



THE FEMALE ATHLETE & FITNESS CONFERENCE

<http://femaleathleteandfitness.com>

Presented by the LIFE Sport Science Institute

Hosted on the campus of Life University, Atlanta, GA

Continuing Education Credits Provided through NATA,
iTPA and other health and fitness associations

November 7–8, 2015

Saturday November 7, 9:00 a.m.–5:00 p.m.

Sunday November 8, 9:00 a.m.–12 noon

LIFE[®]
Sport Science Institute



CONFERENCE CHAIR

Mark Kovacs, PhD, FACSM, CSCS*D

PURPOSE

The purpose of this conference is to highlight the specific training needs of female athletes and fitness enthusiasts. With increased opportunities for females to participate in a multitude of sports at the youth, adolescent, collegiate, professional, adult and senior levels, it is important to understand specific needs of female athletes and how best to train and treat the needs of women who participate in sport at both the recreational and professional level. Learn from some of the leading experts when it comes to training female athletes in many areas of performance and injury prevention.

THE CONFERENCE DIFFERENCE

The extended sessions are set up in a way to fully explore a topic and provide significant time for presentation, while also exploring the issues discussed in an interactive discussion format. The audience is focused on healthcare providers (MD, DC, PT, ATC, CSCS, RN, PES, etc.), coaches, parents, tournament and league administrators, fitness enthusiasts and any individual who works with female athletes.

LEARNING OBJECTIVES

- Understand the research surrounding early sport specialization in the female athlete
- Definitions of female athlete triad and warning symptoms
- Growth and development issues and concerns for the young female athlete
- Nutritional recommendations for the female fitness enthusiast
- Training to lose fat? What are the best methods?
- What types of “cardio” are best for weight loss, athletic performance, activities of daily living and health?
- Training recommendations for the adult female recreational athlete
- How to appropriately strength train in younger athletes
- Demonstrate speed, agility and movement drills exercises specifically designed to limit injuries in the female youth athletes
- Understanding Female Running Mechanics
- Training techniques used at the collegiate level with top female athletes
- Apply sport nutrition principles specifically for middle and high school athletes

AUDIENCE PROFILE

Physical Therapists, Athletic Trainers, Strength & Conditioning Professionals, Fitness Coaches, Chiropractors, Personal Trainers, Sports Coaches and Parents interested in understanding the various performance, nutrition and injury prevention aspects of training female athletes and fitness enthusiasts.

THE FEMALE ATHLETE FITNESS CONFERENCE

DAY 1: SATURDAY, NOVEMBER 7

TIME		SPEAKER
8:30–9:00 a.m.	Registration and Check-In	
9:00–9:30 a.m.	Welcome and Introduction	Mark Kovacs, PhD, FACSM, CSCS*D
9:30–10:30 a.m.	The Physiology Of The Female Athlete	TBD
10:30–11:00 a.m.	Discussion On The Physiology Of The Female Athlete	Panel Discussion
11:00–11:15 a.m.	Break	
11:15–12:15 p.m.	The Young Female Athlete: What We All Need To Know	Cassidy Foley, DO
12:15–12:30 p.m.	Discussion On The Young Female Athlete Presentation	Panel Discussion
12:30–1:30 p.m.	Lunch	
1:30–2:30 p.m.	Early Sport Specialization (ESS) in Female Athletes. What The Research Tells Us	Neeru Jayanthi, MD
2:30–3:00 p.m.	Discussion on Early Sport Specialization in Female Athletes	Panel
3:00–5:00 p.m.	<ul style="list-style-type: none"> • Optimum Running Mechanics In Female Athletes 	Sonja Friend Uhl
<i>20 minute sessions + Discussion</i>	<ul style="list-style-type: none"> • Strengthening The Hips and Core For Better Movement In The Female Athlete 	Mark Kovacs, PhD, FACSM, CSCS
	<ul style="list-style-type: none"> • Global Assessment For The Female Athlete 	John Downes, DC
	<ul style="list-style-type: none"> • What College Programs Look For When Recruiting Female Athletes 	Dan Payne
5:00–6:00 p.m.	Social Hour and Networking	

