Dietitians of Canada

Specialized Education

INTENSIVE SPORTS NUTRITION COURSE

WINNIPEG, MB
May 25 to 28, 2011
Specialized Education

DIETITIANS OF CANADA IS PLEASED TO PRESENT
INTENSIVE SPORTS NUTRITION COURSE

COURSE

This intensive sports nutrition course is a unique course developed by Sports Dietitians Australia (SDA) to educate interested dietitians on the theoretical basis of sports nutrition and most importantly the practical application of this knowledge. The course has been developed over 15 years and has been held within Australia, New Zealand, Asia and Canada. It provides an interactive learning experience as participants are required to actively engage with course presenters and fellow participants throughout. For more information about SDA and their courses visit: www.sportsdietitians.com.au.

Dietitians of Canada and the DC Sports Nutrition Network are pleased to again offer this special course to Canadian dietitians.

The course has been designed to ensure participants are able to convert sports nutrition science into meaningful interventions for athletes and coaches. The course will focus on specific sporting situations which sports dietitians encounter in everyday practice.

Topics covered include exercise physiology, training diet fundamentals, competition nutrition issues for team and endurance athletes, dietary supplements and nutritional ergogenic aids, weight management and the issues specific to athletes, body composition and hydration monitoring.

There is also a self-directed pre-course learning task to ensure all participants feel confident, relaxed and engaged when they arrive at the course. The pre-course learning task is designed to maximize the learning experience and assist those who have little previous experience in sports nutrition.

PRE-REQUISITES

- Registered dietitian
- Successful completion of the Pre-Course Learning Task (PLT) – mandatory, the task will be forwarded to you once you have registered
- Successful completion of the online Sports Supplements Lesson of the Dietary Supplement online course available through Dietitians of Canada – recommended, not required

COURSE TEXT


Publisher:
http://www.mcgraw-hill.co.uk/html/0070277206.html

Locations

COURSE
Sport for Life Centre
145 Pacific Avenue
Winnipeg, MB

ACCOMMODATION
Humphry Inn & Suites
260 Main Street
Winnipeg MB
PH: 204-942-4222

To obtain our special group rate of $124.00 single occupancy & multi-occupancy, quote “Dietitians of Canada’s 2011” Deadline is April 19, 2011.

Dietitians of Canada gratefully acknowledges the financial support of this course provided by Dairy Farmers of Canada.
Course Presenters

Greg Cox, Senior Sports Dietitian, APD, Australian Institute of Sport, BHMS, Grad Dip Nutr and Diet, MHSc (Human Nutrition)

Greg has 15 years experience in working with elite and development athletes and has been part of the Sports Nutrition team at Australian Institute of Sport since 1998. He has completed study in exercise physiology, nutrition and dietetics and sports nutrition, which has served as a perfect foundation to deliver state-of-the-art nutrition programs to athletes and sporting teams. He currently works with triathlon, diving, water polo and sprint canoe athletes. He has written over fifty book chapters, sports nutrition resources and periodicals and has co-authored the Survival Cookbook Series and The Complete Guide to Food for Sports Performance. He has numerous scientific publications to his credit in the areas of nutritional ergogenic aids, hydration, triathlon and dietary manipulations to enhance endurance exercise performance. He is currently on the board of Sports Dietitians Australia and is the course coordinator for the 4-day Sports Dietitians Australia Further Education Course.

Jennifer Gibson, MSc, RD, IOC Diploma Sports Nutrition, Victoria BC

Jennifer is a registered dietitian and co-chair of the DC Sport Nutrition Network. She works exclusively with high performance athletes and travels for a worldwide client list which has included athletes/teams such as: Women’s Professional Tennis Tour, Tennis Canada, Team Canada Women’s Soccer, Canadian Snowboarding Federation, Canadian Alpine Disabled Ski team, Softball Canada, Team BC and the Vancouver Whitecaps soccer club. Jennifer completed her MSc in Exercise Science at the University of Victoria in BC. Her thesis work focused on analyzing the nutrition and hydration status of junior elite female soccer players. Jennifer completed her undergraduate education at Ryerson University, receiving an Honours Bachelors of Applied Science in food and nutrition and her dietetic internship at the University Health Network in Toronto. Jennifer is an honors graduate of the IOC Diploma in Sports Nutrition, awarded by the Medical Commission of the International Olympic Committee and is a level 1 anthropometrist with International Society for the Advancement of Kinanthropometry (ISAK) which was obtained at the Australian Institute of Sport.

