

SENr Showcase

The SENr showcase event in Leeds gave some fascinating insights into the applied practice of sports nutrition



PERFORMANCE
NUTRITIONIST FOR
BRITISH SWIMMING
**RICHARD
CHESSOR**



DATE FOR YOUR DAIRY

Your next sport and exercise nutrition showcase:
Friday 11 May 2018,
Birmingham
Details coming soon

Nutritionists behind some of the country's most successful athletes shared their experiences at the annual Sport and Exercise Nutrition Register Autumn Showcase event in Leeds.

Attended by current and soon-to-be registrants, the audience spanned the diversity of sport and exercise nutrition with recent graduates through to academic experts. The showcase covered four themes of professional regulation, applied practice, research and working in industry.

The morning began with Irene Riach presenting on the recent SENr Supplement Use in Sport position statement detailing the benefits to following clear guidelines when discussing supplement use with athletes. These messages were then complemented by Prof Sue Backhouse when she discussed the evidence base behind policy making in the pursuit of clean sport.



Three applied nutrition presentations followed as Rin Cobb and Ana Anton-Solanas presented on recent challenges they have faced when supporting ultra-endurance athletes. The clear message was that a practitioner must not just know the technical requirements of their role but be skilled in their application, especially in challenging environments.

The morning was brought to a close by Renee McGregor who carefully discussed a case study in which her clinical reasoning and interpersonal skills were critical to achieving a successful outcome in both athlete health and performance.

The afternoon opened with a research focus and Dr Glen Davison discussed how nutritional strategies can positively and negatively influence gastrointestinal health in athletes.

Dr Davison highlighted the considerable extent of GI complaints in athletes and the vast range of strategies that athletes have at their disposal to minimise distress.

Dr James Morton followed with a reflection on the nutritional strategies he employed whilst working with Team Sky at the Tour de France in 2016. Dr Morton highlighted fuelling, recovery, adaptation to training and weight management as being critical areas of his work in the build-up to and during the event.

Terence O'Rourke profiled his career in the sport and exercise nutrition industry which, alongside the numerous industry sponsors at the event, provided attendees with an excellent insight into roles beyond athlete support and academia.

The final session of the day provided the greatest entertainment as Dr Kevin Currell hosted a panel from British Triathlon consisting of Emma Deakin (physiotherapist), Lucy Wainwright (nutritionist), Vicky Holland (2016 Rio Olympic medallist) and Malcolm Brown (head coach).

The team discussed how they worked in an inter-disciplinary manner to support Vicky in the build-up to the Olympics and some of the challenges they all faced along the journey. Vicky contributed with some fascinating insights into her diet and the gratitude she has for the support team around her.

The event was considered a great success and the attendees were treated to some invaluable insights into applied practice. ●