## The 15<sup>th</sup> Annual ISSN Conference

# Hilton Clearwater Beach Resort & Spa, 400 Mandalay Avenue, Clearwater FL 33767

June 7-9, 2018
Sports Nutrition At Its Finest

EARN your CEUs too! NASM 16 CEUs, CDR 16, NSCA 1.6, ISSN 16, ACSM 7 CECs





















### **SUMMARY OF PROGRAM:**

**EXHIBITORS** – Booth set-up in SALONS A-E. Set—up Friday starting at 7am. Breakdown is Saturday at 2:10pm. Thursday, June 7

- ➤ 12noon 4:00PM: Registration opens
- 2:30PM 5:30PM: Pre-Conference Symposium (free)

#### Friday, June 8

- > 7:00AM 4:00PM: Registration opens
- > 12:00PM 4:00PM: Exhibit Hall Open Salons A-E
- > 5:30pm 7:00PM: Drinks and hors d'oeuvres SANDPIPER DECK (if it rains, it will be held in the room next to the Sandpiper Deck).
- Note: Poster Presenters Make sure your Posters are placed in the appropriate spot. They are numbered. Make sure you match your poster with the appropriate poster number.

### Saturday, June 9

- ➤ 8:00AM 12Noon: Registration
- > 11:00AM- 2:10pm: Exhibit Hall Open
- 12:00PM 2:10PM: Posters
- 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: June 7, 2018	SALON F and G "Winter is Coming: Preparing for the White Walker Olympics"	
Afternoon Session	Moderator: Trisha VanDusseldorp PhD CISSN	
2:30-3:20PM	Arny Ferrando PhD FISSN  Topic: Winter is Coming – We Must Prepare! The Battle With Father Time	
3:20-3:30PM	10 MIN BREAK	
3:30-4:20PM	Darryn Willoughby PhD CSCS FISSN  Topic: Training to Fight the Mountain	
4:20-4:30PM	10 MIN BREAK	
4:30-5:15PM	Tim Ziegenfuss PhD CSCS FISSN  Topic: I Supplement and I Know Things	
5:15-5:30PM	Question & Answer with the Expert Panel	



