



Athletic Nutrition Conference

@ Texas Women's University - Dallas

DALLAS, TX

Friday January 20th

7:30 – 9:00 Registration		
8:00 - 8:15	Welcome and Overview	Rob Wildman PhD RD LD FISSN Jonathan Merkle PhD
8:15 - 9:00	Training & Adaptation: Building the Platform for Better Results and Performance	Brad Schoenfeld PhD CSCS
9:00 - 9:45	Role of Protein and Type in Acute Performance and Long-Term Benefit	Darryn Willoughby PhD FISSN CSCS Jordan Joy MS CSCS CISSN
9:45 – 10:00 High Protein Break Coffee/Protein Snacks		
10:00 – 10:45	Protein Timing, Totals & Safety	Mike Ormsbee PhD FACSM, CSCS Joey Antonio PhD FACSM CSCS
10:45-11:30	Exercise, Nutrition, Metabolism, Body Composition	Paul Arciero PhD FACSM, FTOS Bill Campbell PhD CSCS FISSN
11:30-12:00	Morning Panel	Morning Speakers
12:00 -12:50 Lunch Box Lunch on Site		
12:50 – 1:00	AFTERNOON SESSIONS INTRO	Rob Wildman PhD RD LD FISSN Eric Zaltas MS
1:00- 1:50	BCAAs, Beta Alanine & Creatine and Performance	Jonathan Oliver PhD CSCS Krissy Kendall PhD CSCS CISSN Chad Kerksick PhD CSCS
1:50 – 2:40	Acute Performance: Role of Circulation Nutrients and Carbohydrate	Abbie Smith-Ryan PhD CISSN CSCS JohnEric Smith PhD CSCS Matt Stone MS CSCS
2:40 – 3:00	Afternoon Panel	Afternoon Speakers
3:00 – 3:15 High Protein Break Coffee/Protein Snacks		
3:15 – 5:00	Athletic Training & Nutrition <ul style="list-style-type: none"> • Field Sports • Boxing • MMA • Baseball • Football 	Shawn Arent PhD CSCS FASCM Tony Ricci MS CISSN Chris Algieri MS (WBO Champion) Corey Peacock PhD CSCS, CISSN, CPT Stephanie Fernandez MS RD LD CISSN
4:50 – 5:00	Closing Remarks	Grab Bag

