

The 15th 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 <i>Topic: Winter is Coming – We Must Prepare! The Battle With Father Time</i>
3:20-3:30PM	10 MIN BREAK
3:30-4:20PM	Darryn Willoughby PhD CSCS FISSN <i>Topic: Training to Fight the Mountain</i>
4:20-4:30PM	10 MIN BREAK
4:30-5:15PM	Tim Ziegenfuss PhD CSCS FISSN <i>Topic: Optimizing Lean Body Mass With Dietary Supplements: What Really Works</i>
5:15-5:30PM	Question & Answer with the Expert Panel

Day 2: Friday, June 8	Research Track SALON F	Practical Application Track SALON G
MORNING SESSION	Moderator: Sue Graves PhD FISSN	Moderator: Anya Ellerbroek CISSN
8:30AM - 9:20AM	Darren Candow PhD <i>Topic: Bartender, I'll have one of those! Designing the optimal post-exercise nutritional cocktail for muscle hypertrophy</i>	Maleah Holland PhD CISSN <i>Topic: The Ketogenic Diet as Therapy for TBI and PTSD</i>
9:20AM - 9:30AM	10 MIN BREAK	10 MIN BREAK
9:30AM - 10:20AM	Julien Cases PhD <i>Topic: Polyphenols & Performance</i>	Michelle Arent MPH CSCS CISSN <i>Topic: Tears, Fears, & Disbelief: The Story of Sport Nutrition & the College Athlete</i>
10:20AM - 10:30AM	10 MIN BREAK	10 MIN BREAK
10:30AM - 11:20AM	Jose Antonio PhD FISSN <i>Topic: Lies, Fries and Chicken Thighs: Demystifying Eating Whole Lotta Protein</i>	Joshua Hockett MS CSCS CISSN <i>Topic: GMOs: The Intent, the Benefits, the Regulation and Safety of Food Biotechnology in a Growing World</i> Sponsored by Monsanto
11:20AM – 11:30AM	10 MIN BREAK	10 MIN BREAK
11:30AM – 12:20PM	Guillermo Escalante PhD <i>Topic: Phosphatidic Acid – Role in Hypertrophy and Exercise</i> Sponsored by Chemi Nutra	Scott Iardella MPT CSCS CISSN <i>Topic: The Latest Science & Practice of Kettlebell Training to Improve Strength, Conditioning, & Sport Performance</i>
12:20PM – 2:20PM	FREE Bag Lunch Provided in the Exhibit Hall 	
AFTERNOON SESSION	Moderator: Tobin Silver PhD	Moderator: Corey Peacock PhD CISSN
2:20PM – 3:10PM	Jaime Tartar PhD <i>Topic: When Did Cortisol Become the “Carbs” of the Endocrine System? Why You Need this Hormone Like a Kid Needs Cotton Candy</i>	Kelly Morrow-Baez PhD <i>Topic: Motivation Mastery: Bridging the Gap Between Intention & Success</i>
3:10 PM – 4:00PM		Jeff Rothschild MS RD CSSD CSCS <i>Topic: Fueling Ironmen and Ironwomen: Nutrition for Triathlon</i>
4:00pm-4:10pm	10 MIN BREAK	
4:10pm-5:10pm	Dr Roger Harris Honorary Keynote Moderator: Shawn Arent PhD FISSN Speaker: Craig Sale PhD <i>Topic: What About Bones? Nutrition and Bone Health for Athletes</i> Sponsored by the ISSN	
5:10pm-5:30pm	The ISSN's DATA BLITZ Moderator: Douglas Kalman PhD RD 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. DATA BLITZERS in the following order	

5:30pm-7:00pm	A Very Happy Hour outside on the Sandpiper Deck – Free Drinks and Hors d'Oeuvres until 7pm
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Day 3: Saturday, June 9	Research Track SALON F	Practical Application Track SALON G
MORNING SESSION	Moderator: Rick Buehn CISSN	Moderator: Erik Bustillo CISSN
9:00AM – 9:50AM	Joline Versteegen MSc <i>Topic: Dairy Proteins & Overnight Recovery</i> Sponsored by FrieslandCampina	Trisha VanDusseldorp PhD CISSN <i>Topic: Branched-chain Amino Acids – It's All About Context</i>
9:50AM – 10:00AM	10 MIN BREAK	10 MIN BREAK
10:00AM – 10:50AM	Colin Carriker PhD EP-C <i>Topic: The Un'BEET'able athlete – The efficacy of dietary nitrate enhancing sport performance</i>	Josh Hingst, MS RD CSCS <i>Topic: Fly, EAGLES FLY! The role of Sport Science in building a Superbowl champion</i> Sponsored by the ISSN
10:50AM – 11:00AM	10 MIN BREAK	10 MIN BREAK
11:00AM - 11:50AM	Kirsty Sale PhD <i>Topic: Nutritional considerations for female athletes; from the Female Athlete Triad to Relative Energy Deficiency in Sport and beyond</i> Sponsored by the ISSN	Rick Collins Esq. FISSN <i>Topic: Recent Headlines and Trends in the Sport Nutrition World</i>
12:00PM – 2:00PM	View the Poster Presentations in the Exhibit Hall Authors must be present at their Posters!	Go to Exhibit Hall for Ice Cream
AFTERNOON SESSION	Moderator: Gabe Sanders PhD CISSN	Moderator: Victoria Burgess CISSN
2:00PM – 2:50PM	Mike Roberts PhD <i>Topic: Animal vs Human Research in Sport Nutrition: Comparative Physiology?</i>	Elyse Lovett <i>Topic: State of the Industry: Sports Nutrition Market</i> Sponsored by Kyowa
2:50PM – 3:00PM	10 MIN BREAK	10 MIN BREAK
3:00PM-3:50PM	Andy Fry PhD FNCSA <i>Topic: What's going on in there? Pre-workout energy drinks and skeletal muscle</i> Sponsored by ISSN	Mike Sirignano CSCCa CSCS <i>Topic: Collegiate Nutrition from the Perspective of a Football Strength Coach</i> Sponsored by the ISSN
4:00PM – 5:00PM	President's Lecture & Grand Finale Moderator: Shawn Arent PhD FISSN Duncan French PhD CSCS USAW <i>Topic: Pursuit of high performance pan-a-ce-a and the applied sport sci-ence symphony</i> Sponsored by the ISSN	