

The 13th Annual ISSN Conference

Clearwater Beach Florida USA

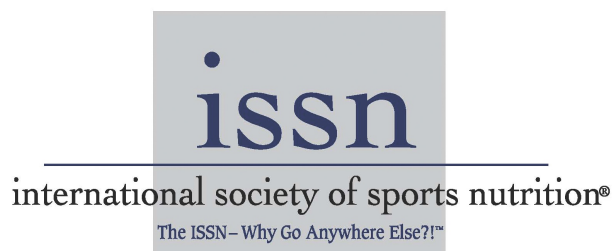
Conference Location:

Hilton Clearwater

400 Mandalay Ave Clearwater USA 33767

June 9-11, 2016

The Best Sports Nutrition Science Extravaganza



Presented By



EARN your CEUs too! CDR 15, ACSM 15, NSCA 1.5, NASM 1.5, ISSN 15, USA Cycling 15



SUMMARY OF PROGRAM:

Event and LOCATION

1. Advisory Board Dinner – WATER'S EDGE BALLROOM, SALONS A & B
2. Exhibit Hall – Vendors, Poster Presentations, Ice Cream Social – GRAND BALLROOM, SALONS A-E and FOYER
3. General Session A – Research Track – SALON F
4. General Session B – Practical Application Track – SALON G
5. Attendee Registration – FOYER (near Exhibit Halls)
6. Happy Hour – OUTSIDE PATIO DECK



EXHIBITORS – Booth set-up 9:00am-12noon, June 10th Friday. Booth break-down 2:15pm-4:00pm, June 11th.
Expo hours: 12noon-4pm. June 10th Friday. 12noon-2:15pm, June 11th Saturday.

Thursday, June 9

- 12noon - 4:00PM: Attendee Registration – FOYER
- 2:30PM - 5:30PM – Day 1 of the Conference – SALON G
- 6:00PM - 8:00PM: Advisory Board Dinner – by invitation only - WATER'S EDGE BALLROOM, SALONS A & B

Friday, June 10

- 7:30AM - 4:00PM: Day 2 of the Conference – Registration - FOYER
- 9:00AM - 12:00PM: Exhibit Hall set up – GRAND BALLROOM, SALONS A-E and FOYER
- 12:00PM - 4:00PM: Exhibit Hall Open - GRAND BALLROOM, SALONS A-E and FOYER
- 5:30pm - 7:00PM: Drinks and hors d'oeuvres on the SANDPIPER DECK

Saturday, June 11

- 8:00AM – 12Noon: Day 3 of the Conference - Registration
- 12:00PM - 2:10PM: Exhibit Hall open
- 12:00PM Please put your posters up in the Exhibit Hall (Authors required to be by poster from 12:30pm-2pm)
- 12:30PM - 2:00PM: POSTER PRESENTATIONS in the Exhibit Hall (Get Ice Cream too!)
- 2:10PM - 4:00PM: Exhibit Hall Breakdown

Refund Policy for the Conference Registration: THERE ARE NO REFUNDS


Day 1: Symposium on Sports Nutrition For What Really Matters: Performance! – Thursday, June 9	SALON G
Afternoon Session	Moderator: Shawn Arent PhD
2:30-3:20PM	Conrad Earnest PhD <i>Topic: Sports Nutrition for the Endurance Athlete</i>
3:20-3:30PM	10 MIN BREAK
3:30-4:20PM	Darryn Willoughby PhD FISSN <i>Topic: Nutrition for Strength-Power Athletes</i>
4:20-4:30PM	10 MIN BREAK
4:30-5:15PM	Amanda Carlson-Phillips MS RD CSSD <i>Topic: Turning Sports Nutrition Science Into A Sports Nutrition Program</i>
5:15-5:30PM	Panel Question & Answer

Day 2: Friday, June 10	SALON F Research Track A	SALON G Practical Application Track B
MORNING SESSION	Moderator: Laurin Conlin MS	Moderator: Dawn Anderson PhD
8:30AM - 9:20AM	Dave Sandler MS FISSN <i>Topic: Research-Based Body Transformation Strategies</i>	Patrick Wilson PhD RD <i>Topic: Ginger Supplementation in Sport: Benefits, Pitfalls, and Future Directions</i>

