Specialized Education

INTENSIVE SPORTS NUTRITION COURSE

November 9–12, 2017
Montréal (Québec)
INTENSIVE SPORTS NUTRITION COURSE

COURSE

This Intensive Sports Nutrition Course is a unique course developed for dietitians on the theory and practical application of the latest in sports nutrition. It was previously delivered in collaboration with the Sports Dietitians Australia, but this year, it will be delivered exclusively by sport nutrition experts working in Canada.

The course is set up to ensure participants are able to convert sports nutrition science into meaningful interventions for athletes and coaches. It will focus on specific sports which Canadian sports dietitians encounter in everyday practice.

Program highlights 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.

PREREQUISITES

- Registered dietitian
- Dietitians of Canada, Sports Supplements Online Course – recommended

RECOMMENDED COURSE TEXT

- Available for purchase online and in some university bookstores.

Course Presenters

Alexia de Macar RD, PhD (cand), Sports & Performance Dietitian

Alexia is best known for her work with Olympic/Paralympic athletes and international level acrobats and dancers.

As head of nutrition at Cirque du Soleil since 2006, Alexia has been offering her expertise to performers undergoing training at the international headquarters in Montreal as well as those on tour worldwide. She has pioneered many initiatives at the organization and attributes her success to an approach based on scientific principles combined with a focus on the human dimension.

Alexia has collaborated with the Institut National du Sport du Québec for many years now where she supports international level athletes, in a wide variety of disciplines, to reach their full potential. In addition to amateur sports, Alexia is working with many professional athletes and high-calibre dancers. She also acts as a consultant for B2ten and is specialized with athletes and artists dealing with disordered eating. Alexia believes in a personalized approach based on interdisciplinary efforts where the athlete/performer is an integral part of the process.

Christine Dziedzic RD, MSc, Dip. Sport Nutrition IOC, Sport Dietitian, Canadian Sport Institute – Ontario

Christine is a Registered Dietitian, Certified Specialist in Sports Dietetics (Academy of Nutrition and Dietetics), and Advanced Sports Dietitian (Sports Dietitians Australia), and has worked in high performance sport for more than eight years. In the Fall of 2014, Christine relocated from the Australian Institute of Sport, where she worked as a Sports Dietitian for a number of national teams, which included a support role at the 2012 Olympic Games in London.

Her current position at the Canadian Sport Institute Ontario involves delivering best-practice performance nutrition services to national Cycling Canada and Rowing Canada programs. She has also previously held positions as a performance nutrition consultant in several professional sports, including with the Australian Rugby Union and New South Wales Rugby League. Christine is an ISAK-accredited anthropometrist (Level 2) and holds a Masters in Sports Nutrition (by Research), which was obtained after completed the International Olympic Committee Diploma in Sports Nutrition in 2010.

Christine has published research in international peer-reviewed scientific journals. She has presented to scientific and coaching audiences around the world and is a contributing author of several book chapters on nutrition for athletes. Christine’s professional interests include performance nutrition strategies for intermittent and strength and power sports, nutrition to enhance immunity and the integration of supplements into training and competition nutrition plans.

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Erik Sesbreno  RD, CBDT, Dip. Sport Nutrition IOC, Sport Dietitian

Erik is a full-time sport dietitian in high performance sports. He has been working at the Canadian Sport Institute Ontario with targeted athletes and coaches to develop and deliver world-class nutrition support in the daily training environment, assist with body composition management, conduct nutritional assessments to determine nutritional requirements and develop evidence-based nutrition plans focused on the needs of the sport and the athlete. He also conducts, collaborates in and evaluates research and innovation projects in an effort to further the discipline.

Erik is a certified bone densitometry technologist and an ISAK level 3 anthropometrist. He has developed proficiency at using DXA and anthropometry for assessing and monitoring body composition changes in high performance athletes. He has managed ISAK accreditation courses at various locations across North America such as the Canadian Sport Institute Pacific, Canadian Sport Institute Ontario, Ottawa University, l’Institut National du Sport du Quebec, Canadian Sport Centre Manitoba, University of Oregon, and Canadian Sport Centre Atlantic.

Catherine Naulleau, DtP, MSc, Performance Dietitian, COC

Catherine is a sports dietitian based in Montreal, Quebec and is the Performance Dietitian for the Canadian Olympic Committee (COC), where she helps many elite athletes achieve their best performance by providing nutritional support and strategies. She has also been a consultant to elite athletes for over 10 years at the Institut national du sport du Québec. She is currently working with the national and judo development teams as well as with many athletes of different weight classes and combat sports such as boxing, weightlifting, mixed martial arts. During the previous Olympic cycles, Catherine also worked with several teams including synchronized swimming, short track speed skating and para-cycling. Catherine traveled with the Canadian Olympic Team to the Sochi Winter Olympics Games 2015, the Pan-American Games in Toronto 2015 and well as the Summer Olympic Games in Rio 2016. She is now getting ready for the Winter Olympic Games in PyeongChang 2018. Catherine has her own private practice in Montreal with her team of sports dietitian, where she helps active people and sports enthusiasts to achieve their personal goals or wish to adopt a healthy lifestyle despite a busy schedule. Catherine competed as a rower for 12 years at the provincial and national levels. She also competed in track and road cycling.

