



THURSDAY, JUNE 6TH

Registration and Continental Breakfast

7:00AM - 7:45AM

Opening Remarks

7:45AM - 8:00AM

Kathryn E Ackerman, MD, MPH, FACSM

The Complexities of Anger for the Female Athlete

8:00AM - 8:45AM

Mitch Abrams, PsyD

How Women Coaches Can Change the World

8:45AM - 9:30AM

Julie McCleery, PhD

Exhibitor Hall/Coffee Break

9:30AM - 10:15AM

Motherhood and the Elite Female Athlete

10:15AM - 11:00AM

Claire-Marie Roberts, PhD

Keynote | Empowering Female Athletes in South Africa

11:00AM - 11:45AM

Phathokuhle Zondi, MD

Lunch – Trim Dining Hall

11:45AM - 1:00PM

1:00PM – 1:45PM

Track 1 (Glavin Chapel): Hormonal Contraceptive Use in Elite Female Athletes

Kirsty Elliott-Sale, PhD, Clare Minahan, PhD
Brianna Larsen, PhD

Track 2 (Sorenson Theater): The Gym SAFE Movement Screen: To Predict Health and Biomechanical Faults in Female Gymnasts

Jennifer Kinder, PT, MS, DPTSc
Todd Davenport, PT, DPT, MPH, OCS
Alyssa Herrera-Set, PT, DPT, SCS, PMA-CPT
Jessica Wickizer, Head Women's Gymnastics Coach

Track 3 (Grille Room): Mind Games: Mental Skills and Mindfulness for Peak Performance

Kelsey Griffith, MS, Marilou Shaughnessy, PsyD

1:55PM – 2:40PM

Track 1 (Glavin Chapel): The Female Athlete and the ACL: How, Why, and Psychological Implications for Recovery and Return to Sport

Melissa Christino, MD, Corinna Franklin, MD
Cordelia W Carter, MD

Track 2 (Sorenson Theater): Pilates for the Female Athlete: the Key to Core Strength and Stability

Kurt Gorrell, DPT, CSCS, ACSM-CEP

Track 3 (Grille Room): Simple Steps to Navigating the Appropriate College for Students Athletes

Cassandra Cunningham, MEd

2:40PM – 3:20PM Exhibitor Hall/Coffee Break

3:20PM – 4:05PM

Track 1 (Glavin Chapel): What We Know and What We Don't Know About Female Athletes and Head Injuries

Donna Duffy, PhD, Chris Rhea, PhD
Shannon Conneely, BS, Alyssa Phelps, BA

Track 2 (Sorenson Theater): Unique Issues in Female Cyclists

Rozanne Puleo, FNP-BC, ONP-C, ACSM-RCEP, ACSM-CEP
Dana Kotler, MD

Track 3 (Grille Room): Becoming an Ally, Developing Allies

Brian Gearity, PhD, ATC, CSCS

4:15PM – 5:00PM

Track 1 (Glavin Chapel): Various Treatment Options for Tendinopathies

Adam Tenforde, MD, Kelly McInnis, DO

Track 2 (Sorenson Theater): Does It Fit? Sports Bras, Sports Equipment, and Female Athletes

Katherine Rizzone, MD, MPH, Emily Kraus, MD

Track 3 (Grille Room): Mental Health Considerations: Strengths and Stressors of being an Athlete

Caitlin Nevins, PsyD, Katherine Record, JD, MPH
Stephanie Pinder-Amaker, PhD

5:30PM – 7:30PM Poster Presentation/Social Event



Sunrise IronStrength Workout with Dr. Jordan Metzl

6:00AM - 7:00AM

Registration and Continental Breakfast

7:30AM - 8:00AM

Opening Remarks

8:00AM - 8:15AM

Kathryn E Ackerman, MD, MPH, FACSM

Global Impact of Social Running on Women

8:15AM - 9:00AM

Juliet Mcgrattan, MD , Kathrine Switzer, PhD

Edith Zuschmann, MS

The Medicine of Exercise: A Paradigm for Going Beyond the Talk

9:00AM – 9:45AM

Jordan Metzl, MD

Exhibitor Hall/Coffee Break

9:45AM - 10:15AM

Keynote | Growth of Female Athletes in Para Sports and Their Medical Needs

10:15AM – 11:00AM

Cheri Blauwet, MD

What Does A Female Athlete Medical Program Do?

