

**BOSTON CHILDREN'S HOSPITAL
FEMALE ATHLETE PROGRAM PRESENTS**

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**FEMALE ATHLETE
CONFERENCE
2021**



**STRATEGIES FOR HEALTH
AND PERFORMANCE**

JUNE 10-12, 2021

VIRTUAL

ALL TIMES IN USA EDT/UTC-4

ATTEND FROM ANYWHERE IN THE WORLD

ON DEMAND ACCESS TO ALL CONFERENCE SESSIONS AVAILABLE FOR 4 WEEKS



THURSDAY, JUNE 10, 2021

6:30 AM – 7:30 AM **EXERCISE CLASS**

7:45 AM – 8:00 AM **OPENING REMARKS**
Kathryn Ackerman, MD, MPH, FACSM

8:00 AM – 8:45 AM **RESEARCH ON PERFORMANCE NUTRITION FOR FEMALE ATHLETES**

HOW WELL ARE FEMALES REPRESENTED IN PERFORMANCE NUTRITION RESEARCH?

Trent Stellingwerff, PhD

SPECIAL CONSIDERATIONS FOR UNDERTAKING PERFORMANCE NUTRITION RESEARCH IN FEMALE ATHLETES

Louise Burke, PhD

TOOLS TO INCREASE THE QUALITY AND QUANTITY OF PERFORMANCE NUTRITION RESEARCH IN FEMALE ATHLETES

Kirsty Elliott-Sale, PhD, FHEA

8:45 AM – 9:35 AM **BRIDGING THE RESEARCH-PRACTICE GAP IN WOMEN'S SPORT**
Emily Kraus, MD | Julie McCleery, PhD | Alicia Glass, RD | Valorie Kondos, BA | Elana Meyers Taylor

9:35 AM – 10:05 AM **BREAK SPONSORED BY TIMBERLINE KNOLLS**



10:05 AM – 10:50 AM **KEEPING TROUBLE OUT OF THE 'WUBBLE'**
Cindy Chang, MD, FACSM, FAMSSM

11:00 AM – 11:45 AM **KEYNOTE ADDRESS**

HOW TECHNOLOGY IS CHANGING WHAT IT MEANS TO BE A FEMALE ATHLETE: FROM TRAINING, COMPETING, MONETIZING THEIR BRANDS, TO EMPOWERING THE NEXT GENERATION OF ATHLETES

Angela Ruggiero, OLY, MEd, MBA | Molly Tissenbaum, BA

11:45 AM – 1:00 PM **LUNCH SPONSORED BY BAY STATE PHYSICAL THERAPY**



Exploring Strength Training for the Prevention of Concussions in Female Athletes

1:00 PM – 1:45 PM **TRACKED SESSION 1**
CONCURRENT

COACHING | HOW TO GET (AND KEEP) GIRLS PLAYING: STRATEGIES FOR ENGAGING AND RETAINING GIRLS IN SPORT

Christine Bright, MBA | Pardeice McGoy, MS

SPORTS MEDICINE & CLINICAL CARE | RED-S/THE ATHLETE TRIAD: SCIENCE MEETS PRACTICE

Marci Goolsby, MD | Heidi Skolnik, MS, CDN, FACSM

MENTAL HEALTH | INTEGRATING MENTAL SKILLS PRACTICES IN RECOVERY FROM SPORT INJURIES

Melissa Christino, MD, FAAOS | Kimberly H.M. O'Brien, PhD, LICSW | Kelsey Griffith, MS



THURSDAY, JUNE 10, 2021

1:55 PM – 2:40 PM **TRACKED SESSION 2**
CONCURRENT

COACHING | THE ACCELERATOR MODEL: HOW TO BUILD GIRLS ATHLETIC PROGRAMS

Mary Connor, MS

SPORTS MEDICINE & CLINICAL CARE | MENSTRUAL LINKED ASTHMA: WHAT WE (DON'T) KNOW AND WHERE WE NEED TO GO

Connie M. Lebrun, MDCM, MPE, CCFP(SEM), FCFP, FACSM, FAMSSM, Dip. Sport Med, OLY | Patricia Doyle-Baker, DrPH, PhD, CSEP-CEP | Jane Thornton, MD, PhD, CCFP (SEM), IOC Dip Sp Phy, OLY

