

**THE FEMALE ATHLETE CONFERENCE:
Strategies for Optimal Health and Performance**

Friday, June 9th, 2017

7:00-8:00	Registration and Continental Breakfast		
8:00-8:15	Opening Remarks: Kathryn Ackerman, MD, MPH, FACSM, Medical Director of Female Athlete Program, Boston Children’s Hospital		
8:15-9:00	Concussion Prevention: Has Nature Already Provided the Solution? – Greg Myer PhD, CSCS, Senior Research Advisor to the Micheli Center for Sports Injury Prevention, Director of Research, Division of Sports Medicine, Cincinnati Children's Hospital Medical Center		
9:00-9:45	When Healthy Eating Becomes Unhealthy/Medical Complications of Malnutrition and Eating Disorders in Athletes – Jennifer Guadiani, MD, CEDS, Founder & Medical Director of the Guadiani Clinic (CO)		
9:45 -10:15	Break		
10:15-11:00	Transgender Athletes: The Interplay of Gender, Sports, and Science – Kathryn Ackerman, MD, MPH, FACSM, Medical Director of Female Athlete Program, Boston Children’s Hospital		
11:00-11:45	KEYNOTE: Gevvie Stone MD, 2016 Olympic Silver Medalist – Women’s Single Scull		
11:45-12:15	Exhibitor Hall		
12:15-1:15	Lunch		
	Track One: Nutrition	Track Two: Medicine	Track Three: Dance
1:15-2:15	Nutritional Assessment of Energy Availability using Metabolic Testing – Leigh P. Van Dusen MS, LDN, Owner of Van Dusen Nutrition (Boston)	Sex-Differences in ACL Surgical Outcomes and Results of a Novel Bridge-Enhanced ACL Repair Technique – Martha Murray, MD, Surgical Director of Female Athlete Program and Lyle Micheli MD, FACSM, Director of Sports Medicine Division (BCH)	Addressing the Void: An Interdisciplinary Discussion of the Underrepresentation of Women in Leadership Positions of Major US Ballet Companies – Rachel Cossar, MS, Former Senior Corps de Ballet Dance with Boston Ballet, Miriam Rowan, MS, Former Company Artist at San Francisco Ballet, Katherine Wilson, LICSW, Former Apprentice and Corps de Ballet Member with Pacific Northwest Ballet Company (Boston Ballet)
2:30-3:30	Sex Differences in Thermoregulation and Hydration: Specific needs for the Female Athlete–Stacy Sims, MSc, PhD, Senior Research Fellow at University of Waikato (NZ)	Bone Stress Injuries in Female Athletes – Adam Tenforde MD, Assistant Professor, Spaulding Rehabilitation and Brigham and Women’s Hospital and Kristin Popp, PhD, Research Fellow in Medicine, Massachusetts General Hospital	Female Athlete Body Project with Professional Ballet Dancers – Sasha Gorrel, MA, Former Corps de Ballet with Boston Ballet and American Ballet Theatre (NY)
3:30-4:00	Snack Break		
4:15-5:00	Exercise-Associated Iron Deficiency and the Female Athlete– Erica Goldstein, MS, RDN, LD/N, CSCS, CISSN, Clinical Dietitian, Mayo Clinic (FL)	Exercise-Induced Asthma – Rebecca Breslow, MD, & Dawn Erickson, MD, Instructor in Pediatrics, Pulmonary Division (BCH)	So you think you know the Female Dancer?– Dai Sugimoto, PhD, Director of Clinical Research, Micheli Center, Andrea Stracciolini, MD, Director of Dance Medicine, Boston Children’s Hospital, Joana Fraser, MD, Marina Gearhart, BA (BCH)
5:00-7:00	Cocktail Reception / Poster Presentation (outside Sorenson)		

Babson College – Session Locations / Room Capacity

Saturday, June 10th, 2017

7:00-8:00	Registration and Continental Breakfast		
8:00-8:30	Opening Remarks: Harvard Women's Soccer		
8:30-9:15	Athletic Bodies on Display: The Consequences of Sexualization and Self-Objectification for College Athletes – Sharon Chirban, PhD, Sports Psychologist (BCH)		
9:15-10:00	Sexual Assault Prevention in Athlete Populations: Real Solutions– Mitch Abrams Psy.D, Clinical Assistant Professor, Department of Psychiatry, Robert Wood Johnson Medical School (NJ)		
10:00-10:45	Exhibitor Hall		
	Track One: Coaching	Track Two: Performance	Track Three: Strength and Recovery
10:45-11:45	Prior Proper Planning: College Recruiting Tutorial – Cassandra Cunningham, M.Ed in Athletic Directing, USA Junior National Team Rowing Coach, Founder of Power of 3, LLC (PA)	Using Sports Science Tools to Monitor Training Loads in Female Athletes Charles Pedlar, MSc PhD FBASES, and Georgie Bruinvels, PhD	The Science and Art of Training Smart with a Sports Injury Deanna Pomfret, Owner of Athletic Pursuits, LLC
12:00-1:00	Race and Gender in Sports – Vanessa Britto, MD, Medical Director, Wellesley College (MA) and Michele Mahr, PhD- Rehabilitation Psychology, CRC, Assistant Professor, St. Cloud State University (MN)	The Pursuit of Excellence: Mastering Confidence Through Mental Skills Training – Kate Bennett, Psy. D, Clinical Sport Psychologist, Athlete Insight (CO)	“Separation Anxiety”: Diastasis and Pregnancy– Erin Smith, PT, DPT, Boston Sports Medicine and Jennifer Doyle, DPT, Clinical Director, Boston Sports Medicine (MA)
1:00 – 1:45	Boxed Lunch		
1:45 – 2:45	Applying a Relative Energy Deficiency in Sport (RED-S) Screening Tool to a College Population – Laura Moretti, MS, RD, CSSD, LDN, Clinical Nutrition Specialist (BCH) & Meg Schrier, MS, RD, CSSD, LDN, Sports Dietitian, Harvard University Athletics (MA)	Sex Hormones and Sports Injuries– Ellen Casey, MD, Research Director, Women's Sports Medicine Program, Assistant Professor of Physical Medicine and Rehabilitation at the Hospital of the University of Pennsylvania (PA)	Personalizing an Injury Prevention Plan for the Adolescent Female Athlete – Kate Hamilton, PT, DPT, OCS, Founder of Girl Fit Physical Therapy, Boston (MA)
3:00 – 4:00	Coaching Essentials: The Intangibles Behind the X's and O's Pam Vaughan, Founder of PV Team Consulting	Energy Deficiency and Stress Hormones: How Are They Impacting Your Performance? – Anna Turner, MS, RD, CSSD, CISSN, Sports Dietitian, St. Vincent Sports Performance, Bree Simmons, MD, Sports Medicine Physician, St. Vincent Sports Performance, Kasey Oiness, PhD, Sport and Performance Psychologist, St. Vincent Sports Performance (IN)	The Use of Exercise in the Management of Low Back Pain: A Review of 25 Years of Research Development Related to the Effects of Exercise on Low Back Pain – Lisa Childs, PT, Physical Therapist/Researcher, New England Baptist Hospital, Division of Research, Boston (MA)
4:00 – 4:15	Closing Remarks – Kathryn Ackerman, MD, MPH, FACSM, Medical Director of Female Athlete Program, Boston Children's Hospital		