

MILK IT FOR ALL IT'S WORTH

PERFORMANCE NUTRITION SEMINAR

WEDNESDAY

10TH November 2021

3:30pm - 4:45pm

ONLINE

PROGRAMME

3:30pm - Seminar live

DCNI WELCOME AND INTRODUCTION

Dr Carole Lewis

Nutritionist, Dairy Council for Northern Ireland

CHAIRPERSON'S INTRODUCTION

Dr Sharon Madigan

Head of Performance Nutrition, Sport Ireland Institute

PRACTICAL SPORTS NUTRITION
INSIGHTS FROM TOKYO
OLYMPICS & PARALYMPICS

Bethany Firth MBE

GB Paralympic swimmer

Shirley McCay

Irish international hockey player

Lorna Cooke & Dr Julia Bone

Performance Nutritionists, Sport NI Sports Institute

Dr Sharon Madigan

Head of Performance Nutrition, Sport Ireland Institute

FOOD MATRIX EFFECTS ON
PROTEIN NUTRITION -
IMPLICATIONS FOR ATHLETES

Dr Nicholas Burd

Associate Professor, Department of Kinesiology and
Community Health, University of Illinois at
Urbana-Champaign, USA

Live Q&A

4:45pm - Close

BIOGRAPHIES

Dr Nicholas Burd PhD

Nicholas is Associate Professor in the Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign, USA. His research interest is nutrition and exercise metabolism. Nicholas has a Kinesiology PhD from McMaster University, Canada followed by a postdoctoral research fellowship at Maastricht University in the Netherlands. Nicholas's work aims to understand how exercise, nutrition, or disease may regulate skeletal muscle mass (e.g., protein synthesis). The knowledge gained from this research is used to define nutritional and exercise strategies to improve muscle health and performance. His publications include over 100 papers in peer-reviewed journals and book chapters.

Bethany Firth MBE DU^{Univ}

Bethany is a GB Paralympic swimmer. She is a multiple world record holder and nine-times Paralympic medallist with Golds from the London, Rio and Tokyo Games. Bethany was Paralympics GB's most decorated athlete for the Rio 2016 Games. She is also a World and European medallist. County Down woman Bethany's incredible career is going from strength to strength and she now has the 2022 Commonwealth Games in Birmingham in her sights. Bethany was awarded an MBE in 2017 for services to swimming and has an honorary doctorate from Queen's University Belfast.

Shirley McCay DU^{Univ}

Shirley is an Irish international hockey player and Ireland's highest capped athlete. She has recently retired after 14 amazing years with the Green Army which included eight European Championships, a history-making Silver Medal win in the 2018 World Cup Final and competing in the Tokyo Olympics. Hockey Ireland Women was the first female team sport in Irish history to qualify for an Olympic Games. Shirley is Talent Coach with Ulster Hockey and this year was awarded an honorary doctorate by Queen's University Belfast for distinction in sport.

Lorna Cooke RD SENR

Lorna is a Registered Dietitian and Sports and Exercise Nutritionist (SENR UK). She has worked at the Sport NI Sports Institute since 2011 and since then has provided nutrition support to athletes and coaches from a wide range of sports including Olympic and Paralympic sports. Her current focus is within swimming, track cycling, triathlon and boxing. Her main role within these sports is to ensure that athletes can meet both the training and competition demands of their sport using a 'food first' approach to their nutrition.

Dr Julia Bone PhD RD SENR

Julia is a Registered Dietitian and SENR Practitioner in the UK and an Advanced Sports Dietitian in Australia. She completed her PhD at the Australian Institute of Sport before moving to Belfast where she currently works as a Performance Nutritionist at Sport Northern Ireland Sports Institute and with Antrim Senior Hurling. She has worked with senior and developing athletes across a number of different sports including, athletics, basketball, judo and para-badminton and most recently with Ireland Women's hockey in preparation for their first Olympic Games campaign.

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 five 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.

BOOKING

To register for the webinar, please fill out our online booking form by 8th November at: www.dairyCouncil.co.uk or respond with your details to: 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 Lewis on
01751 430 158 or
Dairy Council for Northern Ireland
on 028 9077 0113

MILK IT programme

This seminar is part the Dairy Council's 'Milk it for all it's worth' programme which is designed to communicate the nutritional benefits of milk for sport and a healthy, active lifestyle. For more information, please visit the Dairy Council website www.dairyCouncil.co.uk/milk-sport

