

Rio Reflections

Sharon Madigan
Performance Nutritionist
Team Ireland



Brazil Prep

- Holding camp prep
 - Catering and other logistics
 - March 2016 final planning trip
 - Menu translation
 - Product delivery (Yakult; water)
- Supplements clearing through department of agriculture.
- Dealing with consulate to organise stop over for main AI team. Showering, food, WIFI!
- Continued athlete support in terms of athletes I would work with
- Research project

Holding Camp



Uberlandia

- Selected by OCI and PI as the camp location.
- A number of visits by NGBs prior to 2016 to establish location of camp and also training venues.
- March 2016 visit by Athletics Ireland, Camp coordinator, OCI and myself to fine tune booking.
- From nutrition view point look at a number of areas of concern.

Flying Time from Rio: 90mins



Mercure Uberlandia Plaza Shopping



Dining Room



Some Difficulties



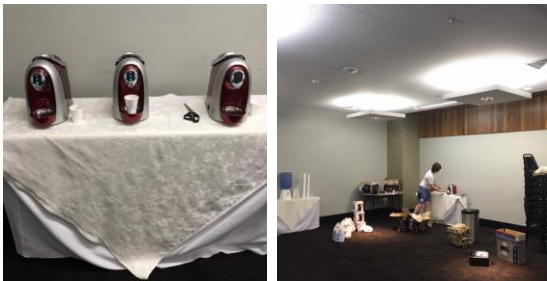
Environment



Team Room



Team Room



Team Room



Menu Planning and food provision



Menu Planning

Lunch	21 st July 2012	22 nd July 2012	23 rd July 2012	24 th July	25 th July
Soup / Salad/Sandwich	Soup, Selection of rolls and breads, salads and cold meats, corn on the cob	Soup, Selection of rolls and breads, salads and cold meats, corn on the cob	Soup, Selection of rolls and breads, salads and cold meats, corn on the cob	Soup, Selection of rolls and breads, salads and cold meats, corn on the cob	Soup, Selection of rolls and breads, salads and cold meats, corn on the cob
Main	Turkey stir fry Vegetarian curry	Baked Chicken filled in tomato based sauce (Spanish style) Baked Cod	Mild Chicken Curry Vegetarian option	Grilled salmon Vegetarian option	Beef Stroganoff (no cream) Baked Cod
	Low fat gravy Naan bread New potatoes	Parsley sauce	Plain Naan bread	Low fat gravy Parsley sauce	Parsley sauce Salsa verde
Potato/Grain/Pasta	Boiled rice Naan bread New potatoes	Boiled potato Sweet Potato	Boiled rice Boiled potato	Boiled potato Salsa verde Mashed potato	Boiled rice Mashed potato
Vegetables	Selection of varied steamed veggie dip	Selection of varied steamed veggie dip	Selection of varied steamed veggie dip	Selection of varied steamed veggie dip	Selection of varied steamed veggie dip
Dessert	Fruit, Yoghurt, cereal bars, rice desserts	Fruit, Yoghurt, cereal bars, rice desserts	Fruit, Yoghurt, cereal bars, rice desserts	Fruit, Yoghurt, cereal bars, rice desserts	Fruit, Yoghurt, cereal bars, rice desserts
DINNER		21 st July	22 nd July	24 th July	25 th July
Starter	Barbecue Spare Ribs Selection of breads	Smoked Mackerel salad Selection of breads	Carrot and lentil soup Selection of breads	Tomato and Muzzarella salad Selection of breads	Vegetable soup Selection of breads
Main	Baked Chicken filled in tomato based sauce Baked Cod	Roast Lamb Barbequed Salmon fillets	Baked Chicken in tomato and olive based sauce Vegetable Lasagne	Grilled Red Snapper Beef and vegetable casserole	Roast Beef Mild Chicken Curry

Menu Planning and Food Provision

- Issues had been identified during the Sept 2015 (PI Dietitian) and March 2016 trip.
- Significant issues with communication of our needs to the hotel staff.
- Secondary PI trip in April 2016 had not resolved many of the issues
- Translation of menus via David Bagnell.
- One issue was the agreeing to delivery and then this not being followed through.
- Early arrival of logistics team allowed fine tuning of catering.

Kitchen Access



Happy campers?



Happy campers!



Happy campers!



Shopping



General Logistics

- Logistics Team:
 - Dr. Giles Warrington, Physiologist
 - Dr. Sarah Jane Cullan, Physiologist
 - Dr. Sharon Madigan, Nutritionist
- Security
- Team Room
 - Fridges, sofa TV
- Volunteers
- Mayors office
- Transport
- Translation
- Training venues
- Water delivery
- Laundry
- Hotel
- Final clear up and prep for PI arrival



Training facility and security



Training Facilities



Individual Work



Individual Work



Research Project

- Baseline study of the gut microbiota of athletes participating in international competition including Olympians.
- Gut health can often affect the health of athletes during international travel. This can have an affect on performance.

OlympicMet

Baseline study of the gut microbiota of athletes participating in international competition including Olympians

- Recruited 35 individuals participating in international competition
- Males (N=20)
 - Age 18-36
- Females (N=10)
 - Age 18-38
- Range of sports including:
 - Marathon running
 - Swimming
 - Rowing
 - Paralympic cycling
 - Paralympic swimming
 - Race walking
 - Boxing
 - Cycling
 - Triathlete
 - Hockey
 - Steeplechase



Village



Village People!



Dining Hall: education on menus



OG 2016: Women Marathon



Recovery!



Acknowledgements

- The Bagnell Family for all the logistics support.
- The volunteers
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Thank You!



@madigan_sharon