

— THE —  
FEMALE ATHLETE  
CONFERENCE  
2023



STRATEGIES FOR HEALTH  
AND PERFORMANCE



**EXHIBITOR  
PROSPECTUS**

June 14–16

Seaport Hotel, Boston



## Dear Colleague,

We are pleased to announce the **6th International Biennial Female Athlete Conference: Optimal Strategies for Health and Performance**, which will take place both **in-person in Boston and virtually June 14th-16th, 2023!** Our mission is to promote awareness of female athletes' unique physiology and research findings, and advance the field of sport and exercise science on behalf of female athletes.

The 2023 Female Athlete Conference will provide physicians, physician assistants, nurse practitioners, nurses, psychologists, social workers, dietitians, physical therapists, certified athletic trainers, athletic directors, coaches, athletes, and parents with crucial information to keep female athletes healthy on and off the playing field. The 2021 conference brought together over 1,000 attendees from 32 countries for a three-day virtual summit featuring over 70 international experts. **In 2023, we expect over 1,500 attendees, with 700 attending virtually and 800 attending in-person in Boston.** Attendees from around the world will engage with experts hailing from research institutions, international and national sport governing bodies, sports media, NGOs, community organizations, and professional sports teams.

All proceeds raised from the Female Athlete Conference will go directly towards female athlete health-related research. Current research topics include relative energy deficiency in sport (RED-S)/female athlete triad (Triad), menstrual cycle and performance, early biomarkers of low energy availability, energy availability manipulation for performance across the lifespan, injury prevention, and the bio-psycho-social factors that affect female athlete health and resilience. Recent publications by conference speakers and collaborators have covered topics such as gold-standard approaches to building menstrual cycle considerations into study design, the importance of athletic identity, and how multidisciplinary teams working with female athletes might best approach treating transgender athletes.

We write today asking you to support our conference by participating as an exhibitor at one of the levels outlined in this packet. In recognition of your contribution, we offer opportunities for attendees to learn more about your organization, such as public acknowledgment during opening remarks and on welcome slides; your organization's logo on digital and print marketing materials; and custom moments with meaningful attendee interaction hosted by your organization.

The 2023 Conference is a touchstone for professionals committed to serving women in sport. **Conference attendance grew 235% in 2021 compared to 2019, and we expect continued attendance growth in 2023.** The conference and its exhibitors will reach all past attendees, 2023 registrants, our [Instagram](#) and Twitter followers and **+1,700 Female Athlete Newsletter subscribers** (subscriber count is up 60% from the first issue in September '21). All exhibitors will be recognized on the [conference website](#), and the conference will be shared on committee members' social media platforms along with digital communication channels for the [Wu Tsai Human Performance Alliance](#), a combined reach of over 500,000 followers.

Should you have any questions, please email us at [info@femaleathleteconference.com](mailto:info@femaleathleteconference.com). Thank you in advance for considering our exhibitor request. We hope you will join us in supporting the Female Athlete Conference as we work together to improve the health of female athletes today and for years to come!

Sincerely,



**Kate Ackerman, MD**



## 6th Biennial Female Athlete Conference: Optimal Strategies for Health & Performance

The Biennial Female Athlete Conference, founded in 2013, was the first academic and medical conference dedicated to the female athlete. The conference is the preeminent summit for building networks and exchanging ideas among physicians, dietitians, psychologists, sports scientists, physical therapists, coaches, sports media and marketing professionals, and others committed to the health, wellbeing, and sports performance of female athletes.

