

Schedule June 14, 2023

- 7-7:45 am **Registration**
- 7:45-8 am **Opening Remarks**
Kathryn Ackerman, MD, MPH, FACSM
- 8-8:45 am **How the Wu Tsai Human Performance Alliance is Advancing Female Athlete Health and Performance**
Kathryn Ackerman MD, MPH, FACSM, Emily Kraus, MD
- 8:45-9:30 am **Femina Scientia: History, Hormones, and Female Athletes**
Prof Kirsty Elliott-Sale, PhD, Eimear Dolan, PhD; Anthony Hackney, PhD, DSc
- 9:30-10:15 am **Exhibitor Hall/Coffee Break**
- 10:15-11 am **Concussion Updates for Female Athletes**
Christina Master, MD, FAAP, CAQSM, FACSM, Margot Putukian MD, FACSM, FAMSSM
- 11-11:45 am **Keynote (no continuing education credit available)**
Mary Cain
- Lunch Break**
- 11:45-1pm **Mental Health in Sport Panel**
Kimberly O'Brien, PhD, LICSW, Ivy Watts, Alexi Pappas
- 1-2 pm
- 2:05-3:05 pm **Psychological Resilience and Mental Skills Training, Navigating the Mental Side of Recovery**
Track #1
- Navigating the mental side of recovery: how a multidisciplinary mental health team can help: [Melissa Christino, MD, Kimberly O'Brien, PhD, Kelsey Griffith, MS](#)
 - Psychological skills and performance among female athletes in aesthetic sport: from research to practice: [Erika Van Dyke PhD, Kelsey Griffith, MS](#)
 - Assessment of mental resilience in female athletes: [Tiffany Stewart, PhD](#)
- Track #2**
- A Multidisciplinary Approach to Treating Hip Injuries in the Female Athlete**
- Clinical considerations for treatment of the hypermobile hip in the female athlete at different ages and stages: [Heather Southwick, PT, MSPT](#)
 - The pelvic floor muscle symptoms, QoL, and function in young sportswomen with self-reported hip symptoms, compared to a non-symptomatic hip group: [Marianne Oelofse, MSc,](#)
 - Common hip injuries among female athletes: [Yi-Meng Yen, MD, PhD](#)
- Track #3**
- Evaluation of the Relationship Between Body Composition, Nutrition and Menopause Symptoms Across the Menopause Transition**
- Evaluation of the relationship between body composition and menopause symptoms across the menopause transition: [Sam Moore, MS](#)
 - What do we know about nutritional considerations in the post-menopausal athletes?: [Stacy Sims MSc, PhD](#)

Schedule June 14, 2023

- 3:05-4:05 pm
- Track #1**
- Navigating Relationships and Limiting the Impact of Countertransference When Working with Female Athletes**
- Helping relationships turning harmful: when the best of intentions lead to ethical concerns: [Kate Bennett, PsyD](#)
 - What's next for female athlete mental health: What's next for female athlete mental health: generating and disseminating programming and policy to promote wellness [Rachael Flatt, MA, OLY, Sasha Correll, PhD](#)
 - Limiting the impact of countertransference when working with female athletes: [Christine L.B. Selby, PhD, CEDS, CMPC-E](#)
- Track #2**
- Chronic Pain in Female Athletes: The Need for Integrated Treatment and Team-Based Approaches**
- Chronic pain in female athletes: the need for integrated treatment and team-based approaches: [Courtney Hess, PhD, Amanda Van Orden, BA, Bård Erlend Solstad, PhD](#)
 - Treating lumbopelvic pain in female athletes: [Fiona Wilson, PhD](#)
- Track #3**
- Behind the Scenes of the Development of the IOC REDs Clinical Assessment Tool and Evaluating the Effect of Energy Availability on Performance and Medical Outcomes at the Boston Marathon**
- Behind the scenes of the development of the IOC REDs Clinical Assessment Tool: Canadian cohort: [Ida Heikura, PhD, Trent Stellingwerff, PhD](#)
 - Boston Marathon prospective study of the impact of athlete energy availability on performance and medical outcomes: [Kristin Whitney, MD](#)
- 4:05-5:05 pm
- Track #1**
- Evaluating the Efficacy of the Sports Mental Health Assessment Tool and the Coach Self-Efficacy Body Image Scale in High Level Athletes**
- An analysis of the Sport Mental Health Assessment Tool in Team USA female athletes: [William Adams, PhD, ATC, FACSM](#)
 - Development and preliminary validation of the Coach Self-Efficacy Body Image Scale: [Hannah Silva-Breen, MS, Jekaterina Schneider, PhD](#)
- Track #2**
- Vocal Cord Dysfunction and Heat Illness in Female Athletes**
- Recognition and front line management of the female athlete with shortness of breath: [J. Tod Olin, MD, MSCS](#)
 - Heat illness considerations for female athletes: [Gabrielle Giersch, PhD](#)
- Track #3**
- Menstrual Health History and Hormonal Contraceptive Use in Active Women and US Olympic and Paralympic Female**
- Characterizing hormonal contraception use and associated side effects in active women: [Hannah E. Cabre, PhD\(c\), MS, RDN](#)
 - Menstrual health history and hormonal contraceptive use in US Olympic and Paralympic female athletes: [Travis Anderson, PhD](#)
- 6-9 pm
- Spirit of Boston Networking Night**
(tickets must be bought in advance)



