

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

— THE —  
**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**