

MILK IT FOR ALL IT'S WORTH

The Dairy Council for Northern Ireland's 'Milk it for all it's worth' programme is designed to communicate to young people the importance of nutrition for sport and a healthy, active lifestyle, including the potential role of milk.

The Dairy Council organises seminars for sports nutrition professionals working with young people. These present the latest scientific research and its practical application. Top performance nutritionists and athletes also share their experiences of the nutritional challenges faced in a variety of sports. Presentations are available on the health professional section of the DCNI website.

We are also delighted to encourage excellence in the education of the sports nutritionists of the future with the Dairy Council Sports Nutrition Prize awarded to the Sport and Exercise Nutrition MSc student at Ulster University receiving the highest marks.

For more information about our Milk It activities please visit the Dairy Council for Northern Ireland website:

www.dairycouncil.co.uk/milk-sport

Or contact us on:

Phone 028 9077 0113

Email nutrition@dairycouncil.co.uk

Twitter [#DairyCouncilNI](https://twitter.com/DairyCouncilNI) [#MilkItNI](https://twitter.com/MilkItNI)



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PERFORMANCE NUTRITION SEMINAR

12th December 2019
W5, at Odyssey, Belfast



SEMINAR PROGRAMME

17:15 » PRESENTATION OF DAIRY COUNCIL FOR NORTHERN IRELAND AWARD FOR SPORTS AND EXERCISE NUTRITION MSC AT ULSTER UNIVERSITY

Dr Sharon Madigan

Head of Performance Nutrition, Sport Ireland Institute
CHAIRPERSON'S INTRODUCTION

17:25 » Professor Louise Burke

Chief of Nutrition Strategy at the Australian Institute of Sport
NEW IDEAS ABOUT CALCIUM AND BONE HEALTH IN ATHLETES

18:00 » Ruth Wood-Martin

Head of Nutrition, IRFU
THE ROAD TO (AND IN) JAPAN:
THE NUTRITION JOURNEY OF RWC 2019

18:35 » Dr Philip Doyle

Rower, Double Sculls World Silver Medallist

Kellie Harrington

World Champion Boxer
ATHLETE PERSPECTIVES

19:10 » PANEL Q&A

19:30 » CLOSE



Professor Louise Burke

Louise is a sports dietitian with nearly 40 years of experience in the education and counselling of elite athletes. She was Head of Sports Nutrition at the Australian Institute of Sport during its existence from 1990-2018 and continues at the AIS as Chief of Nutrition Strategy. She 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. In 2014 she was appointed as Chair in Sports Nutrition in the Mary MacKillop Institute of Health Research at Australian Catholic University in Melbourne.

Ruth Wood-Martin

MSc, RD, RSEN

Ruth has worked as a Registered Dietitian for over 20 years. She is a registered Sports and Exercise Nutritionist (SENr UK), and is a Professional Member for Nutrition with the Irish Institute of Sport. She currently works full time as the Head of Nutrition with the Irish Rugby Football Union (IRFU). Ruth leads a team of IRFU Performance Nutritionists across the island of Ireland and works directly with the National Senior Men's squad on nutrition education and supplementation as well as advising on catering schedules, hydration and recovery strategies during National competition.

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 also 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.

Kellie Harrington

Kellie is world champion boxer. She is eight times Irish Elite Champion and two-time world medallist at two different weight categories; silver at 64kg in 2016 and gold at 60kg in 2018. Kellie represented Ireland in the European Games in Minsk earlier this year and captained both men and women's teams. Only recently back from a hand injury for Minsk, she reached the final but had to pull out after re-injury. Kellie also works in a psychiatric hospital in Dublin, which she loves.

Dr Philip Doyle

MB BCh BAO BSc

Philip took up rowing while studying medicine at Queen's University Belfast. He was selected for the Rowing Ireland Senior High Performance Team while at QUB and competed at the 2018 World Rowing Championships in the heavyweight men's double sculls with partner, Ronan Byrne. The pair will be representing Ireland at the Olympic Games in Tokyo after winning silver at this year's World Championships. Philip was a keen hockey player at school at Banbridge Academy and played for Ulster and Ireland under age teams.