

THE FEMALE ATHLETE CONFERENCE 2015

STRATEGIES FOR OPTIMAL HEALTH AND PERFORMANCE

June 19 & 20
 Babson College, Sorenson Center
 231 Forest Street, Wellesley, MA 02021



REGISTER TODAY bostonchildrens.org/femaleathlete15

Welcome to The Female Athlete Conference 2015. Upon arrival, please park in Lot T-Trim and proceed to conference registration in the Sorenson Center for the Arts.

FRIDAY, JUNE 19

7:30–8:30 a.m.	Registration and Continental Breakfast
8:30–8:45 a.m.	Opening Remarks Kate Ackerman, MD, MPH, FACSM
8:45–9:15 a.m.	Forty Years of Treating Female Athletes Lyle Micheli, MD, FACSM
9:15–10:30 a.m.	New Developments in Female Athlete Triad and Relative Energy Deficiency in Sport Moderator: Kate Ackerman, MD, MPH, FACSM Presenters: Naama Constantini, MD, DFM, FACSM, Dip. Sport Med., Margo Mountjoy, MD, CCFP, FCFP, FACSM, Dip Sport Med., Nancy Clark, MS, RD
10:30–11	Break
11–11:45 a.m.	Keynote It's Not About Running: It's About Changing People's Lives Kathrine Switzer
Noon–1 p.m.	Lunch Trim Dining Hall
1:15–2:15 p.m.	Breakout Sessions <ul style="list-style-type: none"> ■ Track 1 Common Injuries of the Hip and Pelvis Kelly McInnis, DO, Yi-Meng Yen, MD, PhD ■ Track 2 Is Breast Bounce an Issue for Female Athletes? Nicola Brown, PhD, Joanna Scurr, PhD, FBASES ■ Track 3 Exercise: Addiction or Healthy Lifestyle Choice and Recovery Presentation Kim Dennis, MD, CEDS, Caryn Honig, MEd, RD, LDN
2:30–3:30 p.m.	Breakout Sessions <ul style="list-style-type: none"> ■ Track 1 Sports Cardiology, Screening and EKGs Aaron Baggish, MD, FACC, FACSM Mark Alexander, MD, FHRS ■ Track 2 Elite Female Endurance Athletes: Biomarkers of Health and Performance Charles Pedlar, PhD, John Rogers, MD, Georgie Bruinvels ■ Track 3 Pregnancy, New Moms and Exercise Bridget Quinn, MD
3:30–4 p.m.	Snack Break Sorenson Center for the Arts
4–5 p.m.	Breakout Sessions <ul style="list-style-type: none"> ■ Track 1 Sports Medicine Considerations for the Female Athlete with a Disability Cheri Blauwet, MD ■ Track 2 Running Biomechanics Irene Davis, PhD, PT, FAPTA, FACSM, FASB ■ Track 3 Athletes with Eating Disorders: Special Outpatient and Intensive Treatment Considerations Ron Thompson, PhD, FAED, CEDS Roberta Sherman, PhD, FAED, CEDS
5–7 p.m.	Cocktail Reception

SATURDAY, JUNE 20

8–8:30 a.m.	Registration and Continental Breakfast
8:30–8:45 a.m.	Opening Remarks Ron Thompson, PhD, FAED, CEDS
8:45–9:30 a.m.	Effective Communication, Coaching, Teaching and Treatment Strategies for the Female Athlete Kim Penney, MEd
9:30–9:45 a.m.	Break
10–11 a.m.	Breakout Sessions <ul style="list-style-type: none"> ■ Track 1 Could My Adolescent Athlete Have an Eating Disorder? Assessment, Diagnosis, Treatment and Prevention Catherine Gordon, MD, MSc, Melissa Freizinger, PhD, Kendrin Sonneville, ScD, RD, Sarah Pitts, MD ■ Track 2 Training the Female Athlete: Maximizing Performance While Minimizing Injuries Steve Myrland, Jen Morse, MS, CSCS ■ Track 3 From "Fitspiration" to Body Dysmorphia: Helping Women and Girls in Weight-Related Sports Cope with Distorted Body Image Kevin Wandler, MD, CEDS, Jessica Setnick, MS, RD, CEDRD
11:15 a.m.–12:15 p.m.	Breakout Sessions <ul style="list-style-type: none"> ■ Track 1 The Adolescent Female Athlete and Back Pain Pierre d'Hemecourt, MD, FACSM Wendy Holdan, PT, MSPT, OCS ■ Track 2 Nutrition for Female Olympic Athletes: From Evidence-Based Practice to Innovative Teaching Approaches Nanna Meyer, PhD, RD, CSSD, FACSM ■ Track 3 Coping with Concussion Marilou Shaughnessy, PsyD, Emily Kroshus, ScD, MPH, Cynthia Stein, MD, MPH
12:30–1:30 p.m.	Lunch Trim Dining Hall
1:45–2:30 p.m.	Integrative Approach to Identifying Female Athletes at High Risk of Knee Injury—How to Prevent the Dreaded ACL Tear Greg Myer, PhD, FACSM, CSCS*D
2:30–3 p.m.	Q&A with Two-Time Gold Medalist, World Champion and USA Gymnastics Team Captain Aly Raisman
3–3:30 p.m.	Snack Break Sorenson Center for the Arts
3:30–4:15 p.m.	Enhancing the Performance of Women in School Athletic Programs Walter Corey, PhD, and Jordan Denning, JD, MIP
4:15–5 p.m.	Stopping it Before It Starts: Prevention of Eating Disorders in Female Collegiate Athletes Tiffany Stewart, PhD
5–5:15 p.m.	Closing Remarks Kate Ackerman, MD, MPH, FACSM

Track 1 Reynolds Campus Center | Track 2 Galvin Chapel | Track 3 Sorenson Center for the Arts

Join the conversation #FemaleAthlete15

Boston Children's Hospital @BostonChildrens
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Speakers

Cheri Blauwet @CABlauwet
 Nicola Brown @Nikki_Brown_NB
 Georgie Bruinvels @GBruinvels
 Nancy Clark @nclarkrd
 Jordan Denning @CogSportsMind
 Kim Dennis @DrKimDennisTX
 Emily Kroshus @ekroshus
 Margo Mountjoy @margomountjoy
 Greg Myer @gregmyer11

Charles Pedlar @pedlarcr
 Aly Raisman @Aly_Raisman
 John Rogers @jpmrogers
 Joanna Scurr @UOP_RGBH
 Jessica Setnick @JessicaSetnick
 Kendrin Sonneville @kendrinsnae
 Tiffany Stewart @DrTMSStewart
 Kathrine Switzer @KVSwtzr

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