

**MILK IT
FOR ALL IT'S
WORTH**

MILK AND SPORT: FROM SCIENCE TO PRACTICE

10th November 2011



VENUE

Institute of Physics

76 Portland Place, London W1B 1NT

Nearest London Underground stations:

Goodge Street

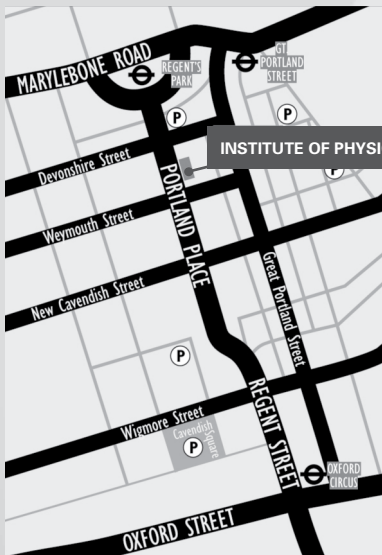
(Northern line)

Great Portland Street

(Metropolitan, Circle and Hammersmith & City lines)

Oxford Circus

(Bakerloo and Victoria lines)



RSVP

Please email milkit@dairyCouncil.org.uk to book you place (indicating any food allergies). The conference is free of charge and places are allocated on a first come first serve basis.

PROGRAMME

- 09.00** Registration and coffee
- 09.30** **Opening remarks**
Dr Judith Bryans, The Dairy Council (GB)
- 09.40** **Milk as a sports drink: A review of the evidence**
Dr Brian Roy, Brock University (CA)
- 10.20** **The role of flavoured milk for post-exercise recovery in athletes**
Dr Michael Saunders, James Madison University (USA)
- 11.00** Tea and coffee
- 11.20** **The effect of milk and milk protein on rehydration after exercise**
Lewis James, Nottingham Trent University (UK)
- 12.00** **Applying the science on milk and sport to the diets of disabled athletes**
Jeanette Crosland, Freelance Dietitian (UK)
- 12.40** Lunch
- 13.40** **Changing young peoples lives with sport: Scottish Youth Football**
Mark Spalding, Scottish FA Football Development Officer (UK)
- 14.10** **Evaluating community youth sports initiatives: Lessons to be learnt**
Professor Mike Weed, SPEAR (UK)
Dr Andy Smith, University of Chester (UK)
- 15.00** Tea and Coffee
- 15.15** **Applying the science to the diets of athletes: Case studies with Casey Stoney, England Ladies International Footballer and Liam Phillips, BMX World Champion**
Dr Tom Hill, Newcastle University (UK)
- 16.15** Closing remarks