Schedule June 15, 2023

7-7:45 am	Registration
7:45-8 am	Opening Remarks Trent Stellingwerff, PhD
8-8:45 am	Mainstage Session: Safe Guarding in Sport Ju'Riese Colon, Fiona Wilson, PhD, Cheri Blauwet, MD, Jonathan Finnoff, DO, FACSM, FAMSSM, RMSK
8:45-9:30 am	Mainstage Session: Developing a Sports Science Research Agenda and Translational Practice Informed by USOPC-Affiliated Female Athletes Emily Kraus, MD; Julie McCleery, PhD
9:30-10:15 am	Exhibitor Hall/Coffee Break
10:15-11 am	Mainstage Session: IOC Consensus REDs Update Margo Mountjoy, MD, PhD, CCFP (SEM), FCFP, FACSM, Dip Sport Med, Trent Stellingwerff, PhD, Louise Burke, PhD, OAM
11-11:45 am	Keynote: Sherry Levin
11:45-1pm	Lunch Break
1-2 pm	Postpartum Return to Sport Panel Nicole Farnsworth, MS, RD, CSSD, LDN, CPT, Gráinne Donnelly, BSc, PgC, Jane Thornton, MD, PhD, OLY, Hilary Stellingwerff, OLY, Lora Webster
2:05-3:05 pm	Track #1 Improving Coach Education on Working with Female Athletes and Implementing a Shared Learning Approach to Improving Girls' Participation in Sports and Physical Activity <ul style="list-style-type: none">A shared learning approach to improving girls' participation in sports and physical activity: results from a pilot project: Julie McCleery, PhD,In the know: improving coach education on working with female athletes: Anthea Clarke, PhD <small>*CME credit not available for MD/PA-C/NP</small>
Track #2	From Chaos to Cosmos: Clinical Complexities and Considerations in the Treatment of Athletes with Eating Disorders Riley Nickols, PhD
Track #3	Strength Training in Female Athletes and Suppression of the Hypothalamic-Pituitary-Ovarian Axis in Women During U.S. Army Basic Combat Training <ul style="list-style-type: none">Attitudes and practices of elite strength coaches towards sex-specific needs in international women's rugby union: David Nolan PhD(c)Perspectives on concurrent strength and endurance training in females: Ritva Mikkonen, PhDSuppression of the hypothalamic-pituitary-ovarian axis in women during U.S. Army basic combat training: Kristin Popp, PhD

Schedule June 15, 2023

3:05-4:05 pm	Track #1 Preventing Physical Maltreatment, Sexual, & Emotional Abuse in Female Athletes Around the World <ul style="list-style-type: none">Prevalence of physical maltreatment, sexual, & emotional abuse & associated sequelae in elite athletes: Marci Hamilton, JD,Stamping out sexual violence in sport: Kate Seary, MA,Prevalence of interpersonal violence among elite athletes in Brazil: Joanna Albuquerque Maranhão Bezerra de Melo
Track #2	GI Dysfunction in Female Athletes <ul style="list-style-type: none">What the poop: common GI problems in female athletes: Meg Steffey Schrier, MS, RD, CSSD, LDNGut Feelings and Common GI issues that Impact Female Athletes: Lori Zimmerman, MD
Track #3	Female Athlete Sport Science vs. Applied Practice: A Needless Tug-Of-War Richard Burden, PhD , Anita Biswas, MD , Anthony Hackney, PhD, DSc
4:05-5:05 pm	Track #1 Improving Body Image and Preventing Eating Disorders in Female Athletes <ul style="list-style-type: none">Co-creating positive body image interventions for girl-identifying athletes and coaches utilizing an international multidisciplinary partnership: Emily Louise Matheson, PhD,Coaching the coaches: improving communication between collegiate coaches and athletes at risk for the development of eating disorders: Jessica Silverman MA, PsyD <small>*CME credit not available for MD/PA-C/NP</small>
Track #2	Managing Bone Stress Injuries and Treating Compulsive Exercise <ul style="list-style-type: none">You have a bone stress injury. Now what? Considerations for return to sport and reducing injury risk: Emily Kraus, MD, Kristin Popp, PhD,A targeted model for treating compulsive exercise in individuals with eating disorders: Amy Gardner, MS, CEDRD, RYT, Rebecca Toutant, MA, RDN, LDN, CDCES, cPT
Track #3	Exploring Exercise Physiology in Female Athletes <ul style="list-style-type: none">The Female Endurance Athlete (FENDURA): exploring some of the missing links in exercise physiology: Hanne Staff MSc, Tina Engseth, MSc, Madison Taylor, MSc,First findings from the women's soccer health study: from head to toe: Ellen Casey, MD
5:30-7:30pm	Poster Presentations and Networking Night Hosted with Gatorade Sports Science Institute



