

COMBAT AND WEIGHT CLASS

— SPORTS NUTRITION SUMMIT —

Date: March 27, 2023

Time (EST)

12:00-12:15PM

12:15-1:15PM

1:15-2:15PM

2:15-3:00PM

3:00-3:30PM

3:30-4:30PM

4:30-5:15PM

5:15-5:30PM

Event

Welcome - Planning Committee

Session #1 - Emergence of Female Combat Sport Athletes & Unique Challenges

Considerations for Female Athletes

Reports From the Field – Current State of Female Wrestling

Case Studies – Considerations for Female Weight Class Athletes

Break

Session #2 – Current Research Updates

State of the Evidence of Combat Sports Nutrition

Session Presented by HUMANn

Wrap-Up

Speaker

KIRSTY ELLIOTT-SALE, PhD – Professor of Female Endocrinology & Exercise Physiology, Manchester Metropolitan University

CLARISSA CHUN, University of Iowa Women's Wrestling Coach
ROB SKINNER, MS, RD, CSSD, CSCS Performance Dietitian/Exercise Physiologist/Sports Scientist; BKR, Inc

NICOLE ALAI, MS, RD, ISAK 1, CSCS, Combat Sports Dietitian; UFC
NUWANEE KIRIHENNEDIGE, MS, RD, Senior Sports Dietitian; USOPC

CARL LANGAN-EVANS, PHD, Programme Leader for the MSC in Strength & Conditioning Liverpool; John Moores University

COMBAT AND WEIGHT CLASS

— SPORTS NUTRITION SUMMIT —

Date: March 28, 2023

Time (EST)

Event

Speaker

10-10:45AM

Review of ISSM Position Statement

CHARLES HU STULL, MS, RDN,
Performance Nutrition Manager;
UFC

10:45-11:25AM

Article Review: *Association of in-competition injury risk and the degree of rapid weight cutting prior to competition in division I collegiate wrestlers*

ERIN HAMMER, MD, Physician,
University of Wisconsin-Madison
NICK AURES, MS, RD, CSSD,
CSCS, Director of Performance
Nutrition, University of
Wisconsin-Madison

11:30AM-12:30PM

Session #3 - Case Studies

Case Studies from the Field

Relationship Building

Collegiate Athlete Case

High School Athlete Case

ELAINE WANSTREET, MEd, RD,
CSSD, Assistant Director – Sports
Nutrition, Purdue University

MELANIE CLARK, MS, RD,
Performance Dietitian, Arizona
State University

BETH MCCALL, MS, RD, CSSD,
RYT, Owner, Purposeful Fueling
Performance Nutrition and Yoga

12:30-1:00PM

Break

Session #4 - Private Practice

1-2:30PM

Elevating Engagement and Connection
with Athletes in the Private Practice

**JORDAN SULLIVAN, Founder &
Head Dietitian; The Fight Dietitian**

Session #5 - Networking & Collaboration

2:30-3:30PM

Breakout Sessions

3:30-3:45PM

Closing Remarks