

**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. Activities include a website, social media and a schools programme developed and delivered by our Sports and Exercise Nutritionist.

The post-primary programme includes lessons and resources for GCSE Physical Education, A-Level Sports Science / BTEC Sport Level 3 and an extra-curricular sport programme.

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

For more information about our Milk it activities please visit the Dairy Council for Northern Ireland website www.dairycouncil.co.uk and Milk It Facebook page www.facebook.com/MilkItNI

Or contact our Sports and Exercise Nutritionist on
028 9077 0113 ex 223
sportsnutrition@dairycouncil.co.uk



Shaftesbury House
Edgewater Office Park
Edgewater Road
Belfast BT3 9JQ
T+44(0)28 9077 0113
Einfo@dairycouncil.co.uk

Wednesday 29th October 2014
The MAC, Belfast

**MILK IT
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WORTH**

**PERFORMANCE
NUTRITION
SEMINAR**



PROGRAMME

- 5.30pm **Dr Sharon Madigan**
Performance Nutritionist, Irish Institute of Sport
CHAIRPERSON'S INTRODUCTION
- 5.35pm **Wendy Martinson OBE**
Lead Nutritionist, Great Britain Rowing Team
**PRACTICAL SPORTS NUTRITION INSIGHTS
- THE SPORTS NUTRITIONIST'S PERSPECTIVE**
- 6.05pm **Anna Watkins MBE**
Double sculls world and Olympic champion
**PRACTICAL SPORTS NUTRITION INSIGHTS
- AN ATHLETE'S PERSPECTIVE**
- 6.45pm **Prof Kevin Tipton**
Professor of Sport, Health and Exercise Science,
University of Stirling
**AN UPDATE ON POST-EXERCISE RECOVERY
STRATEGIES - A ROLE FOR MILK?**

Dr Sharon Madigan

Sharon is Head of Performance Nutrition at the Irish Institute of Sport and is responsible for delivery and coordination of nutrition services for elite Irish athletes across a range of sports, including the High Performance Boxing Team since 2003. She was the Olympic Council of Ireland Nutritionist for Team Ireland at the 2012 Games.

Sharon has previously worked with Ulster Rugby and a number of County and Club GAA teams. She is also a part time lecturer in Sports Nutrition at Dublin City University, and works part time as a community respiratory dietitian.

Wendy Martinson OBE

Wendy is Lead Nutritionist to the Great Britain Rowing Team and Lead Performance Nutritionist and Intensive Rehabilitation Unit (IRU) Nutritionist with the English Institute of Sport. She is also consultant Sports Dietitian to Middlesex County Cricket Club.

Wendy has 14 years experience as a Sports Dietitian including as Consultant Sports Nutritionist to the British Olympic Association working for Team GB at the 2004, 2008 and 2012 Olympic Games. She also has 25 years NHS experience. Wendy was awarded an OBE in the New Year 2010 Honours list for services to sport and to nutrition.

Anna Watkins MBE

Anna was introduced to rowing when she studied at the University of Cambridge, and made her international debut in 2004 winning Gold at the U23 World Championships. In 2010, Anna was selected for the double sculls with Katherine Grainger, a boat that became a formidable force and the pair memorably went on to win Gold at the London 2012 Olympic Games.

Off the water, Anna is an advocate of women in sport, and she uses her own experiences to inspire the next generation of female athletes, including as Patron for the Women's Sport Trust. In the 2012 New Year's Honours List, Anna was appointed MBE for services to rowing.

Prof Kevin Tipton

Kevin is Professor of Sport, Health and Exercise Science at the University of Stirling. Prior to his appointment in 2010, he was a Senior Lecturer in Exercise Metabolism in the School of Sport and Exercise Sciences at The University of Birmingham.

Kevin's research focuses on exercise, nutrition and muscle metabolism with emphasis on protein nutrition and metabolism including in athletes and vulnerable populations, such as the elderly. He has published over 80 papers in peer-reviewed journals and book chapters and has been invited to speak at numerous international and national conferences.