11:00AM – 11:45AM

Kathryn E. Ackerman, MD, MPH, FACSM

Laura Moretti, MS, RD, CSSD, Meghan Keating, PA-C

Nicole Farnsworth, MS, RD

Lunch – Trim Dining Hall

11:45AM - 1:00PM

1:00PM – 1:45PM

Track 1 (Glavin Chapel): Female athletes, amenorrhea, and fertility: implementing the current research into clinical practice

Robin Nohling, FNP-BC, RD, RDN, MSN

Nicola Rinaldi, PhD

Track 2 (Grille Room): Pelvic Anatomy and Pelvic Floor Physical Therapy

Melissa A. Carroll, PhD, MS

Karen Snowden, PT, DPT, WCS

Track 3 (Sorenson Theater): Performing Arts Medicine

Bridget Quinn, MD, Andrea Stracciolini, MD

Ellen Geminiani, MD

1:55PM – 2:40PM

Track 1 (Glavin Chapel): It's All About Teamwork: How the EDIT Team at the University of Connecticut Manages Eating Disorders and the Case They Will Never Forget

Deena Casiero, MD , Patti Kula, ATC

Dawn Shadron, LCSW

Track 2 (Grille Room): Does Slow and Steady Really Win the Race- What Exercise Physiology Teaches Us About The Tortoise and The Hare

Pat Vehrs, PhD

Track 3 (Sorenson Theater): The Masters Female Athlete

Constance Lebrun, MD

2:40PM – 3:20PM Exhibitor Hall/Coffee Break

3:20PM – 4:05PM

Track 1 (Glavin Chapel): The Reintroduction of Physical Activity, A Dilemma in the Treatment of Anorexia Nervosa

Ralph E Carson, LD, RD, PhD

Track 2 (Grille Room): Early Sport Specialization and the Impact of the Adolescent Female Athlete

Whitney Chambers, PT, DPT, SCS, OCS

Marcos Davy, PT, DPT, SCS, CSCS

Leonard Gordon Jr., PT, DPT, SCS

Matthew Fazekas, MD, FAAP, CAQSM

Track 3 (Sorenson Theater): The New Zealand WHISPER: Women's Health in Sport: Performance Advantage

Stacy T. Sims, PhD, Holly Thorpe, PhD, Sarah Beable, MD

Alison Heather, PhD

4:15PM – 5:00PM

Track 1 (Glavin Chapel): Avoidant/Restrictive Food Intake Disorder (ARFID)

Ovidio Bermudez, MD, FAAP, FSAHMM, FAED, CEDS

Track 2 (Grille Room): The Role of Anti-Gravity Running in the Rehabilitation of Stress Fracture in Female Athletes

Jillian Santer, PT, DPT , Katherine Rizzone, MD, MPH

Eliza Dewart, PT, DPT

Track 3 (Sorenson Theater): Diet Trends and Athletes Health: Unintended Consequences?

Nancy Clark, MS, RD, CSSD

Lynn Cialdella-Kam, PhD, MBA, RDN, CSSD, LD

A banner for the Female Athlete Conference 2019. The background is a photograph of a swimmer in a black cap and goggles, swimming in water. The text 'FEMALE ATHLETE CONFERENCE 2019' is overlaid in white and blue. The year '2019' is written vertically in white.

FEMALE ATHLETE CONFERENCE 2019

SATURDAY, JUNE 8TH – SORENSON THEATER

Yoga

6:45AM – 7:45AM

Breakfast/Round Table Discussion – (Trim Dining Hall)

8:00AM – 9:30AM

Train the Brain: Neural Development Considerations for Young Female Athletes

9:30AM - 10:15AM

Greg Myer, PhD, FACSM, CSCS*D

Life After Sport: Panel/Roundtable Discussion

10:15AM - 11:00AM

Bassey Akpan, MS, DeAnne Brooks, PhD,
Rebecca McConville, MS, RDN, LDN, CSSD, CEDRD, Erin
Reifsteck, PhD, Melissa Streno, PsyD, CMPC, Kirbi Kidd, M.Ed

Coffee Break

11:00AM - 11:15AM

Female Athlete Body Project: Opportunities and Challenges

11:15AM - 12:00PM

Tiffany M Stewart, PhD

Keynote | Lecture

12:00PM - 12:45PM

Allie Kieffer

Closing Remarks

12:45PM - 1:00PM

Kathryn E Ackerman, MD, MPH, FACSM