

## Nutrition in Action: Carnegie Sport Nutrition Symposium

<b>09:00 AM</b>	Registration (Dr Lucy Chesson + Dr Lauren Duckworth)	
<b>09:30 AM</b>	Welcome and introduction	Louise Sutton
<b>Session 1: Fuelling champions – what it takes to support elite athletes. Chaired by Dr Nesson Costello</b>		
<b>09:45 AM</b>	Challenges & learnings from the: (LT1) English Premier League (LT2) British Athletics (LT3) Changing Athlete Behaviour <i>Problem-based interactive small group workshops on rotation</i>	Dr Emma Tester Nigel Mitchell Dr Meghan Bentley
<b>12:00 AM</b>	Lunch & Networking Live cooking Station/ Video Presentations About Our Work/Interactive Posters	
<b>Session 2: Research to practice – quick fire lessons from the field Chaired by Dr Lauren Duckworth</b>		
<b>13:00 PM</b>	Nutritional considerations for female netball players	Dr Nesson Costello
	Nutritional considerations for the football pre-season	Andy Jenkinson
	Nutritional insights from the Northern Ballet	Dr Meghan Brown
	Nutritional considerations for female rugby players	Lara Wilson
	Behaviour change in academy male football players	Steph Roe
	The landscape for chefs working in English professional football	Albert Arrieta
	Nutritional consideration for female cricket	Dr Debbie Smith
	Nutritional considerations for academy male football players	Reuben Stables
	Nutrition culture in the English Premier League	Wee Lun Foo
	Sport nutrition provision in academy football	Daniel Carney
<b>Session 3: The perfect recipe – working in partnership within sport nutrition. Chaired by Nigel Mitchell</b>		
<b>14:00 PM</b>	Plating performance: how chefs and nutritionists can win together <i>Expert presentation &amp; live Q&amp;A</i>	Michael Bache
<b>14:30 PM</b>	“Breaking2” – insights from a role alongside sport nutrition <i>Expert presentation &amp; live Q&amp;A</i>	Dr Joshua Rowe
<b>15:00 PM</b>	Coffee & snack break <i>Performance chef case study</i>	Colin Oakley
<b>Session 4: Building your career in sport nutrition – Chaired by Louise Sutton</b>		
<b>15:15 PM</b>	EXCLUSIVE GOLD SPONSOR TALK	
<b>15:30 PM</b>	Food for Thought: Lessons from the Frontlines of Elite Sports Nutrition <i>Panel discussion &amp; live Q&amp;A</i>	Dr Emma Tester, Nigel Mitchell, Dr Joshua Rowe, Michael Bache, Dr David Dunne
<b>16:00 PM</b>	EXCLUSIVE PLATNIUM SPONSOR TALK	
<b>16:15 PM</b>	Critical reflections from a career’s journey in elite sport nutrition <i>Keynote presentation</i>	Mona Nemmer
<b>16:45 PM</b>	Closing remarks, drinks reception, and networking – Louise Sutton	