Daryl Hurrie, MSc, Exercise Physiologist, Canadian Sports Centre Manitoba, Winnipeg MG

Daryl has been an exercise physiologist with the Canadian Sport Centre Manitoba since 2002. In 2006 he was named Director of Sport Physiology for the Canadian Sport Centre Manitoba where he is currently employed. As a physiologist Daryl has worked with a variety of Olympic disciplines and is the lead physiologist for the Canadian Women’s Indoor Volleyball team. He has a Masters Degree in Exercise Science and holds professional certification as a CSEP-Certified Exercise Physiologist and NCSA-Certified Strength and Conditioning Specialist. He is a guest lecturer within the faculty of Kinesiology and Recreation Management at the University of Manitoba, Canada, for topics such as “Applied Body Composition” and “Advanced Training for Elite Athletes” and runs a sport science apprentice program in conjunction with the faculty’s fieldwork student placement.

Jorie Janzen, RD, BHEc, IOC Diploma Sports Nutrition, Health & Sports Dietitian, Director of Sports Dietetics, CSCM, Winnipeg MB

Jorie is the director of Sports Dietetics with the Canadian Sport Centre - Manitoba working with national teams such as the women’s national volleyball, women’s wheelchair basketball and curling. She is the president of the Sport Medicine and Science Council Manitoba and co-chair of the DC Sport Nutrition Network. Jorie also provides services to the Royal Winnipeg Ballet, Sport Manitoba provincial and national teams, the Manitoba Moose and continues in
her private practice. She received her undergraduate degree in nutrition at the University of Manitoba, completed her dietetic internship at the Health Sciences Centre and has completed the IOC Diploma in Sports Nutrition and is a level 1 anthropometrist with ISAK. Her passion is to help people achieve their nutrition and health goals by providing sound nutritional advice to fuel an active lifestyle and be energized all day long.

Greg Shaw, Sport Dietitian, APD, Australian Institute of Sport, BHS (Nutr and Diet) IOC Diploma of Sports Nutrition

Greg is a sports dietitian who has developed his experience in sports nutrition over the past 14 years. Five of those years were first hand, as an internationally ranked swimmer and a member of the Australian Swim Team. Since completing his degree, Greg has worked with such elite teams as the Brisbane Lions (AFL premiership 03), Queensland Reds (Rugby Union) and has worked individually with Olympic champions and world record holders consulting to Australian, Queensland and British swimming teams, and the Queensland Academy of Sport. He is currently the lead nutrition provider for Australian swimming. Greg is passionate about sports nutrition and is a board member of Sports Dietitians Australia.

Dr. Gary Slater, PhD, APD, Senior Lecturer, School of Health and Sport Sciences, Faculty of Science, Health and Education, University of the Sunshine Coast

Gary splits his work commitments between half time appointments in academia and professional sport. Gary is responsible for coordinating a Masters in Sports Nutrition by Research offered by the University of the Sunshine Coast which has been established for graduates of the IOC Diploma in Sports Nutrition to further their qualifications. Gary also coordinates the national nutrition curriculum for the Australian Rugby Union, helping to support emerging talent within the sport while also providing performance focused nutrition solutions to the Wallabies and Queensland Reds. He has worked and studied within elite sport since 1996, both as a sports dietitian and sports physiologist with the Australian Institute of Sport and the Singapore Sports Council. Gary’s professional interests relate primarily to enhancing sports performance, including factors influencing muscle protein metabolism and growth, nutritional recovery strategies, ergogenic aids and the influence of body composition on sports performance.

Gary is a level three instructor in anthropometry with ISAK and has training in clinical densitometry. Gary’s passionate about further expanding our understanding of the link between nutrition and sports performance and loves sharing his experiences with like minded individuals in courses such as this. When he’s not reading up on the latest in sports nutrition over a fresh coffee he’s likely to be in the surf getting tubed.

Attendees Schedule

Please note that this schedule is subject to change. In addition, some days may run longer than normal and additional reading/study may be required in the evenings.