DAY 2: SUNDAY, NOVEMBER 8TH

8:30–9:00 a.m.	Check-In	
9:00–9:45 a.m.	Understanding Nutritional Needs For The Female Athlete: Relative Energy Deficiency Syndrome, Female Athlete Triad & Performance.	Page Love, RD
9:45–10:30 a.m.	Injury Prevention in the Adult and Senior Female Athlete.	Julie Granger, DPT, SCS Deanna Hortman Camilo, DPT
10:30–11:00 a.m.	The Female Athlete Panel	Panel Discussion
11:00–11:45 a.m.	<ul style="list-style-type: none"> • Female Fitness: Myths & Facts 	Mark Kovacs, PhD
	<ul style="list-style-type: none"> • Improving Movements For The Female Athlete (Speed, Agility and Power) 	Anthony Connally
	<ul style="list-style-type: none"> • Female Specific Warm-Ups For Sport and Fitness 	John "JP" Paul, MS, CSCS
11:45 a.m.–Noon	Conference Conclusion	

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FACULTY & SPEAKERS

Neeru Jayanthi, MD

Leading Expert In Youth Sport. Emory University Sports Medicine



Neeru Jayanthi is an Associate Professor of Family Medicine and Orthopaedic Surgery & Rehabilitation at Loyola Stritch School of Medicine. He is also the Medical Director of Primary Care Sports Medicine for the Loyola University Health System and the director of Loyola's new Tennis Medicine program. He has been a team physician for Loyola University Chicago athletics for over 10 years and also is a team physician of several area high schools. He regularly manages and does research on sports-related injuries and illnesses in elite-level and recreational athletes.

Mark Kovacs, PhD,
FACSM, CTPS,
MTPS, CSSC

LIFE Sport Science Institute



Dr. Kovacs is an Associate Professor in the Sport Health Science Department at Life University and also the Director of LSSI. He is the co-founder of the International Tennis Performance Association (ITPA) and has had leadership roles with the Gatorade Sport Science Institute and the United States Tennis Association. He was a former All-American and NCAA Champion in Tennis at Auburn University and received his PhD from the University of Alabama.

Page Love, MS, RD,
LD, CSSD

Female Nutrition Expert



Page Love, a leading expert on sports nutrition and eating disorders in the southeastern United States, is the founder of Nutrifit Sport Therapy Inc., headquartered in Atlanta. In addition to consulting with individuals, athletes, teams, and companies in her practice, Love is an outstanding public speaker, providing presentations about nutrition and fitness for a variety of events. She also lends her considerable expertise to reputable nutrition-oriented companies as a media spokesperson. Love's extensive credentials include being a Registered dietitian of the American Dietetic Association, Board Certified as a Specialist in Sports Dietetics (CSSD), the premier US sports nutrition credential, Nutritionist with the U.S. Tennis Association National Sports Science Committee, Past president of the Atlanta Dietetic Association, Past Media spokesperson for the Georgia Dietetic Association, Recognized Young Dietitian for the State of Georgia among many others.

John Downes, DC
LIFE Sport Science Institute



Dr. John Downes has been the Team Chiropractor since 1992 and has worked with most of the other athletic programs at Life U over the past 23 years. Nationally, he is a board member of the International Chiropractors Association (ICA) Fitness Council and internationally serves as a board member of the International Chiropractic Sports Federation (FICS) and has provided chiropractic care to athletes at national, world and Olympic Games since 1996. Dr. Downes is a 1983 graduate of Life U.

Dan Payne
Athletic Director, Life University



Dan Payne was promoted to Athletic Director at Life University, Marietta, Georgia in November of 2014, having previously served as Assistant Athletic Director and Director of Rugby. Payne came to Life University in 2009 to start an undergraduate rugby team to go along with the existing men's club team. In five years under his leadership, the rugby program has grown to make up five teams (Men's and Women's Varsity, Men's JV, Women's and Olympic 7s) that have won four national titles, had multiple All-Americans and US National Team representatives, had two players sign professional contracts, and been named Rugby Program of the Year twice. Prior to joining Life University, Payne served as the Director of Competition at USA Rugby where he was responsible for more than 20 annual national championship tournaments conducted in multiple locations across the United States. Payne was an NCAA Division I All-American in wrestling at Clarion University while earning his undergraduate degree and served as an assistant coach for the University of Pittsburgh's nationally-ranked wrestling team while earning a Master's in Business Administration from Pitt.

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FACULTY & SPEAKERS

Deanna Hortman,
DPT



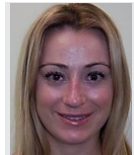
Deanna received her Bachelor's of Science in biology from Georgia Southern in 2009, where she swam on the women's club swim team. She began her swimming career at the age of six in Griffin, Georgia and has continued to serve the Southwestern Swimming Division as a coach and guest lecturer since graduating from Georgia Southern. She received her Doctorate of Physical Therapy from Mercer University in 2014 and completed Mercer University's Orthopedic Physical Therapy Residency program in 2015. Her clinical specialties include the assessment and treatment of unresolved pain, manual therapy, dry needling, and complex movement analysis. She is a member of the American Physical Therapy Association (APTA)- Orthopedic and Sports Sections and the International Association for the Study of Pain (IASP). Deanna has presented on topics related to injury prevention in adolescent athletes, post-concussive syndrome, specialty techniques for the treatment of myofascial dysfunction, and movement analysis.

Sonja Friend Uhl
World Champion
Runner and Fitness
Coach



Sonja has a Bachelor of Arts Degree from the College of William and Mary and is an experienced running and fitness coach/trainer. A State Champion in High School and a scholarship, record-setting runner at the College of William and Mary, She has been a member of six U.S. world teams, a 2000 Olympic Trials Competitor in the 1500m and won her Marathon debut. Most recently Sonja joined the Masters competition and in 2012 Sonja set a new World Record in the Women's Masters Indoor Track Mile (4:44.8) and a new American Masters Women's Record in the outdoor 1500m (4:16.99). So far in 2015 Sonja has set a new American Record in the Women's Masters Indoor 3000m Run (9:50.27), and in the Women's Masters Outdoor Mile (4:45.68).

Cassidy Foley, DO



Cassidy Foley trained in Sports Medicine and Orthopedics at Harvard Medical School, Boston Children's Hospital and in Pediatrics. She developed her interest in Sports Medicine as D1 team physician for Northeastern University Men's and Women's Hockey and Women's Volleyball. She has cared for athletes at Boston Ballet Company, Atlanta Ballet and Boston Skating Club. Her dedication to pediatric care extends nationally and internationally. She was on the board of the American College of Osteopathic Pediatricians and volunteered at Hospital Pediatrico Baca Ortiz, Quito, Ecuador. She is on the membership committee of the American Medical Society of Sports Medicine, the Council of Sports Medicine and Fitness of the American Academy of Pediatrics and the International Association for Dance Medicine and Science.

Julie Granger, DTP,
SCS

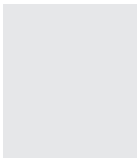


The four time varsity letter and All-ACC Honor Roll Recipient was a member of the Division 1 Women's Varsity Swimming and Diving Program at Duke University. Julie now has the unique ability to integrate her personal experience as an elite athlete with her extensive professional knowledge and training. After graduating from Duke University with a Bachelor of Science in Psychology, she received her Doctor of Physical Therapy with Highest Honors from Emory University School of Medicine in 2009. In 2012, Julie received her board certification Sports Physical Therapy from the American Board of Physical therapy Specialties. She specializes in pediatric and adolescent sports medicine and orthopaedics in her role at Back 2 Motion Physical Therapy, with patients ranging from elite pre-collegiate and pre-professional athletes to young children with acquired or congenital and orthopaedic conditions. She utilizes video motion analysis to help athletes restore and improve sport-specific biomechanics as they readjust to an active lifestyle. Julie provided event coverage at the 2011 Georgia High School State Swim Championships and for the 2010 and 2011 Gwinnett High School Swimming Championships. She has helped rehabilitate swimmers from Dynamo Swim Club, Swim Atlanta and Gwinnett Aquatics. Julie also provides coverage at the Emerald Coast Volleyball Championships. She also is steering an ACL Prevention Program in conjunction with the Emory Doctor of Physical Therapy Program and local middle/high school youth female athletic programs.

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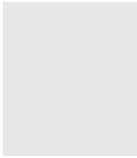
FACULTY & SPEAKERS

Anthony Connally



Bio to come

James Paul



Bio to come

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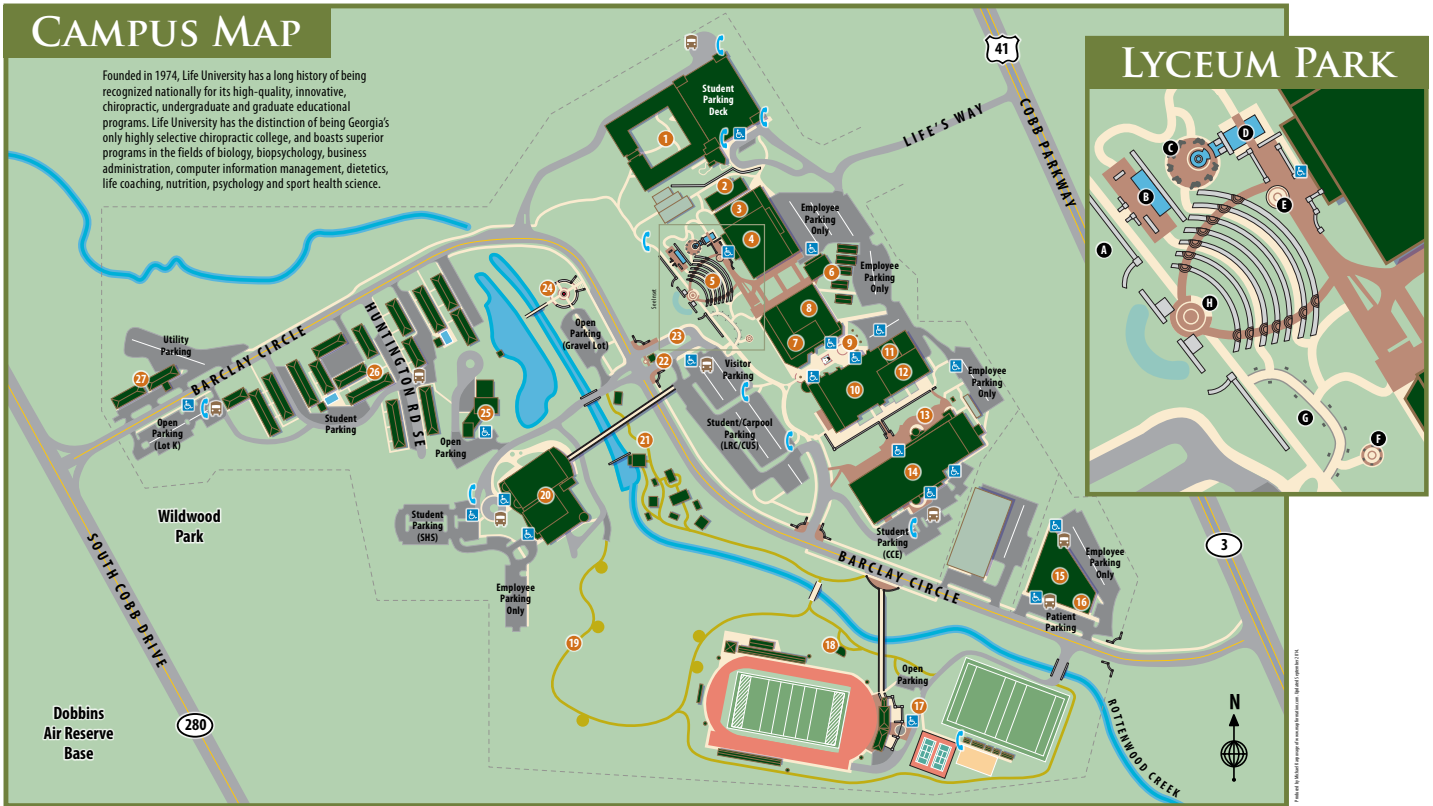


REGISTRATION FEES	PROFESSIONALS	STUDENTS
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Before October 1, 2015	\$170	\$100
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After October 1, 2015	\$200	\$125
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Registration Fees include: Conference welcome packet, breakfast on Saturday, and Sunday, lunch on Saturday and drinks and snacks throughout the conference.



CAMPUS MAP KEY:

Shuttle Stops Emergency Call Boxes Handicap Accessible Property Line

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| <ol style="list-style-type: none"> 1. LIFE Village Retreat 2. Auxiliary Building No. 7 3. Campus Center for Health & Optimum Performance (C-C-HOP) 4. Administration Building <ul style="list-style-type: none"> • Diagnostic Imaging Alignment (DMA) • Dr. Sid E. Williams Research Center • Operations & Finance • University Administration 5. Lyceum Park (see Park Key) 6. Auxiliary Buildings No. 1-6 <ul style="list-style-type: none"> • Campus Safety • Clinical Sciences • ESOL Services 7. Drs. Sid E. & Nell K. Williams Library 8. Learning Resource Center <ul style="list-style-type: none"> • Center for Excellence in Teaching & Learning (CETL) • Enrollment Services | <ul style="list-style-type: none"> • Student Advocacy Center • Financial Aid • Progressive Advisement for Student Success (PASS) <ol style="list-style-type: none"> 9. Rose Krantz Memorial Garden 10. Center for Undergraduate & Graduate Studies <ul style="list-style-type: none"> • Purchasing/Receiving 11. Campus Bookstore 12. Socrates Café 13. Celebration Plaza <ul style="list-style-type: none"> • Chiropractic Founders Memorial 14. Center for Chiropractic Education <ul style="list-style-type: none"> • Postgraduate/Continuing Education • Student Success Center 15. Center for Health & Optimum Performance (C-HOP) 16. LIFE Functional Neurology Center (FNC) 17. Sports Complex <ul style="list-style-type: none"> • Rugby Fields • Tennis Courts • Track & Field | <ol style="list-style-type: none"> 18. William M. Harris, D.C. Memorial 19. Fitness Trail 20. Center for Athletics & Sport Health Science <ul style="list-style-type: none"> • Alumni Relations • Gyms • LIFE Sport Science Institute (LSSI) • Student Services • TIC Auditorium • University Advancement • Wellness Center 21. 19th Century Village 22. Bell Tower 23. Sidney E. Williams, D.C. Memorial 24. Tolerance 25. Ian Grassam Treehouse 26. The Commons 27. Auxiliary Services <ul style="list-style-type: none"> • Facilities & Grounds • Human Resources • Institutional Effectiveness, Planning and Research • Marketing & Communications |
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LYCEUM PARK KEY:

- A. Lasting Purpose
- B. Vitalism Pool
- C. Eight Core Proficiencies
- D. Reflection Pools
- E. Soap Box
- F. Wellness Portfolio
- G. Path of Heroes
- H. Standard Process Amphitheatre

