

SPORTS NUTRITION INTEREST GROUP

1 SEPTEMBER, 2022 | 18:45 – 21:00

SEVILLA, SPAIN | CENTRAL EUROPEAN SUMMER TIME

MEETING ROOM: MADRID 1

18:45 – 19:05 PM	Arrival drinks and Networking
19:05 – 19:10 PM	Welcome and announcements <i>Rebecca Randell, Gatorade Sports Science Institute, UK</i>
19:10 – 19:15 PM	GSSI Awards update <i>Ian Rollo, Gatorade Sports Science Institute, UK</i>
19:15 – 19:20 PM	Announcements from attendees
19:20 – 19:25 PM	Presentation 1: “A periodized approach to nutritional interventions for athletes preparing to compete in major competitions.” <i>Amelia Carr, Deakin University, AU</i>
19:25 – 19:35 PM	Q&A
19:35 – 19:45 PM	Announcement
19:45 – 19:50 PM	Presentation 2: “Integration of buffering agents into hyperhydration strategies prior to competing in the heat.” <i>Jason Siegler, Arizona State University, US</i>
19:50 – 20:00 PM	Q&A
20:00 – 20:05 PM	Closing
20:05 – 21:00 PM	Networking



Jason Siegler - Dr Siegler is currently an associate professor in the College of Health Solutions at Arizona State University in Phoenix, Arizona. His academic career of nearly 20 years spans the US, UK and Australia, and he has published and presented in numerous international forums on topics such as buffering supplementation, hydration in team sports, athlete monitoring, and injury rehabilitation and prevention. Currently, his research interests are primarily focused around fatigue reduction in the context of human exercise performance in extreme environments.

Contact: Jason.Siegler@asu.edu



Amelia Carr - Dr Amelia Carr is a Senior Lecturer with the Centre for Sport Research and School of Exercise and Nutrition Sciences at Deakin University in Melbourne. Amelia's research focuses on adaptations to nutritional interventions and training strategies, and the effects on athletes' performance. Amelia completed her undergraduate degree and Honours project in caffeine supplementation at the University of Western Australia (UWA), and her PhD in buffering agents, through UWA at the Australian Institute of Sport in Canberra. Amelia worked with the Australian Defence Force as a Performance Scientist before commencing her current role at Deakin University and she has completed post-doctoral research visits to national training centres in Sweden and China. Amelia's current projects include research programs which focus on buffering, hyperhydration and heat acclimation training for athletes, and a national program which implements evidence-based buffering protocols for elite Australian runners.

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