MENTAL HEALTH | DISORDERED EATING IN HIGH PERFORMANCE SPORT: A NATIONAL POSITION STATEMENT AND PRACTICAL RESOURCES

Nikki Jeacocke, APD, CSSD | Hilary Smith, MS

2:50 PM – 3:20 PM **EXHIBITOR BROWSING / BREAK SPONSORED BY OPAL**



3:20 PM – 4:05 PM **TRACKED SESSION 3**
CONCURRENT

COACHING | WHY ISN'T WOMEN'S-SPECIFIC TRAINING MORE WIDESPREAD WITHIN SPORT? BRIDGING THE GAP BETWEEN RESEARCH AND APPLIED PRACTICE

Marsa Daniel, MS | Sam Moore, MS

SPORTS MEDICINE & CLINICAL CARE | POSTPARTUM RETURN TO SPORT: A HOLISTIC APPROACH TO SAFE INTEGRATION OF MOVEMENT POSTPARTUM

Rebecca McConville, MS, RDN, LDN, CSSD, CEDRD | Amanda Fisher, PT, DPT | Nathan Carlson, PT, DPT, USATF

MENTAL HEALTH | "I JUST GOT LUCKY" IMPOSTER SYNDROME AND WOMEN IN SPORT

Shannon Mulcahy, MS

4:15 PM – 5:00 PM **TRACKED SESSION 4**
CONCURRENT

COACHING | WORDS MATTER: HOW TO HAVE CONVERSATIONS AROUND MENTAL HEALTH WITH ATHLETES

Kelsey Varzeas, MEd, AASP CMPC Candidate, PhD Candidate | Julie Freedman, MEd, AASP CMPC, PsyD Candidate

SPORTS MEDICINE & CLINICAL CARE | MANAGING LOW BACK PAIN IN THE FEMALE ATHLETE: LESSONS FROM ROWING

Fiona Wilson, PhD, MSc, BSc | Kellie Wilkie, APA Titled Sports & Exercise Physiotherapist, MS

MENTAL HEALTH | NUTRITIONAL RISKS OF FEMALE ENDURANCE RUNNERS & CREATIVE STRATEGIES FOR OPTIMIZING FOOD INTAKE THROUGH VIRTUAL PLATFORMS

Michelle Barrack, PhD, RD, CSSD | Emily Kraus, MD | Reilly Beatty, MS, RD

5:30 PM – 7:30 PM **NETWORKING SOCIAL EVENT**



FRIDAY, JUNE 11, 2021

- 7:00 AM – 8:00 AM **EXERCISE CLASS**
Amanda Waldron, MS, RDN, LDN
- 8:00 AM – 8:15 AM **OPENING REMARKS**
Nicole Farnsworth, MS, RD, CSSD, LDN, CPT | Meghan Keating, MPAS, PA-C
- 8:15 AM – 9:00 AM **PERFORMANCE AND THE MENSTRUAL CYCLE: WHY LABORATORY AND REAL-WORLD EXERCISE RESULTS ARE NOT CONGRUENT**
Anthony C. Hackney, PhD, DSc
- 9:00 AM – 9:45 AM **QUIT SCREENING FOR INJURY RISK: INTEGRATED APPROACH TO IDENTIFY AND TARGET NEUROMUSCULAR DEFICITS IN FEMALE ATHLETES**
Greg Myer, PhD, FACSM, CSCS*D
- 9:45 AM – 10:15 AM **BREAK SPONSORED BY LONGWOOD MRI** 
- 10:15 AM – 11:00 AM **FLIRTING OR HURTING? SEXUAL HARASSMENT AMONG YOUNG ELITE ATHLETES**
Jorunn Sundgot-Borgen, PhD | Nina Sølvsberg, MSc
- 11:10 AM – 11:55 AM **IN CONVERSATION WITH LAYSHIA CLARENDON**
- 11:55 AM – 1:00 PM **LUNCH**
- 1:00 PM – 1:45 PM **TRACKED SESSION 1**
CONCURRENT

SPORTS CULTURE & COMMUNITY | SIMPLE STEPS TO NAVIGATING THE APPROPRIATE COLLEGE FOR STUDENT ATHLETES

Cassandra Cunningham, MEd

SPORTS MEDICINE & CLINICAL CARE | RATES, RISK, AND RECOVERY FROM SPORTS-RELATED CONCUSSIONS IN THE FEMALE ATHLETE

Abigail C. Bretzin PhD, ATC | Carrie Esopenko, PhD | Christina L. Master, MD, FAAP, CAQSM, FACSM

