Keynote Speaker

Julia Alleyne, M.D.

Dr. Julia Alleyne is a Sport Medicine Physician in Toronto, Canada. She is appointed at the University of Toronto, Department of Family and Community Medicine as an associate clinical professor. In addition, she holds an active license as a Physiotherapist.

She has served on the medical staff for 4 Canadian Olympic teams (2002, 2006, 2008 and 2010) and is appointed as the Chief Medical Officer for the 2012 Canadian Olympic Team in London, England. Dr. Alleyne has provided care and advocacy for many athletes at all levels of participation including Chief Medical Officer for the 2005 World University Games in Innsbruk, Austria and as Chief Medical Advisor for Skate Canada (1995-2010) and the current Team Physician for the Canadian Trampoline Team.

Dr. Alleyne is very involved in education at the University of Toronto as Chair of the Sport and Exercise Fellowship program since 2004 and course director of the award-winning 5 Weekend MSK Certificate program for Family Physicians. She is the current Chair of the FIMS Education Commission with a focus on International Team Physician Training.

She is the past President of the Canadian Academy of Sport and Exercise Medicine (2003) and was honoured by the Canadian Association for the Advancement of Women in Sport and Physical Activity as a recipient of the 2003 Most Influential Women in Sport and Physical Activity Award.

Speakers

Michael Clarfield, M.D., C.C.F.P., Dip. Sport Med

Dr. Michael Clarfield is the Director of The Sports Medicine Specialists. He graduated from The University of Toronto in 1980. He was the first physician to practice full time Sports Medicine in Toronto. His dream was to establish a high quality one stop Sports Medicine clinic which finally opened in 1991. It is now the largest Sport Medicine Clinic in Canada.

Dr. Clarfield is an Associate Professor at The University of Toronto. He actively teaches students, residents and Sports Medicine fellows. There are very few practicing Sport Medicine Physicians in Ontario who have not come under his tutelage. He has lectured throughout North America and Europe. He has published numerous articles in many journals. He is the Team Physician for The Canadian National Tennis Team. He has traveled extensively throughout the world covering events.
**Vicki Harber, Ph.D.**

Vicki is a full professor at the University of Alberta in the Faculty of Physical Education & Recreation; her research examines hormonal and metabolic adaptations to regular physical activity in women of all ages and levels of fitness. Vicki is a member of the Canadian Sport for Life leadership team and is helping shape athlete development programs for young female athletes across the country. She obtained her IOC Sport Nutrition diploma in 2008 and is a board member with the Edmonton Sport Council and the Alberta Sport Development Centre—Capital Region. CAAWS recognized Vicki as one of the Most Influential Women in Sport and Physical Activity for 2011. Vicki was a member of the 1980 and 1984 Olympic Rowing team and coached an elite youth girl’s soccer team for 10 years.

**Professor John Alan Hawley, Ph.D., M.A., Cert. Ed., B.Sc. (Hons.), FACSM**

John is currently Head of the Exercise Metabolism Research Group and Professor of Exercise Metabolism in the Health Innovations Research Institute at RMIT University, Melbourne, Australia. He has published over 180 peer-reviewed scientific manuscripts, written over eighty articles for technical journals and has authored numerous book chapters for exercise biochemistry and sports medicine texts. He currently sits on the Editorial Boards of many international journals including the *American Journal of Physiology (Endocrinology and Metabolism)*; *Applied Physiology, Nutrition & Metabolism* (Canada); *Medicine & Science in Sports & Exercise* (U.S.A.); *Sports Medicine* (New Zealand), and *The International Journal of Sport Nutrition and Exercise Metabolism* (U.S.A.). His laboratories current research interests include the cellular bases underlying exercise-induced improvements in insulin action; the interaction of exercise and diet on skeletal muscle metabolism; and the molecular bases of exercise training adaptation.