Schedule June 16, 2023

7-7:45 am **Registration**

7:45-8 am **Opening Remarks**
Julie McCleery PhD

8-8:45 am **Mainstage Session: How to Pick Contraception Options for Family Planning and Other Medical Issues- What's a Gal to Do?**
Kathryn Ackerman, MD, MPH, FACSM, Chimsom Oleka, MD, FACOG

8:45-9:30 am **Mainstage Session: National Women's Soccer League: The Challenges Facing Women Professional Athletes**
Cindy Chang MD, Margot Putukian MD, Carlin Hudson, Sarah Spain

9:30-10:15 am **Exhibitor Hall/Coffee Break**

10:15-11 am **Mainstage Session: USOPC, AIS, EIS- International Collaborative Approach to Elite Female Athlete Education and Care**
Rachel Harris OLY, MBBS, FACSEP, IOC Dip Sp Phy, Richard Burden, MsC, PhD, Kathryn Ackerman, MD, MPH, FACSM, Amber Donaldson, DPT, M Physio (Manip), SCS, CSCS

11-11:45 am **Keynote**
TBD

11:45-1pm **Lunch Break**

1-2 pm **Intersectionality Panel**

2:05-3:05 pm **The Influence of Virtual Education and Social Media on Female Athletes**

- The Female Athlete Science and Translational Research (FASTR) pilot study: [Emily Kraus, MD, Abby McIntyre, BS](#),
- Effects of social media: the good, the bad, and the ugly: [Joe DeLeo, CSCS, MSc](#)

Treating Pelvic Floor Dysfunction and Guiding Postpartum Return to Running

- How to guide return to running after childbirth: an expert consensus: [Rita Deering PT, DPT, PhD, Shefali Christopher, DPT, PhD](#)
- Heavy resistance training and pelvic floor: current evidence and clinical applications: [Christina Prevett MSCT, PhD\(c\)](#)

Knowledge of the Female Athlete Triad and Relative Energy Deficiency in Sport in Female Athletes and Evaluating Associations Between Sleep, Heart Rate Variability, Respiratory Rate, and Psychological Resilience Among Female Athletes

- Knowledge of the Female Athlete Triad and Relative Energy Deficiency in Sport in United States National Team gymnasts and coaches: [Tamiel Murray MS, MSW](#)
- Associations between sleep, heart rate variability, respiratory rate, and psychological resilience among female athletes: [Miriam Rowan, PsyD](#)

Schedule June 16, 2023

3:05-4:05 pm

Track #1 Race and Sport
TBD

Track #2 Managing ACL Tears in Female Athletes

- Female athlete ACL injuries: insights on management and surgical outcomes from USA and Australia: [Melissa Christino MD, Kate Webster, PhD](#)
- Psychological readiness after revision ACL reconstruction is lower in female athletes: a ROAR study: [Magdalena Tarchala, MD, MSc, FRCSC](#)

Track #3 Advancing Knowledge of Female Athlete Health and Applying Sports Science to the Treatment of Female Athletes

- Advancing knowledge of female athlete health: the value of mixed methods: [Katherine Lesley Schofield, PhD](#)
- Research, inform, and innovate: a practical discussion of interdisciplinary applications for female athlete sport science: [Abbie Smith-Ryan PhD](#)

4:05-5:05 pm

Track #1 Exploring Retired Elite Female Athletes' Health and Navigating the Transition Out of Sport

- Beyond the medals: a cross-sectional study exploring retired elite female athletes' health: [Jane Thornton, MD, PhD, OLY](#)
- Female athlete identity: providing psychological and nutritional support for athletic identity transitions: [Kelsey Varzeas Ed.M., CMPC, Maura Donovan MS, RD, LDN, CPT, BCS](#)

Track #2 Managing Iron Deficiency and Cardiac Issues in Female Athletes

- Cardiovascular Issues in Female Athletes: [Meagan Murphy Wasfy, MD, MPH, FACC](#)
- Iron deficiency in female athletes: [Matthew Heeney, MD, FRCP](#),

Track #3 Female Athlete Health Domains and Their Related Health Problems in Sport and Investigating Research Gaps

- Female athlete health domains and their related health problems in sport: a consensus statement: [Isabel Moore, PhD, Caroline Bolling, PhD](#)
- Mismatch of gender-specific issues between the existing literature and international leading experts' opinions in female elite sports: [Viktoriia Nagorna PhD, Basil Achermann, BS, Silvio Lorenzetti, PhD](#)

