drinks on the market and teach participants how to determine the amount and type of fluid which is best for them. Techniques for measuring hydration and rapid recovery from dehydration will be covered.
- Making weight in weight category sports** **Sharon Madigan - Accredited Sports Dietitian**
This workshop will look at some of the issues faced by athletes making weight and look at approaches that may help athletes do it safely and without affecting performance.
- Nutrition for the young & adolescent athlete** **Mary McNicholas - Accredited Sports Dietitian**
This workshop is suited to anyone involved in training and mentoring young athletes, and to parents of children and teenagers involved in sport.
- Eating during multi competition/endurance sport** **Richelle Flanagan - Sports Dietitian**
This workshop is suited to athletes and coaches involved in multi event or endurance sports. Issues including pre competition diet, nutrition during competition and refuelling/recovery for subsequent events will be covered.
- Carbohydrate - Are you getting the balance right?** **Greg Cox - Sports Dietitian**
In this workshop participants will learn how they can manipulate carbohydrate intake to reflect daily training loads without causing the negative effects of too much or too little. They will learn about different carbohydrate foods and their nutritional benefit.

*Please choose from the above list of workshops in order of preference (1 = most preferred, 6 = least preferred). Workshop allocation will be on a first come first served basis. We will endeavour to allocate delegates to their chosen workshops in so far as possible.

REGISTRATION FORM

DELEGATE DETAILS

Surname

First Name Title

Organisation

Department

Address

Tel

Fax

Email

A: REGISTRATION FEE

Early Registration fee €55.00 (before 20th December)

Late Registration fee €75.00 (after 20th December)

*Fees include full attendance, lunch and all conference materials.

Please choose from the following list of workshops in order of preference (1 = most preferred, 6 = least preferred). Workshop allocation will be on a first come first served basis.

WORKSHOP TOPICS

- 1 Nutritional management of a team
- 2 Choose the right sports drink - what can the label tell you?
- 3 Making weight in weight category sports
- 4 Nutrition in the Young & Adolescent Athlete
- 5 Eating during multi competition/ endurance sport
- 6 Carbohydrate - are you getting the balance right?

Lunch will be provided on the day, please tick if you will attend

Please indicate if you have any dietary requirements:

B: ACCOMMODATION

- I require accommodation
- I do not require accommodation

Please indicate your hotel choice in order of preference. Accommodation will be allocated on a first come first served basis:

Hotel	Single	Double/Twin
Jurys Inn Parnell Street	<input type="radio"/> €143.00	<input type="radio"/> €174.00
Jurys Inn Custom House Quay	<input type="radio"/> €143.00	<input type="radio"/> €174.00

*Rates are per room per night and include VAT, tax and full Irish breakfast.

Registration Form, cont'd

Arrival Date
Departure Date No. of Nights
Cost per night Room type

Total A + B =

Comments / Special Needs / Dietary Needs:

PAYMENT METHOD

Full prepayment is essential to guarantee your booking.
Please indicate your chosen method of payment:

Cheque: I enclose a cheque made payable to
Conference Partners Ltd. for as payment for
 person(s).

Credit Card: Visa Mastercard

Card Number:

Exp. Date: CVV*:

Cardholder Name:

Invoice: PO Number:

Contact name for billing:

Address:

*Card Verification Number (CVV) is the last three digit number
printed on the signature panel located on the back of your card.

TERMS AND CONDITIONS

Please note that early booking is essential as places will be
limited. All registration and accommodation will be allocated
on a first come first served basis. Cancellations received after
the 20th of December will be non refundable.

Please send completed registration form along
with payment to:

Elva Hickey, Conference Partners Ltd, 2nd Floor,
Heritage House, Dundrum Office Park, Dundrum, Dublin 14

Nutrition & Peak Performance Conference

THE
IRISH SPORTS
COUNCIL



AN CHOMHAIRLE SPÓIRT



www.irishsportscouncil.ie

REGISTRATION FEES

Early Registration fee €55.00 (before 20th December 2006)

Late Registration fee €75.00 (after 20th December 2006)

Delegates can register on-line on the conference website www.irishsportsCouncil.ie or by completing the attached registration form.

Registration Fee Includes:

Entrance to all sessions

Conference Pack

Lunch

CANCELLATION POLICY

Registration Fee: Before 20th December: Full Refund, After 20th December: No Refund

Accommodation Fee: Before 20th December: Full Refund, After 20th December: 1 night's accommodation will be charged.

CONFERENCE VENUE

Croke Park is one of Europe's largest state of the art stadiums, home to the GAA it has attracted capacity crowds of up to 82,000 at national games. The conference will take place in the Hogan Suite which has wonderful views over the pitch.



ACCOMMODATION



Jurys Inn Parnell Street

3 Star ***

Located in Henry Street, the heart of Dublin's shopping area. The Inn has an informal restaurant and lively pub. Modern attractive ensuite rooms with multi-channel TV, tea/coffee making facilities. Five minutes drive from Croke Park.



Jurys Inn Custom House Quay

3 Star ***

Jurys Inn Custom House is centrally located along the Liffey in the International Financial Services Centre. Modern attractive ensuite rooms with multi-channel TV, tea/coffee making facilities. Located in Henry Street, the heart of Dublin's shopping area. Five minutes drive from Croke Park.

ACCOMMODATION RATES

	Single	Twin/Double
Jurys Inn Parnell Street	€143.00	€174.00
Jurys Inn Custom House Quay	€143.00	€174.00

Rates are per room per night and include VAT, tax and full Irish breakfast.

FURTHER INFORMATION

For further information about registration and accommodation, please contact:

Elva Hickey, Conference Partners Ltd, 2nd floor, Heritage House, Dundrum Office Park, Dundrum, Dublin 14.

Tel: +353 1 296 9391

Fax: +353 1 296 8678

Email: elva@conferencepartners.ie