

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 and a co-curricular sport programme. To complement the educational programme, DCNI is now offering a monetary grant, up to a maximum of £200, to all post primary schools in Northern Ireland to contribute towards the purchase of refrigeration to help facilitate the supply of milk to students following training or competition sessions.

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 or the refrigeration grant please visit the Dairy Council 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



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Edgewater Office Park
Edgewater Road
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Einfo@dairycouncil.co.uk



MILK IT FOR ALL IT'S WORTH

PERFORMANCE NUTRITION SEMINAR

Wednesday
7th October 2015

W5. At the Odyssey Arena, Belfast



PROGRAMME

5:30pm

Dr Sharon Madigan

Performance Nutritionist, Irish Institute of Sport
CHAIRPERSON'S INTRODUCTION

5:35pm

Mhairi Keil

Performance Nutritionist, English Institute of Sport
Lead Nutritionist, British Gymnastics

PRACTICAL SPORTS NUTRITION INSIGHTS
- THE SPORTS NUTRITIONIST'S PERSPECTIVE

6:15pm

Beth Tweddle MBE

Britain's Greatest Ever Gymnast
PRACTICAL SPORTS NUTRITION INSIGHTS
- THE ATHLETE'S PERSPECTIVE

6:55pm

Dr Lewis James

Lecturer in Nutrition, Loughborough University
POST-EXERCISE REHYDRATION
- EMERGING ROLE OF MILK

7:40pm CLOSE



Dr Sharon Madigan

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

Beth Tweddle MBE

Beth Tweddle is a former British artistic gymnast and is the most successful British Gymnast, male or female, in the history of the sport. Her impressive achievements include being an Olympic Bronze Medallist, a triple World Champion, a six-time European Champion, a Commonwealth Champion and seven-times consecutive National Champion.

Beth, a three time Olympian, is almost as successful outside the gym as she is in it. In 2007, Beth found time to graduate from Sports Science at Liverpool John Moores University and subsequently was accepted to study Physiotherapy at the University of Liverpool.

When Beth retired from competitive participation in Gymnastics, she became a Director and Ambassador of Total Gymnastics. Beth and fellow Olympian, Steve Parry, set up the company to provide the opportunity for as many children as possible to take up gymnastics, within schools, leisure centres and gymnastics clubs in order to help develop the sport.

Mhairi Keil BSc (Hons), MSc,

PG Dip Sp Nut, M.Phil, RNutr, SENr
Mhairi has been supporting a variety of Olympic, Paralympic, and professional sports teams and individuals since 2006, through a combination of consultancy work and her employment with the English Institute of Sport. Mhairi is currently the lead nutritionist for British Gymnastics, whereby she has supported the men's and women's artistic gymnasts throughout their highly successful London 2012 Olympic Games.

Mhairi also leads the nutrition support to Worcester Warriors Rugby Club and the English National Ballet School and Company. In addition, Mhairi runs a nutrition clinic for a broad spectrum of individuals from young developing athletes through to highly-motivated professionals, to support their training for specific sporting achievements.

Dr Lewis James

Dr Lewis James completed a BSc in Food Science at the University of Reading, before moving to Loughborough University to complete an MSc in Sport and Exercise Nutrition and a PhD investigating the effects of energy restriction on fluid and electrolyte balance (2012). After spending some time lecturing at Nottingham Trent University, he now holds the position of Lecturer in Nutrition within the School of Sport, Exercise and Health Sciences at Loughborough University.

Lewis' current research focusses on the effect of alterations in fluid and energy balance on human performance, appetite regulation and energy balance. He is also a keen sportsman and enjoys martial arts, rugby and cycling.

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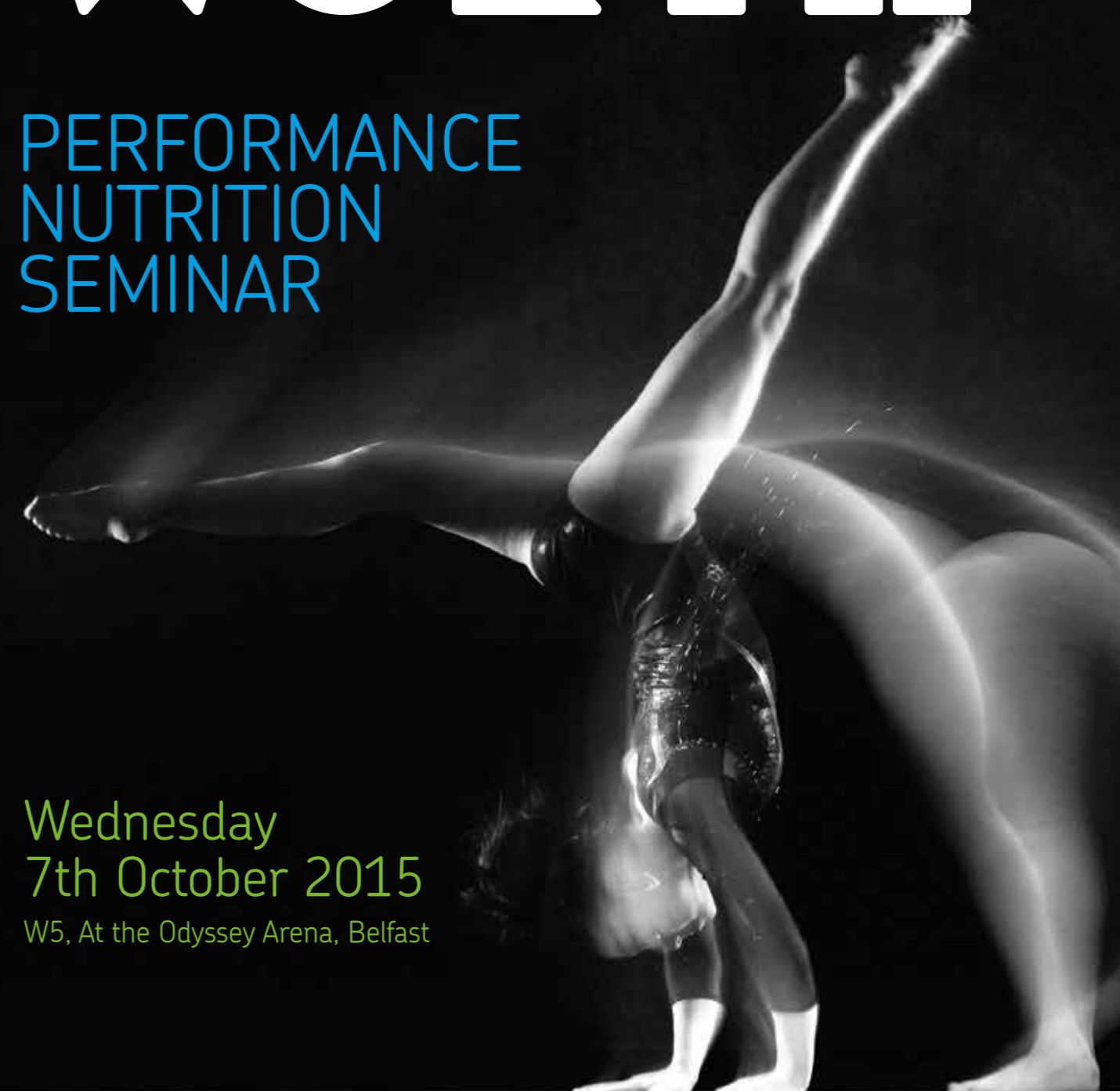


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