

## **Session summary**

**Mark Ellison**

### **Weight Making, Games Experience & Ethical Considerations**

Working within weight category sports poses a number of unique technical, emotional & often ethical challenges to practitioners. Mark shared some of his experiences from the Glasgow 2014 Commonwealth Games and other major Championships with the GB Boxing team. Including a brief introduction to the nutritional interventions used to support a positive weight management culture within the team, some examples of meal planning and individual athlete case studies. Focusing on-

- Challenging the beliefs that the biggest athlete always wins
- Looking at some of the methods used by elite athletes to make weight
- How weight making practices impact upon health & performance
- Key questions for practitioners to consider before starting an intervention
- What are the reasonable limits of weight loss, chronic weight management & dehydration
- How can practitioners protect themselves working with this client group