

Female Athlete Health Symposium 2017 Programme

8:30-9:00	Registration / Coffee
9:00-9:10	Welcome
9:10-10:00	Women are not small men: The unique physiological needs of female athletes; Q&A Keynote: Dr Stacy Sims Convenor: Associate Professor Holly Thorpe
10:00-10:15	WHISPA: What is it and why now? Dr Bruce Hamilton (HPSNZ, Medical Lead)
10:15-10:45	Morning tea
10:45-12:30	Female Athlete Health: The key issues. Speakers include: Dane Baker, nutritionist with HPSNZ; Tracey Clissold, PhD candidate and staff member of Institute of Technology; Dom Vettise, psychologist with HPSNZ; Professor Alison Heather, University of Otago; Jacinta Horan, physiotherapist with HPSNZ. Chair: Dr Stacy Sim
12:30-1:15	Lunch break
1:15-2:15	Athlete panel: Real life experiences. Katie Schofield (PhD Candidate, University of Waikato, and NZ representative track cyclist); Dr Carlene Starck (postdoctoral fellow Massey University, New Zealand representative mountain biker); Maria Bentley (PhD Candidate, senior physiotherapist, and previous NZ representative in road running and current endurance athlete); Sophie Mackenzie (former elite NZ lightweight rower). Chair: AP Holly Thorpe
2:15-3:00	RED-S: What to look for and what to do from clinical and sporting perspectives. <i>"RED-S - why to worry and what to do"</i> . Dr Megan Ogilvie (Fertility Associates) <i>"RED-S in the elite athlete and secondary school athlete setting"</i> . Dr Sarah Beable (Sports Physician with HPSNZ) Chair: Dr Stacy Sims
3:00-3:15	Afternoon tea
3:15-4:45	Hot off the press: The latest research on female athlete health issues. <i>"Low Energy Availability New Zealand (LEANZ)"</i> . Dr Katherine Black (Senior Lecturer, University of Otago) <i>"Towards transdisciplinary research on female athlete health: The case of RED-S in elite sportswomen"</i> . Dr Stacy Sims and Associate Professor Holly Thorpe with Katie Schofield and Dr Marianne Clark (University of Waikato) <i>"Sleep and the elite female athlete: Finding the balance"</i> . Shannon O'Donnell (PhD Candidate, University of Waikato)
4:45-5:00	Close: Final comments. Associate Professor Holly Thorpe and Research Fellow Dr Stacy Sims