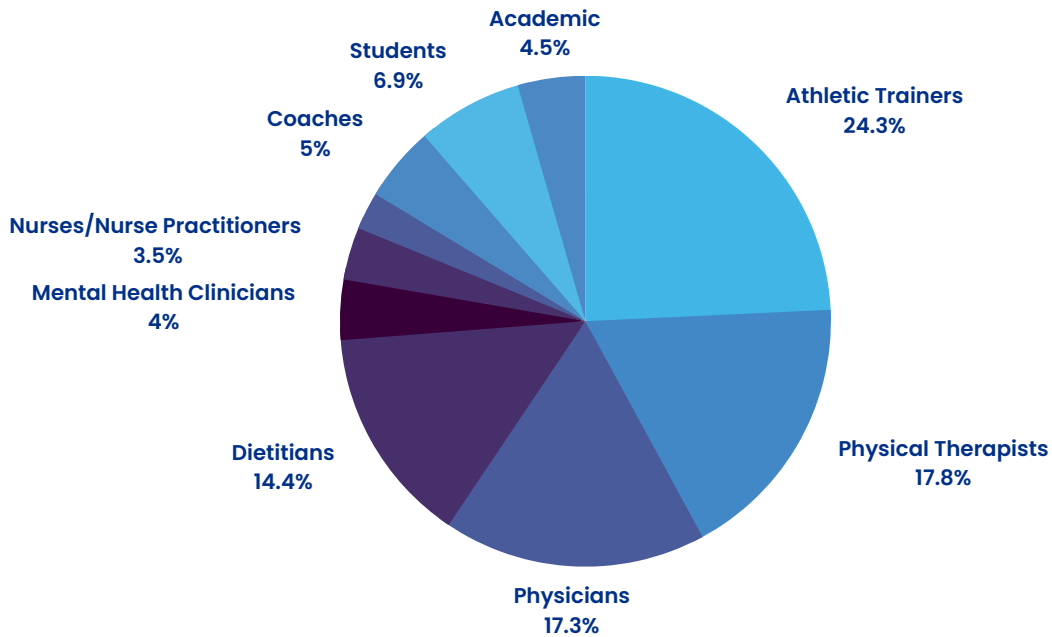
LEARN MORE

As we celebrate 50 years of Title IX, the number of females competing in both high school and college athletics has steadily increased. As girls and women become more empowered through sports, it is important to advance research on how sex and gender differences affect performance and overall sports experience. With research advancement in mind, the Female Athlete Conference elevates the specific issues that make female athletes unique.

Experts in sports medicine, sports psychology, sports science, nutrition and sports culture will present strategies to prevent and treat clinical issues and injuries that can limit a female athlete's performance. Both experts and attendees will have multiple formal and informal opportunities to connect in order to advance the global understanding of and commitment to female athletes through sports and exercise science and clinical care knowledge exchange.

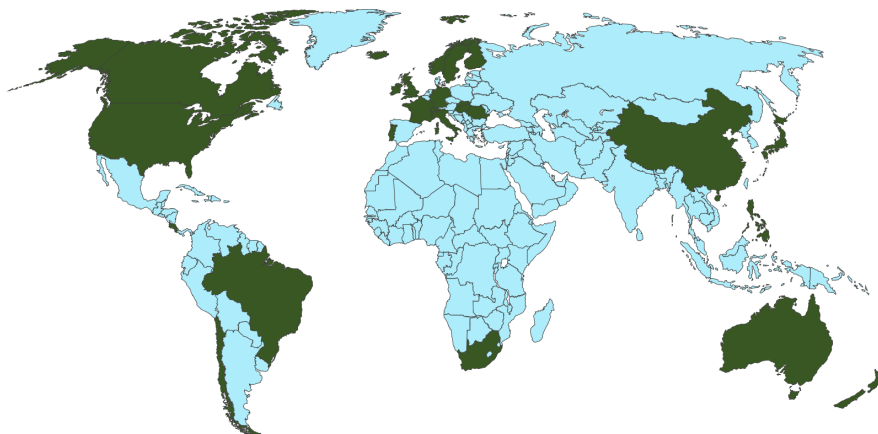
# 6th Biennial Female Athlete Conference: Optimal Strategies for Health & Performance

**2021 Female Athlete Conference Surveyed Attendee Demographics**



**All proceeds raised by exhibitors at our 2023 Female Athlete Conference will fund the Female Athlete Program research team and its research and educational collaborations.**

Contributions support national and international collaborations on numerous projects. Findings and data produced by the Female Athlete Program have been presented internationally in Australia, Brazil, Canada, Germany, Italy, Japan, New Zealand, Portugal, Qatar, South Africa, the United Kingdom, as well as at large national conferences within the United States.