Wednesday May 25 2011

9:00 a.m.
COURSE INTRODUCTION
SPEAKERS: Greg Cox & Greg Shaw

9:30 a.m.
PRINCIPLES OF TRAINING AND EXERCISE PHYSIOLOGY
SPEAKER: Daryl Hurrie

11:00 a.m.
REFRESHMENT BREAK

11:30 a.m.
PRINCIPLES OF TRAINING AND EXERCISE PHYSIOLOGY continuation...
SPEAKER: Daryl Hurrie

1:00 p.m.
LUNCH

2:00 p.m.
SITE TOUR
TOUR LEADER: Jorie Janzen

2:30 p.m.
SPORTS NUTRITION PRINCIPLES FOR TRAINING AND RECOVERY
SPEAKERS: Greg Cox & Greg Shaw
Thursday May 26 2011

8:30 a.m.
KNOW YOUR SUPPLEMENTS EXERCISE - GROUP WORK
FACILITATORS: Greg Cox & Greg Shaw

9:00 a.m.
KNOW YOUR SUPPLEMENTS PRESENTATIONS / SUPPLEMENT TASTE TESTING
FACILITATORS: Greg Cox & Greg Shaw

12:00 p.m.
ATHLETE PANEL
SPEAKERS: Jennifer Gibson & Jorie Janzen

Friday May 27 2011

8:30 a.m.
WEIGHT GAIN AND PROTEIN REQUIREMENTS FOR ATHLETES
SPEAKER: Dr. Gary Slater

Saturday May 28 2011

8:00 a.m.
TEAM SPORTS NUTRITION
SPEAKER: Greg Shaw

10:15 a.m.
REFRESHMENT BREAK

10:30 a.m.
ENDURANCE SPORTS NUTRITION
SPEAKER: Greg Cox

2:00 p.m.
NUTRITION MESSAGES THROUGH THE ATHLETE LIFECYCLE / DEVELOPING A NUTRITION PROGRAM
SPEAKER: Greg Shaw

3:30 p.m.
HYDRATION ASSESSMENT – PRACTICAL SESSION
FACILITATORS: Greg Cox & Dr. Gary Slater

2:45 p.m.
WINTER SPORTS
SPEAKER: Jennifer Gibson

4:00 p.m.
QUESTIONS & ANSWERS
FACILITATORS: Greg Cox & Greg Shaw
REGISTRATION FORM

Deadline:
Friday April 22, 2011
Dietitians of Canada GST/HST #105200992 RT

Payment Receipt
Emailed registration statement is your receipt.

Registration Cancellation
Written notice of cancellation is required by Friday April 22, 2011, and half of the deposit will not be refunded. For cancellations received after that date there will be no refund except in approved exceptional circumstances; however substitutions will be permitted. Refunds will be processed post-event.

Event Cancellation
DC reserves the right to cancel the course should the number of registrations not reach minimum requirements. Deposits will be returned in full.

Photo and Audio/Video Release: Photography and audio and video recording may occur during this event for use on Dietitians of Canada promotional materials and our website. By virtue of your attendance you give DC permission to use your likeness in these promotions.

Registration Contact
Frances Scovil
Ph: 416-642-9308
frances.scovil@dietitians.ca

Corporate Sponsorship Contact
To sponsor a future DC event, please contact Georgette Harris
Ph: 416-642-9310
georgette.harris@dietitians.ca

Register Online at: https://secure.effreg.com/register/dcsnc11
Use your credit card (MasterCard or VISA) to register online using our secure web server – it’s quick and safe. You will receive immediate confirmation.
OR mail this form to address below, or fax to 416-596-0603

Please register me for the Intensive Sports Nutrition Course:

DC Member No.:

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Limitation: This course has a limited registration; preference will be given to Dietitians of Canada members.

Registration Fees: Breaks, lunches, course materials are included.

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Method of Payment
• Deposit must be included with your registration to confirm your place.
• Balance must be received by Friday April 22, 2011.

Make cheque or money order payable to: Dietitians of Canada and mail to: Dietitians of Canada, (attn. F. Scovil), 480 University Ave., Suite 604, Toronto ON M5G 1V2

OR Pay by Credit Card □ VISA □ MasterCard

No. Expiry Date:

Cardholder Name:

Cardholder Signature: