WEDNESDAY, JULY 4

GSSI Pre-con Satellite: Athlete Health
The Liffey A

Science, technology and sports are coming together faster than ever before, and as a result, new and interesting ways in which nutrition and well-being impact performance are being uncovered. This session will review emerging research in four areas of athlete health: gut health, bone health, immune function and what alcohol use means for today and tomorrow’s athletes.

8:30 – 9:00  Registration
9:00 – 9:05  Introduction
James Carter | GSSI, USA & UK
9:05 – 9:35  Celiac, Wheat Sensitivity vs Gluten Sensationalism and Low FODMAPs to Treat GI Syndrome in Athletes
Dana Lis | UC Davis, USA
9:35 – 10:05  Bone Health and Athlete Nutrition
Craig Sale | Nottingham Trent University, UK
10:05 – 10:20  Coffee Break
10:20 – 10:50  Athlete Immune Function and Nutrition
Neil Walsh | University of Bangor, UK
10:50 – 11:20  Alcohol and the Athlete
Ben Desbrow | Griffith University, AUS
11:20 – 11:50  Discussion/Q&A
James Carter | GSSI, USA & UK
11:50 – 12:00  Closing Remarks
12:00 – 13:00  Lunch

GSSI Nutrition Award Presentations
The Liffey A
14:00 – 15:30  GSSI Nutrition Award Presentations

GSSI Nutrition Award Ceremony
The Auditorium
18:30 – 18:45  GSSI Nutrition Award Ceremony

THURSDAY, JULY 5

Invited Session Sponsored by GSSI: Training & Nutrition: Considerations for Football
The Liffey A

Nutritional practices before, during and after the athletic occasion remain fundamental strategies to improve performance and/or enhance recovery and adaptation. Evidence suggests that a “one-size fits all” nutrition strategy is not suitable to cater to the diverse demands of training and competition faced by any given athlete throughout their year. This session will explore these themes but with a primary focus on football.

9:45 – 9:55  Welcome & Opening Remarks
James Carter | GSSI, USA & UK
9:50 – 10:15  Fueling and Energy Requirements for Football – Training vs Match Play
James Morton PhD | Liverpool John Moores University, UK
10:15 – 10:40  Training Intervention – Evidence and Advice on Optimizing the Adaptive Response to Football Performance
David Bishop PhD, ESSA | Victoria University, Australia
10:40 – 11:10  Nutrition in Football – Implementing the Science in Professional Football
James Collins | Performance Nutrition, UK
11:10 – 11:15  Discussions/Q&A

Sports Nutrition Interest Group Meeting & Reception
Liffey Hall 1
18:00 – 19:30  Sports Nutrition Interest Group Meeting & Reception
Chaired by Ian Rollo PhD | GSSI, UK

FOR MORE INFORMATION
To RSVP, please register at ecss-congress.eu/2018/18
Visit GSSIweb.org for the latest information on sports nutrition.