## Exhibitor Levels & Benefits

Olympic Level (2 exhibitor spaces).....\$25,000

- Customizable Benefits (Select One)
  - Host networking night; includes one minute introduction time during the event
  - Host 1-day pre-conference event for 200 select attendees
  - Host a fitness class
- Host a breakout session for remote-only participants
- Custom email to conference attendees (1)
- Co-branded lanyard
- Name on tote bag for attendees, provided at conference check-in
- Custom conference social media post (1)
- Acknowledged as Olympic Level Sponsor (featuring link) on conference website and digital brochures
- Recognized as Olympic Level Sponsor with individualized introduction slides/screens each morning
- Recognized as Olympic Level Sponsor on conference signage and print brochures
- Recognized on social media and on website as provider of 2 scholarship registrations
- Complimentary registrations (4)
- Central exhibitor hall table

Professional Level (2 exhibitor spaces - FILLED).....\$15,000

- Customizable Benefit:
  - Host a session (keynote) - must be mutually agreed upon with presenter
- Name on tote bag for attendees, provided at conference check-in
- Custom conference social media post (1)
- Acknowledged as Professional Level Sponsor (featuring link) on conference website and digital brochures
- Recognized alongside other exhibitors in welcome slides/screens each morning
- Recognized as Professional Level Sponsor on conference signage and print brochures
- Recognized on social media and on website as provider of 1 scholarship registration
- Complimentary registrations (3)
- Central exhibitor hall table

Collegiate Level (3 exhibitor spaces - FILLED).....\$10,000

- Customizable Benefit:
  - Sponsor a session via zoom link for virtual attendees
- Acknowledged as Collegiate Level Sponsor (featuring link) on conference website and digital brochures
- Recognized alongside other exhibitors in welcome slides/screens each morning
- Recognized as Collegiate Level Sponsor on conference signage and print brochures
- Recognized on social media and on website as provider of 1 scholarship registration
- Complimentary registrations (2)
- Central exhibitor hall table

## Exhibitor Levels & Benefits

Tactical Level (6 exhibitor spaces – FILLED).....\$5,000

- Customizable Benefit:
  - Meet and greet with virtual attendees via zoom link
- Acknowledged as Tactical Level Sponsor (featuring link) on conference website and digital brochures
- Recognized alongside other exhibitors in welcome slides/screens each morning
- Complimentary registration (1)
- Exhibitor hall table

Recreational Level (14 exhibitor spaces – FILLED).....\$2,500

- Acknowledged as Recreational Level Sponsor on conference website and digital brochures
- Recognized alongside other exhibitors in welcome slides/screens each morning
- Complimentary virtual registration (1)
- Exhibitor hall table

Amateur Level (15 exhibitor spaces).....\$500

- Acknowledged as Amateur Level Sponsor on conference website and digital brochures
- Welcome slide recognition

### Our Exhibitors from the 2021 Female Athlete Conference



## Social Media & Outreach

As a supporter of the 6th Biennial International Female Athlete Conference, we encourage you to share information about the Conference with your following! We will provide media kits that include: graphics for different social channels (such as Instagram and Twitter), example captions and descriptions, and appropriate links.

**We have provided sample social media posts below:**



**Olympic and Professional level exhibitors** will have the option to share a personalized post that includes their logo, as seen below:



