

# MILK IT FOR ALL IT'S WORTH™

## PERFORMANCE NUTRITION SEMINAR



THURSDAY  
10<sup>TH</sup> November 2022  
W5, AT ODYSSEY, BELFAST

## PROGRAMME

4:30pm Arrival and refreshments  
5:15pm Seminar

PRESENTATION OF DAIRY COUNCIL FOR NORTHERN IRELAND  
AWARD FOR SPORTS AND EXERCISE  
NUTRITION MSc AT ULSTER UNIVERSITY

### CHAIR

**Professor Sharon Madigan**

Science Lead & Head of Performance Nutrition, Sport Ireland Institute

### DIET AND BONE HEALTH IN ATHLETES

**Professor Craig Sale**

Professor of Human Physiology & Nutrition, Manchester Metropolitan University

THE ROLE OF MILK AND DAIRY FOODS FOR  
BONE HEALTH IN ATHLETES

**Conor Raleigh**

Postgraduate Researcher, University of Limerick

THE IMPACT OF LOW CARBOHYDRATE DIETS  
ON BONE IN ATHLETES

### PRACTICAL SPORTS NUTRITION INSIGHTS FOR FOOTBALL

**Dr Emma Tester**

Head of Nutrition, Tottenham Hotspur Football Club

A WEEK IN THE LIFE OF THE PREMIER LEAGUE

**Marissa Callaghan**

Northern Ireland International footballer

### PANEL Q&A

7:30pm Close

## BIOGRAPHIES

### Professor Craig Sale

Craig is an experienced research leader, responsible for coordinating research activity relating to exercise and nutrition interventions in the Institute of Sport at Manchester Metropolitan University (MMU). Craig has spent over 20 years investigating the impact of exercise and nutrition on health and performance in humans, with a particular focus on the triggers for adaptations in bone and muscle.

Prior to MMU, Craig was Director of the Sport, Health and Performance Enhancement (SHAPE) Research Centre at Nottingham Trent University and Deputy Capability Group Leader of the Human Protection and Performance Enhancement Group at QinetiQ Ltd. Craig is a Fellow of the American College of Sports Medicine and a Section Editor for the European Journal of Sports Sciences.

### Conor Raleigh

Conor is a PhD researcher at the University of Limerick and part of the Performance Physiology team at the Sport Ireland Institute. He is currently working across a number of sports including cycling and field hockey.

Conor has a Physiology degree from Trinity College Dublin and an MSc in Exercise Physiology from Loughborough University. His PhD is studying the interaction between low carbohydrate dietary practices and bone health and bone remodelling in endurance athletes.

### Dr Emma Tester

Emma is currently Head of Nutrition at Tottenham Hotspur Football Club, previously she was Lead Performance Nutritionist at Munster Rugby from 2016-2021. Emma's primary focus of work is with team sport athletes and her PhD research aimed to investigate the impact of training load and dietary intake on immune function.

Since being at Tottenham, Emma has revolutionised the food service, offering every player a personal menu that periodises their intake around matches. In her talk, Emma will discuss a typical weekly nutrition programme in the Premier League and provide insight into some of the strategies around fuelling, recovery and hydration for professional footballers.

### Marissa Callaghan

Playing football since the age of five, Marissa is a Northern Ireland International and captained the Senior Women's squad to Euro 2022, the first time in the team's history to have reached a major tournament. Capped 79 times for Northern Ireland, she represented her country at Under-15, U17 and U19 level before making the step up to the seniors just over a decade ago.

She plays for Cliftonville Ladies, winning the Women's Irish Cup with the north Belfast club in 2015, and now coaches as well as plays. Marissa is Girls Participation Officer for the Irish FA Foundation.

### Professor Sharon Madigan

Sharon is Science Lead and 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 along with other major championships such as European, World and EU championships and is Lead Scientist Team Ireland for Paris 2024.

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 is adjunct Professor at the University of Limerick.

## BOOKING

There is no charge for this event.

Places will be allocated on a first come, first served basis. Bookings should be made no later than Monday 7th November 2022.

To reserve your place, please fill out our online booking form at:

[www.dairy council.co.uk/news](http://www.dairy council.co.uk/news)

or respond with your details to:

[nutrition@dairy council.co.uk](mailto:nutrition@dairy council.co.uk)

For further information please contact:

Dr Carole Lewis on

01751 430 158 or

Dairy Council for Northern Ireland on

028 9077 0113

This seminar is part of 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 for Northern Ireland's website [www.dairy council.co.uk/what-we-do/milk-sport](http://www.dairy council.co.uk/what-we-do/milk-sport)



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