Day 2: Eviday, Juna 9	Research Track	Practical Application Track
Day 2: Friday, June 8	SALON F	SALON G
MORNING SESSION	Moderator: Sue Graves PhD FISSN	Moderator: Anya Ellerbroek CISSN
	Darren Candow PhD	Maleah Holland PhD CISSN
	Topic: Bartender, I'll have one of those!	Topic: The Ketogenic Diet as Therapy for
8:30AM - 9:20AM	Designing the optimal post-exercise	TBI and PTSD
	nutritional cocktail for aging muscle	
	hypertrophy	
9:20AM - 9:30AM	10 MIN BREAK	10 MIN BREAK
	Julien Cases PhD	Michelle Arent MPH CSCS CISSN
9:30AM - 10:20AM	Topic: Polyphenols & Performance	Topic: Tears, Fears, & Disbelief: The Story
		of Sport Nutrition & the College Athlete
10:20AM - 10:30AM	10 MIN BREAK	10 MIN BREAK
		Joshua Hockett MS CSCS CISSN
40.00.00	Jose Antonio PhD FISSN	Topic: Modern Agriculture and The
10:30AM - 11:20AM	Topic: Lies, Fries and Chicken Thighs:	Athletes Plate: From Soil and Seed to
	Demystifying Eating Whole Lotta Protein	Sport
44.20404 44.20404	40 MIN DDFAK	Sponsored by Monsanto
11:20AM – 11:30AM	10 MIN BREAK	10 MIN BREAK
	Guillermo Escalante PhD	Scott lardella MPT CSCS CISSN
11:30AM – 12:20PM	Topic: Phosphatidic Acid – Role in	Topic: The Latest Science & Practice of
	Hypertrophy and Exercise	Kettlebell Training to Improve Strength,
	Sponsored by Chemi Nutra	Conditioning, & Sport Performance
12:20PM – 2:20PM	FREE Bag Lunch Provided in the Exhibit	Dunch
12:20PM – 2:20PM	FREE Bag Lunch Provided in the Exhibit Hall	Cunch Man
12:20PM – 2:20PM  AFTERNOON SESSION		Moderator: Corey Peacock PhD CISSN
	Hall	Moderator: Corey Peacock PhD CISSN Kelly Morrow-Baez PhD
	Hall  Moderator: Tobin Silver PhD  Jaime Tartar PhD  Topic: When Did Cortisol Become the	Kelly Morrow-Baez PhD Topic: Motivation Mastery: Bridging the
AFTERNOON SESSION	Hall  Moderator: Tobin Silver PhD  Jaime Tartar PhD  Topic: When Did Cortisol Become the "Carbs" of the Endocrine System?	Kelly Morrow-Baez PhD
AFTERNOON SESSION	Hall  Moderator: Tobin Silver PhD  Jaime Tartar PhD  Topic: When Did Cortisol Become the	Kelly Morrow-Baez PhD Topic: Motivation Mastery: Bridging the Gap Between Intention & Success
AFTERNOON SESSION	Hall  Moderator: Tobin Silver PhD  Jaime Tartar PhD  Topic: When Did Cortisol Become the "Carbs" of the Endocrine System?  Sponsored by the ISSN  Jamie Baum PhD	Kelly Morrow-Baez PhD Topic: Motivation Mastery: Bridging the Gap Between Intention & Success  Jeff Rothschild MS RD CSSD CSCS
AFTERNOON SESSION  2:20PM – 3:10PM	Hall  Moderator: Tobin Silver PhD  Jaime Tartar PhD  Topic: When Did Cortisol Become the "Carbs" of the Endocrine System?  Sponsored by the ISSN  Jamie Baum PhD  Topic: Nutrient Regulation of	Kelly Morrow-Baez PhD Topic: Motivation Mastery: Bridging the Gap Between Intention & Success  Jeff Rothschild MS RD CSSD CSCS Topic: Fueling Ironmen and Ironwomen:
AFTERNOON SESSION	Moderator: Tobin Silver PhD  Jaime Tartar PhD  Topic: When Did Cortisol Become the "Carbs" of the Endocrine System?  Sponsored by the ISSN  Jamie Baum PhD  Topic: Nutrient Regulation of Translational Proteins Required for	Kelly Morrow-Baez PhD Topic: Motivation Mastery: Bridging the Gap Between Intention & Success  Jeff Rothschild MS RD CSSD CSCS
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MORNING SESSION  Moderator: Rick Buehn CISSN  Joline Versteegen MSc  Topic: Dairy Proteins & Overnight Recovery Sponsored by FrieslandCampina  9:50AM - 10:00AM  10 MIN BREAK  Colin Carriker PhD EP-C Topic: The Un'BEET'able athlete - The efficacy of dietary nitrate enhancing sport performance  10:50AM - 11:00AM  SALON G  Moderator: Erik Bustillo CISSN  10 MIN BREAK  10 MIN BREAK  Topic: Dish Hingst MS RD CSCS Topic: The Un'BEET'able athlete - The efficacy of dietary nitrate enhancing Science in building a Superbowl champion Sport performance  Sponsored by the ISSN  10:50AM - 11:00AM  Kirsty Sale PhD  Rick Collins Esq CSCS FISSN	Day 3: Saturday, June 9	Research Track	Practical Application Track
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Joline Versteegen MSc   Topic: Dairy Proteins & Overnight Recovery	MORNING SESSION	Moderator: Rick Ruehn CISSN	Moderator: Frik Bustillo CISSN
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Topic: The Un'BEET'able athlete – The efficacy of dietary nitrate enhancing sport performance  10:50AM – 11:00AM  10:50AM – 10:50AM  10:50AM – 11:00AM  10:50AM – 11:	9:50AM – 10:00AM		10 MIN BREAK
### 10:00AM - 10:50AM  ### 10:00AM - 10:50AM  ### 10:50AM - 11:00AM  ### 10:50AM - 10:50AM		Colin Carriker PhD EP-C	Josh Hingst MS RD CSCS
### Science in building a Superbowl champion sport performance    10:50AM - 11:00AM		Topic: The Un'BEET'able athlete – The	Topic: Fly, EAGLES FLY! The role of Sport
10:50AM – 11:00AM  10 MIN BREAK  Kirsty Sale PhD  Topic: Nutritional considerations for female athletes; from the Female Athlete Triad to Relative Energy Deficiency in Sport and beyond Sponsored by the ISSN  12:00PM – 2:00PM  AFTERNOON SESSION  10 MIN BREAK  Kirsty Sale PhD  Topic: Nutrition Seq CSCS FISSN  Topic: Recent Headlines and Trends in the Sport Nutrition World  Sport Nutrition World  Go to Exhibit Hall for Ice Cream  Authors must be present at their Posters!  AFTERNOON SESSION  Moderator: Gabe Sanders PhD CISSN  Mike Roberts PhD  Elyse Lovett MS MBA  Topic: Animal vs Human Research in  Topic: State of the Industry: Sports		efficacy of dietary nitrate enhancing	Science in building a Superbowl champion
Stirsty Sale PhD   Topic: Nutritional considerations for female athletes; from the Female Athlete Triad to Relative Energy Deficiency in Sport and beyond Sponsored by the ISSN		sport performance	Sponsored by the ISSN
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Sponsored by the ISSN  View the Poster Presentations in the Exhibit Hall Authors must be present at their Posters!  AFTERNOON SESSION  Moderator: Gabe Sanders PhD CISSN Mike Roberts PhD Topic: Animal vs Human Research in  Sponsored by the ISSN  Go to Exhibit Hall for Ice Cream  Moderator: Victoria Burgess CISSN  Elyse Lovett MS MBA Topic: State of the Industry: Sports	11.00AW 11.30AW	•	
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Mike Roberts PhD Elyse Lovett MS MBA  Topic: Animal vs Human Research in Topic: State of the Industry: Sports			
Topic: Animal vs Human Research in Topic: State of the Industry: Sports	AFTERNOON SESSION		
7.00PM = 7.50PM   1	2:00PM – 2:50PM		-
Sport Nutrition: Comparative Nutrition Market		•	
		·	
Physiology? Sponsored by Kyowa	2 50014 2 00014		
2:50PM – 3:00PM	2:50PM - 3:00PM		
Andy Fry PhD FNSCA Mike Sirignano CSCCa CSCS	3:00PM-3:50PM		_
Topic: What's going on in there? Pre- Topic: Collegiate Nutrition from the		,	
<b>3:00PM-3:50PM</b> workout energy drinks and skeletal Perspective of a Football Strength Coach muscle Sponsored by the ISSN			Perspective of a Football Strength Coach
		muscie	Sponsored by the issiv
President's Lecture & Grand Finale		Spansared by ISSNI	
Moderator: Shawn Arent PhD FISSN		Sponsored by ISSN  President's Lect	ure & Grand Finale
		President's Lect	
Topic: Pursuit of high performance panacea and the applied sport science symphon	4:00PM – 5:00PM	President's Lector Moderator: Shav	vn Arent PhD FISSN
	4:00PM – 5:00PM	President's Lector Moderator: Shav Duncan French	vn Arent PhD FISSN PhD CSCS USAW