EXERCISE PHYSIOLOGY | DEVELOPING MUSCULAR STRENGTH IN POST-MENOPAUSAL WOMEN

Mia Lazarewicz, NSCA-CPT, CSCS, Z-Health

- 1:55 PM – 2:40 PM **TRACKED SESSION 2**
CONCURRENT

SPORTS CULTURE & COMMUNITY | SPORTS CULTURE'S IMPACT ON GIRLS IN SPORT: PANEL DISCUSSION WITH STUDENT ATHLETES

Risa Isard, BA

SPORTS MEDICINE & CLINICAL CARE | STRATEGIES FOR MANAGEMENT OF TIBIA BONE STRESS INJURIES IN FEMALE RUNNERS

Jillian Santer, PT, DPT, FMSC | Ashley Waite, PT, DPT, OCS | Katherine Rizzone, MD, MPH, FAAP



FRIDAY, JUNE 11, 2021

1:55 PM – 2:40 PM **TRACKED SESSION 2 (CONTINUED)**
CONCURRENT

EXERCISE PHYSIOLOGY | IMPROVING KNOWLEDGE, EDUCATION, AND PRACTICES IN RELATION TO THE MENSTRUAL CYCLE IN COMPETITIVE FEMALE ATHLETES: A SCANDINAVIAN PERSPECTIVE

Kerry McGawley, PhD | Dionne Noordhof, PhD | Martina Höök, MSc

2:50 PM – 3:20 PM **EXHIBITOR BROWSING / BREAK SPONSORED BY ORRECO** 

3:20 PM – 4:05 PM **TRACKED SESSION 3**
CONCURRENT

SPORTS CULTURE & COMMUNITY | WOMEN IN THE MEDIA

Rachel Epstein, BA

SPORTS MEDICINE & CLINICAL CARE | OPTIMIZING THE HEALTH AND PERFORMANCE OF FEMALE DANCERS: WHAT ARE THE CHALLENGES?

Nicky Keay, BA, MB, BChir, MA (Cantab), MRCP

EXERCISE PHYSIOLOGY | PERIODISED MANIPULATION OF ENERGY AVAILABILITY AND WITHIN DAILY ENERGY BALANCE WITHOUT SYMPTOMS OF RED-S IN AN ELITE FEMALE MIXED MARTIAL ARTS ATHLETE: A YEAR-LONG CASE STUDY

Carl Langan-Evans, BA (Hons), MRes, PhD, PGCert LTHE, FHEA, IIST, ASCC

4:15 PM – 5:00 PM **TRACKED SESSION 4**
CONCURRENT

SPORTS CULTURE & COMMUNITY | TRANSGENDER ATHLETE INCLUSION: AN UPDATE

Kathryn Ackerman, MD, MPH, FACSM

SPORTS MEDICINE & CLINICAL CARE | AUSTRALIAN INSTITUTE OF SPORT (AIS) FEMALE PERFORMANCE INITIATIVE

Rachel Harris, OLY, MBBS, FACSEP, IOC Dip Sp Phy | Clare Minahan, PhD | Alice McNamara, OLY, BComm, BSci, MD, EMCert (ACEM)

EXERCISE PHYSIOLOGY | MENSTRUAL CYCLE PHASED REHABILITATION FOR FEMALES POST ACL RECONSTRUCTION: IS IT TIME TO PLAY TO FEMALE STRENGTHS?

Emma O'Loughlin, BSc (Hons), Physiotherapy, PhD Candidate, SPRINZ

5:30 PM – 7:00 PM **TRIVIA NIGHT**



SATURDAY, JUNE 12, 2021

- 6:45 AM – 7:45 AM **EXERCISE CLASS**
Jordan Metz, MD
- 8:00 AM – 9:30 AM **LIVE QUESTION & ANSWER SESSION WITH BOSTON CHILDREN'S HOSPITAL FEMALE ATHLETE PROGRAM**
- 9:30 AM – 10:15 AM **BECOMING THE FIRST FEMALE ATHLETIC DIRECTOR AT HARVARD**
Erin McDermott, MS
- 10:15 AM – 11:00 AM **CREATING INCLUSIVE SPORTS CULTURES THROUGH AN INTERSECTIONALITY MINDSET**
Nefertiti Walker, PhD
- 11:10 AM – 12:10 PM **DARE TO DREAM, FREE TO RISE**
Samantha A. Livingstone, OLY, MEd
- 12:10 PM – 12:45 PM **KEYNOTE ADDRESS**

IMPAIRMENT DOES NOT PRECLUDE EXCELLENCE

Marla Runyan, OLY, MEd

- 12:45 PM – 1:00 PM **CLOSING REMARKS**
Kathryn Ackerman, MD, MPH, FACSM

EXHIBITORS

OLYMPIC LEVEL



RECREATIONAL LEVEL



COLLEGIATE LEVEL



TACTICAL LEVEL



AMATEUR LEVEL



VOICE IN SPORT