



# The Female Athlete Conference 2013





# Keynote Speaker

*Heather Mitts*  
*3X Olympic Gold Medalist*  
*USA Soccer*





# Day 1: Session Speakers

**Common Injuries Across the  
Female Athlete LifeSpan**

*Bridget Quinn, MD*

**Games Kids Play: The Why, What  
and When of Mental Skills Training**

*Caroline Silby, PhD*

**Athletic Identity: Psychological  
Impact of Injury**

*Amy Baltzell, PhD*  
*Sandra Dupcak, PhD*



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# Day 1: Breakout Session - Part 1

**The ACL: Treatment and  
Injury Prevention**

*Martha Murray, MD  
Greg Myer, PhD, CSCS*

**Strategies for Improving  
Body Image in Athletes**

*Sherri, Delinsky, PhD*

**Nutrition in Female Athletes**

*Amy Gardner, MS, RD*





# Day 1: Breakout Session - Part 2

Running Biomechanics

*Irene Davis, PhD*  
*Pierre d'Hemecourt, MD*

Cross Training Techniques:  
Maintaining Fitness with  
Injury

*Sherri, Delinsky, PhD*

Concussion and Girls

*Cynthia Stein, MD, MPH*



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# Day 1: Breakout Session - Part 3

Exercise and Pregnancy

*Andrea Stracciolini, MD*

Exercise Addiction: What it looks like and What to do about it

*Kim Dennis, MD*

Hormone Cycles and Performance: Competitive Advantage or Hindrance

*Kathryn Ackerman, MD, MPH*





## Day 2: Session Speakers

### Female Athlete Triad Update

*Kathryn Ackerman, MD, MPH*

*Jeanne Nichols, PhD*

*Madhu Misra, MD, MPH*

*Ron Thompson, PhD*

*Karen Sossin, MS, CDN*

### Improving Body Image and Preventing Eating Disorders in Female Athletes: Problems and Promises

*Carolyn Becker, PhD*

### Athletes and Eating Disorders: Lessons of recovery

*Moderator: Kim Dennis, MD*

*Whitney Post*

*Deborah Levenson*

*Emily Kroshus*





# Day 2: Breakout Session - Part 1

Common Hip and Pelvic Disorders  
in the Female Athlete

*Kelly McInnis, DO*

Effective Coach Communication

*Diana Cutaia & Coaching Panel*

Transitioning from Competitive  
Athlete to Exerciser with a Job!

*Jen Brickey, NASM-CPT, CSCS  
Brittany Phelps, MEd, CPT  
Juliet Zuercher, RD*







## Day 2: Breakout Session - Part 2

**Exercise and Mood: The Science  
behind why it Works**

*Michael Otto, PhD*

**Treating Eating Disorders in  
Athletes: It Takes a Team**

*Ron Thompson, PhD*

**Patellofemoral Syndrome**

*Ellen Geminiani, MD,*





# Closing Speaker

*Did we Break the Glass  
Ceiling?*

*Caryn Davies*

*3x Olympian*

*2x Gold Medalist*

*1x Silver*

*USA Rowing*