Presenters – continued

Dana Lis  RD, PhD(c), Dip. Sport Nutrition IOC, Sport Dietitian, Post Doctoral Researcher, UC Davis

Formerly a performance nutritionist with the Canadian Sport Institute, Dana has had the honour of working with many of Canada’s top athletes, sport scientists, as well as professional athletes. As a registered dietitian and graduate of the renowned IOC diploma in sport nutrition, she has expanded her focus from practical work in the field with athletes to pursuing PhD study at the University of Tasmania and Post Doctoral research at UC Davis in California. Her PhD research focus investigated the effects of gluten-free diets on athletic performance and the effects of short-chain carbohydrate (FODMAPs) on athletes’ gastrointestinal health. Changing directions, her doctoral research is focused on the effects of gelatin/vitamin C and epicatechin-rich cocoa supplementation on collagen synthesis and performance.

Dana currently resides in California but maintains her passion and dedication for Canadian sport by keeping it as an active part of her life through maintaining a sport science team position with the Vancouver Whitecaps and a leadership role in B2Ten Sport Nutrition Mentorship program. With one foot in research and the other in practice, Dana continues to strive towards pushing the envelope of evidence-influenced sport nutrition.
COURSE HIGHLIGHTS

In addition to 4 full days of lectures, discussions and demonstrations, participants of this intensive Sports Nutrition Course should expect additional reading and course assignments in the evenings during the course.

THURSDAY NOVEMBER 9
REGISTRATION
Day 1 Program Highlights
- Principles of training and exercise physiology
- Energy systems
- Fuelling for daily training – Finding a balance
- Sports nutrition principles for recovery
- Tour of the Institut national du sport du Québec (INS)
- INS Physiology Lab Tour and Lab Activity

FRIDAY NOVEMBER 10
Day 2 Program Highlights
- Hydration and thermoregulation
- Race day nutrition considerations for endurance sports (cycling, triathlon, nordic skiing)
- Nutrition considerations for intermittent/team sports (soccer, hockey, football)
- Body composition

SATURDAY NOVEMBER 11
Day 3 Program Highlights
- Weight loss management for athletes/RED-S (weight category sports/endurance sports)
- Weight gain and protein recommendations
- Supplements session – Developing a fundamental understanding
- Supplement specifics

SUNDAY NOVEMBER 12
Day 4 Program Highlights
- Winter sports specific session (3x sports)
- Sport specific case studies
- Athlete Panel
- Getting involved in sport nutrition
- Course Wrap Up – Questions and Answers

Presenters – continued

Trent Stellingwerf  PhD, Senior Exercise Physiologist, Canadian Sport Centre – Pacific
Trent serves as Director of Innovation & Research at the Canadian Sport Centre – Pacific (Victoria), where he focuses on offering his physiology and nutrition expertise primarily to Canada’s national rowing and track and field teams, as well as leading sport innovation and research.

Previously Trent was a senior scientist in performance nutrition for PowerBar at the Nestlé Research Centre (Lausanne Switzerland). Trent has more than 70 peer-reviewed scientific publications in the areas of exercise physiology, skeletal muscle metabolism and performance nutrition and supplementation and is currently on the editorial board for the International Journal of Sports Physiology and Performance.

He has co-authored 5 book chapters focusing on the role that nutrition can play in supporting elite athlete performance including a chapter entitled Nutrition for the Endurance Athlete, for the newest version of the IOC Sports Nutrition Encyclopedia. Trent’s work with Olympic level athletes has taken him to numerous multisport games around the world in America, Europe, and Australia.

DC Sport Nutrition Network Co-Chairs

Pearle Nerenberg  MSc PDt, Dip. Sport Nutrition IOC
Pearle is a co-chair of the Sports Nutrition Network of DC.

She is a registered dietitian with l’Ordre professionnel des diététistes du Québec, and has completed the IOC diploma in sports nutrition. She operates a nutrition practice in Montreal, Quebec where she focuses on working with young aspiring athletes and their families. She co-authored The Nutrition Edge for Hockey Performance, which has guided numerous young hockey players to eat for performance. She also founded and continues to run The Hockey Nutrition Network, which offers the hockey community a way to connect with sport dietitians, qualified to work with hockey players.

Janelle Vincent  RD, CSSD, IOC Dipl Sports NutrCBD
Janelle is a co-chair of the DC Sports Nutrition Network. She received a Bachelor of Exercise and Sport Science followed by a Bachelor of Science, Human Nutritional Sciences, completed the IOC Diploma in Sports Nutrition and recently became a Board Certified Specialist in Sports Dietetics (CSSD). She is also a member of the Manitoba Sport Nutrition Network (past co-chair), and board member of the Sport Medicine and Science Council Manitoba and Substance Use in Sport and Health. Janelle currently works with varsity athletes as well as athletes/teams from recreational to national level in private practice and through a sports injury clinic.
Course Registration

Register Online at:
https://secure.effreg.com/register/dcsnc17

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.

Registration Fees (BEFORE TAXES)
Breaks, lunches and course materials are included.

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