9:20AM - 9:30AM	10 MIN BREAK	10 MIN BREAK
9:30AM - 10:20AM	Jeff Stout PhD FISSN <i>Topic: The Effects of HMB on Body Composition and Exercise Performance</i> Sponsored by Metabolic Technologies	Gene Bruno MS MHS <i>Topic: Ashwagandha for Focus, Performance and Muscle Development</i> Sponsored by KSM-66
10:20AM - 10:30AM	10 MIN BREAK	10 MIN BREAK
10:30AM - 11:20AM	Christopher Detzel, PhD <i>Topic: Animal Proteins for Sport Nutrition – Current Products & the Next-Generation through Advanced Processing</i> Sponsored by Essentia Metabolic Proteins	Doug Kalman PhD RD FISSN and Tim Ziegenfuss PhD FISSN <i>Topic: Clear Mind, Sound Body - Ingredient Innovations to Enhance Cognitive Function and Muscle Growth</i> Sponsored by Nutrition 21
11:20AM - 11:30AM	10 MIN BREAK	10 MIN BREAK
11:30AM - 12:20PM	Jacqueline Brasy PharmD <i>Topic: Native Whey Protein vs. Whey Protein: Beneficial Effects on Muscle Power and Recovery for Athletes</i> Sponsored by Lactalis	Joel Cramer PhD FISSN <i>Topic: High vs. Low Load Resistance Training to Failure: Current State of Knowledge on Maximizing Strength vs. Hypertrophy</i>
12:20PM – 2:20PM	FREE Bag Lunch Provided in the Exhibit Hall 	
AFTERNOON SESSION	Moderator: Sean Lopez CISSN	Moderator: Danielle Aguilar
2:20PM - 3:10PM	Shawn Arent PhD <i>Topic: Nutrient Timing: Impacts on Hypertrophy and Performance</i>	Maureen Gibbons MD CISSN <i>Topic: A Nutritional Approach to Hormonal Imbalances Affecting Athletic Performance</i>
3:10 PM - 4:00PM	Dawn Anderson PhD <i>Topic: Caffeine and Anaerobic Performance: What We Know and Why We Don't Know More</i>	Nick Tumminello <i>Topic: Top 10 Abdominal Exercises</i>
4:00pm-4:10pm	10 MIN BREAK Moderator: Jose Antonio PhD	
4:10PM-5:10PM	Dr Roger Harris Honorary Keynote William J Kraemer PhD FISSN <i>Topic: Training the Human Machine: Brain Physiology Connections</i> Sponsored by the ISSN	
5:10PM - 5:30PM	The ISSN's DATA BLITZ Moderator: Jose Antonio PhD Each science geek gets 1 minute (that's 10 seconds in dog years!) Lots of Science! So sit back and get your popcorn and beer ready. List of DATA BLITZERS Jose Antonio PhD FISSN – Nova Southeastern University, Roger Harris PhD – University of Retired, Darryn Willoughby PhD FISSN – Baylor University, Shawn Arent PhD – Rutgers	

	University, Bill Campbell PhD FISSN – University of South Florida, Tim Ziegenfuss PhD FISSN – Center for Applied Health Sciences, Douglas Kalman PhD RD FISSN – QPS; Florida International University, Jason Cholewa PhD - Coastal Carolina University, Laurent Bannock DProf FISSN – Guru Performance LTD, Jacob Wilson PhD – Applied Science and Performance Institute, Mike Ormsbee PhD FISSN – Florida State University, Nanci Guest MSc RD – University of Toronto, Conrad Earnest PhD – Nutrabolt International, Corey Peacock PhD – Nova Southeastern University, Laurin Conlin MS - University of South Florida. Mike Greenwood PhD – Texas A&M University, Joel Cramer PhD – University of Nebraska	
5:30PM – 7:00PM	It's Friday! Drinks and Hors d'Oeuvres on the SANDPIPER DECK	It's Friday! Drinks and Hors d'Oeuvres on the SANDPIPER DECK

Day 3: Saturday, June 11	SALON F Research Track A	SALON G Practical Application Track B
MORNING SESSION	Moderator: Jason Cholewa PhD	Moderator: Brittany Calaluca CISSN
9:00AM – 9:50AM	Nanci Guest PhD(c) RD <i>Topic: Can Genetic Testing Improve Athletic Performance?</i>	Bob Alejo BA CSCS RSCC*E <i>Topic: Sports Nutrition for Division 1 College Athletes – Implementation Hurdles & Strategies – A Strength & Conditioning Perspective</i>
9:50AM - 10:00AM	10 MIN BREAK	10 MIN BREAK
10:00AM - 10:50AM	Victor Prisk MD <i>Topic: The Leucine Factor</i> Sponsored by GNC	Rob Taylor CSCS <i>Topic: Athletic Development: A Productive Experience</i> Sponsored by SMARTER Team Training & the ISSN
10:50AM – 11:00AM	10 MIN BREAK	10 MIN BREAK
11:00AM - 11:50AM	David Bellar PhD <i>Topic: Alpha Glycerylphosphoryl Choline: Emerging Evidence for Ergogenic Potential</i> Sponsored by Chemi Nutra	Corey Peacock PhD CISSN and Chris Algieri MS CISSN <i>Topic: Training, Nutrition and Supplementation for a World Class Combat Athlete</i>
12:00PM - 1:00PM	Go to Exhibit Hall for Ice Cream to View the Poster Presentations	Go to Exhibit Hall for Ice Cream to View the Poster Presentations

1:00PM - 2:00PM	View Poster Presentations in Exhibit Hall (<i>Authors must be present at poster.</i>)	
	Ice Cream Social in Exhibit Hall	
AFTERNOON SESSION	Moderator: Ben Kenyon CISSN	Moderator: Laurin Conlin MS
2:00PM - 2:50PM	Brent Petersen MS <i>Topic: Emerging Bioactives for Optimized Body Composition</i> Sponsored by Glanbia	David Hooper PhD CSCS*D <i>Topic: Low Testosterone Concentrations in Athletic Populations: the role of nutrition</i>
2:50PM - 3:00PM	10 MIN BREAK	10 MIN BREAK
3:00PM - 3:50PM	Miriam Peters MSc <i>Topic: From Grass to Muscle Mass: A Protein Journey. The Effect of Protein Quality, Absorption, and Digestion on Performance</i> Sponsored by FrieslandCampina	Andrew Edwards PhD <i>Topic: The Effects of Heat Training and Fluid Intake on Sports Performance</i>
4:00PM – 5:00PM	President's Lecture & Grand Finale Layne Norton PhD <i>Topic: Weight Regain/Metabolic Adaptation</i>	