**Louise Burke OAM, Ph.D., APD, FACSM**

Louise is a sports dietician with 30 years experience in the education and counselling of elite athletes. She has been Head of Sports Nutrition at the Australian Institute of Sport since 1990. Her role as the dietician for the Australian Swimming Team from 1991-2007 provided extensive overseas experience with the organisation of team travel and dietary concerns of the travelling athlete. She was the team dietician for the Australian Olympic Teams for the 1996, 2000, 2004, 2008 and 2012 Olympic Games. Louise’s publications include over 170 papers in peer-reviewed journals and book chapters, and the authorship or editorship of several textbooks on sports nutrition. Her research interests include sports supplements and ergogenic aids, carbohydrate intake before, during and after exercise, dietary periodisation strategies for athletes, protein and the response to training, and hydration practices for training and competition. She was awarded a Medal of the Order of Australia in 2009 for her contribution to sports nutrition.
Dr. Connie Lebrun is a Consultant Sports Medicine physician at the Glen Sather Sports Medicine Clinic. She has over 25 years of clinical sport medicine experience, and has covered many contact sports at the varsity level (Rugby) and international level (Snowboard). She has been a member of the Canadian Medical Team to multiple major Games: 2 World University Games, 3 Pan American Games, 4 Summer and 2 Winter Olympics, including Vancouver 2010. She was the Assistant Chief Medical Officer for the Beijing Olympics, and was the Medical Director for Snowboard Canada from 2005-2011.

Martin Mrazik is a clinical neuropsychologist and an Assistant Professor at the University of Alberta. He completed his Ph.D. in Clinical Neuropsychology from the University of Georgia. Dr. Mrazik has conducted research and provided clinical services to athletes suffering concussions in sport and consults with the NHL and CFL. His current interests are involved in brain injuries and children with developmental disabilities.

Dr. Jean Côté is professor and Director in the School of Kinesiology and Health Studies at Queen's University at Kingston (Canada). His research interests are in the areas of sport expertise, children in sport, coaching, and positive youth development. Dr. Côté holds a cross appointment as a visiting professor in the School of Human Movement Studies at the University of Queensland in Australia. He has published more than 100 refereed papers on a variety of coaching and sport psychology topics and over 300 scientific presentations.

Dr. Jim Denison is an Associate Professor in the Faculty of Physical Education and Recreation and the Director of the Canadian Athletics Coaching Centre at the University of Alberta, Canada. A sport sociologist and coach educator, his research examines the formation of coaches’ practices through a Foucauldian lens. He edited Coaching Knowledges: Understanding the Dynamics of Performance Sport (2007, AC Black) and co-edited Moving Writing: Crafting Movement in Sport Research (2003, Peter Lang). He serves on the Editorial Board of the International Journal of Sports Science &
Coaching, Sports Coaching Review and the Sociology of Sport. He is also co-editor of the forthcoming Routledge Handbook of Sports Coaching (Routledge).

**Trent Sterlingwerff, Ph.D**

Since 2011, Dr. Trent Stellingwerff serves as the Lead Senior Exercise physiologist at the Canadian Sport Centre-Pacific (Victoria, Canada), where he focuses on servicing his physiology and nutrition expertise primarily to Canada's national rowing and track and field teams, as well as leading sport innovation and research. Trent has more than 35 peer-reviewed publications and has co-authors 5 book-chapters focusing on the role that nutrition can play in supporting elite athlete performance.

**Cliff Mallett, Ph.D**

Dr. Mallett is Associate Professor of Sport Psychology and Coaching at The University of Queensland. He is Co-Chair of Research for the International Council of Coaching Excellence (ICCE) and Chair of Research for AIS High Performance Coaching. Since 2004, he has published over 50 peer-reviewed and 100 conference and technical publications. His research and publications are focused on sport psychology and high performance coach development. Cliff's broad research interests are in the interrelated fields of applied sport psychology and high performance coach development: motivation, motivational climate, mental toughness, coaches' learning and development, and coaches' influence on athlete outcomes.

**Lynne Coleman, M.D., BHB, MBChB, DipObst, FRNZCGP, PGDipSportsMed, PGDipBus, MloDNZ**

Dr. Coleman has been the Health Team Leader for the NZ Olympic Committee since 2005, attending Melbourne and Delhi Commonwealth Games and 3 Olympic games – Athens, Beijing and London. She holds the position of Medical Director for two pinnacle sports in NZ – Athletics and Swimming. Lynne travels with several teams, including the NZ U20 Rugby team and their most recent campaign in CapeTown South Africa June 2012. She is a key provider with High Performance NZ and in the role provide services to a range of elite athletes and teams. Her special interest is adolescent and female sports medicine.