**Your logo and  
 sponsorship level here**



**Your logo and  
 sponsorship level here**

## Recent Publications

1. Hoenig T, et al. [Bone Stress Injuries](#), Nat Rev Dis Primers, 2022.
  2. Gehman S, et al. [Restrictive Eating and Prior Low-Energy Fractures Are Associated With History of Multiple Bone Stress Injuries](#), Int J Sport Nutr Exerc Metab, 2022.
  3. Smith ES, et al. [Methodology Review: A Protocol to Audit the Representation of Female Athletes in Sports Science and Sports Medicine Research](#), Int J Sport Nutr Exerc Metab, 2022.
  4. Smith ES, et al. [Auditing the Representation of Female Versus Male Athletes in Sports Science and Sports Medicine Research: Evidence-Based Performance Supplements](#), Nutrients, 2022.
  5. Holtzman B, et al. [Low Energy Availability Surrogates Associated with Lower Bone Mineral Density and Bone Stress Injury Site](#), PM&R, 2022.
  6. McKay AKA, et al. [Defining Training and Performance Caliber: A Participant Classification Framework](#), Int J Sports Physiol Perform, 2022.
  7. Holtzman B, Ackerman KE, [“Damned If You Do, Doomed If You Don’t”: A Socio-Medical Commentary on “Of Athletes, Bodies and Rules: Making Sense of Caster Semenya.”](#) Journal of Law, Medicine, & Ethics, 2021.
  8. Schneider KJ, et al. [Concussion in Sport: The Consensus Process Continues](#), Br J Sports Med, 2022.
  9. DeJong Lempke AF, et al. [Biomechanical Running Gait Assessments Across Prevalent Adolescent Musculoskeletal Injuries](#), Gait Posture, 2022.
  10. Areta JL, et al. [Nutrition for Female Athletes: What we know, what we don’t know, and why](#), Eur J Sport Sci, 2022.
  11. Harden JK, et al. [Health and Health Care Disparities Related to Rehabilitation and COVID-19](#), PM R, 2022.
  12. Bruinvels G, et al. [COVID-19-Considerations for the Female Athlete](#). Front Sports Act Living, 2021.
  13. de Borja C, et al. [Specific dietary practices in female athletes and their association with positive screening for disordered eating](#), Journal of Eating Disorders, 2021.
  14. Edison BR, et al. [Athletic Identity in Youth Athletes: A Systematic Review of the Literature](#), International Journal of Environmental Research and Public Health, 2021.
  15. Elliott-Sale, KJ. [Methodological Considerations for Studies in Sport and Exercise Science with Women as Participants: A Working Guide for Standards of Practice for Research on Women](#), Sports Medicine, 2021.
  16. Finn EE, et al. [Markers of Low-Iron Status Are Associated with Female Athlete Triad Risk Factors](#), Medicine & Science in Sports & Exercise, 2021.
  17. Holtzman B, et al. [Menstrual Dysfunction and Athletic Performance in a Transgender Runner: A Case Study](#), Current Sports Medicine Reports, 2021.
  18. Holtzman B & Ackerman KE. [Recommendations and Nutritional Considerations for Female Athletes: Health and Performance](#), Sports Medicine, 2021.
  19. McManama O’Brien KH, et al. [Psychological Resilience in Young Female Athletes](#), International Journal of Environmental Research and Public Health, 2021.
  20. Popp KL, et al. [Changes in Volumetric Bone Mineral Density Over 12 Months After a Tibial Bone Stress Injury Diagnosis: Implications for Return to Sports and Military Duty](#), Am J Sports Med, 2021.
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## In the Media

- JOSPPT Insights. [Ep 75: Relative Energy Deficiency in Sport—what it is and how the sports rehabilitation clinician can help, with Dr Kathryn Ackerman](#). JOSPPT Insights Podcast, 2022.
- Radio Health Journal. [How Fitness Apps Contribute to Eating Disorders](#). Radio Health Journal, 2022.
- Slattery S & Huddle M. [How She Did It](#). How She Did It Book, 2022.
- Sherwin A. [“A Dancer’s Guide to Seasonal Affective Disorder \(SAD\).”](#) DanceSpirit, 2022.
- The Female Athlete Program. [Fireside Chat: Getting to Know Kathryn Ackerman, MD, MPH, FACSM](#). Youtube, 2022.
- The Female Athlete Program. [Fireside Chat: Getting to Know Laura Moretti Reece, MS, RD, CSSD, LDN](#). Youtube, 2022.
- Astorino D. [“Why There’s Such a Big Gap in Women’s Sports Performance Research – And What’s Being Done About It.”](#) Well + Good, 2022.
- Hruby P. [“What Happens When An Athlete Takes ‘The Pill’?”](#) Global Sport Matters, 2022.
- Kornwitz J. [“As the COVID-19 Pandemic was Raging, one Alumna Launched a Private Practice to Improve the Mental Health of Athletes.”](#) Boston College School of Social Work, 2022.
- Ballard C. [“How Long Can We Play?”](#) Sports Illustrated, 2021.
- Kuzma C. [“6 Useful Tips for Combating Food Guilt and Shame.”](#) SELF, 2021.
- Kuzma C. [“What Is Amenorrhea and What Do Runners Need to Know About Missing Their Periods?”](#) Runner’s World, 2021.
- Lewis K. [EMPOWERING BALANCE OVER PERFORMANCE WITH NICOLE FARNSWORTH, MS, RD, CSSD, LDN, CPT](#). Recovery Bites Podcast with Karin Lewis, LMFT, CEDS, 2021.
- Mertens M. [“Sports Science is Changing How Female Olympians Train. It Could Help You, Too.”](#) NPR, 2021.
- Ruggiero A & O’Brien KHM. [“A Call to Invest in Athlete Mental Health.”](#) En Fuego, 2021.

See the [Female Athlete Conference website](#) for a comprehensive list of research publications, media, and podcasts.

