



ISSN-Athletes' Performance: New Advances in Sports Nutrition and Performance Training
Feb 26-27, 2010
 Athletes' Performance Arizona

Location:

Athletes' Performance Arizona (Brand New Location)
 2629 E. Rose Garden Lane
 Phoenix, AZ 85050
 Phone: 602.971.2222

Conference Organizers:

Amanda Carlson, MS RD, CSSD
 Jose Antonio, PhD

Hotel Information:

Hilton Garden Inn Scottsdale North/Perimeter Center
 Address: 8550 East Princess Drive · Scottsdale, AZ · 85255
 Tel: 480.515.4944 Fax: 480.515.4954
 Rates starting at \$79/night with a free shuttle service to and from the Athletes' Performance Facility. Mention *Athletes' Performance* when making the reservation.

Marriott Spring Hill Suites

17020 N. Scottsdale Rd. Scottsdale, AZ 85255
 Tel: 480.922.8700 Fax: 480.948.2276
 Rates starting at \$129/night with a free shuttle service to and from the AP facility. For reservations call 800-309-8547 and ask for the *Athletes' Performance rate.*

REGISTRATION

1) To register online, go to:

<http://www.sportsnutritionociety.org/site/seminar1.php?id=86>

2) To register by fax or mail, fill out the form below.

3) To register by phone, call toll free 1-866-740-ISSN (4776)

Please Fax or Mail Both Pages

2-day rate

	Before Jan 26 2010	Jan 26 2010 or After	On Site Registration
Conference Registration			
ISSN Member	\$200	\$225	\$250
Student (must have proof you are a college student)	\$100	\$125	\$150
Non-Member	\$250	\$275	\$300

1-day rate

	Before Jan 26 2010	Jan 26 2010 or After	On Site Registration
Conference Registration			
ISSN Member	\$150	\$175	\$200
Student (must have proof you are a college student)	\$75	\$100	\$125
Non-Member	\$200	\$225	\$250

Name: _____

Terminal Degree (BS, MS, PhD/MD/DO/DC etc) _____ Date: _____

Address: Street _____

City/State/Country/Zip Code _____

Email: _____

Phone: _____ ISSN Membership ID number: _____

What is your primary job responsibility?

- Academics (Professor, Post-Doc, Lab Tech, etc)
- Student
- Registered Dietitian
- Sports Nutritionist
- Exercise Physiologist
- Strength and Conditioning Professional
- Personal Trainer
- Industry (owner, manager, marketing, sales, etc)
- Other: _____

I will be attending the **both days** of the event

I will be attending **only the first day** of the event

I will be attending **only the second day** of the event

Payment Method (please check which applies)

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Check Credit Card – circle one (Visa / Mastercard / American Express)

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Pay via fax or mail to:

International Society of Sports Nutrition
Executive Director, Maelu Fleck
600 Pembroke Drive
Woodland Park, CO 80863
Phone: 1-866-472-4650
Fax: 1-719-687-5184

Refund Policy for the ISSN Conference Registration: ALL refunds must be submitted in writing (email, snail mail or fax). No refunds will be accepted via phone. If you cancel 30 days or more prior to the conference, you will receive a 50% refund. There will be no refunds after that date. There will be no refunds for the CISSN Examination, CISSN Review Session, or the Body Composition Certification; however, if you miss either certification due to unforeseen circumstances, your money will be credited to a future examination.

Conference Schedule – Day 1 – Feb 26, Friday, 2010

7:30 – 8:30am: Registration and Welcome.

8:30-10:00am Speaker

Abbie E. Smith, MS, CSCS, CISSN

Title: Specialty Amino Acids – beta-Alanine, BCAAs, Leucine, HMB

Abbie is a doctoral candidate at the University of Oklahoma where she co-coordinates the Metabolic and Body Composition Laboratory. She received her undergraduate degree in Health and Exercise Science from Truman State University, and her Masters at the University of Oklahoma. Abbie is currently studying under the direction of Dr. Jeffrey R. Stout, where her research is focused on nutritional and training interventions to improve performance, general health and body composition. She has contributed to the scientific community at the NSCA and ACSM since 2005 and continues to share the latest research through her column in the Sports Nutrition Insider, scholastic books and through various peer-reviewed journals.

10:15-11:45am – Speaker

Dr. Kathleen Wolf

Title: B-Vitamins and Exercise: How need is altered by exercise?

Dr. Wolf is an assistant professor in the Nutrition Program at Arizona State University (ASU). Because her training and education are in nutrition and exercise science, her research interests combine these two areas, focusing on the prevention and treatment of chronic disease through nutrition and physical activity. She has also completed sports nutrition research and recently examined micronutrient status (iron, B-vitamins) in physically active women. Recognizing the importance of bridging the gap between science and practice, she currently writes a nutrition column for the USA swimming magazine (*SPLASH!*). She has also consulted with young athletes, collegiate athletes, professional athletes, and master athletes. She is an active member of the American Dietetic Association and the American College of Sports Medicine.

11:45 – 1:00 – Lunch on your own

1:00 – 2:30 – Speaker

Speaker Amanda Carlson, MS, RD, CSSD

Title: Practicing Sports Nutrition

This talk will discuss real world sports nutrition strategies to enhance performance on the field and in the game of life. We will explore different types of data collected over the past 5 years that will offer a deep dive into the nutritional habits and intakes of soccer, football, baseball, hockey and basketball players of varying levels. This will lead into a discussion as to where to go next in developing simple strategies to implement with your players to enhance their performance.

BIO: Amanda Carlson is the director of performance nutrition for both Athletes Performance (www.athletesperformance.com) and Core Performance (www.coreperformance.com). She and her team work with athletes and teams in a variety of sports at many different levels. They also help to create simple solutions for the everyday athletes who is trying to succeed in the game of life. She has contributed to many publications, edited various text books and sits on the Advisory Board for the ISSN.

2:45 – 4:15 – Speaker

Jose Antonio, Ph.D., FACSM, FNCSA, FISSN

Title: Sports Nutrition and Supplement Strategies – an overview

This seminar will provide information regarding the vibrant sports nutrition category.

BIO – Dr. Antonio is a co-founder and CEO of the ISSN. He is a Fellow of ACSM, NSCA, and the ISSN.

4:30 – 5:00 – Roundtable

Amanda Carlson, MS, RD, CSSD, Abbie Smith, M.S., CSCS, CISSN, Jose Antonio, Ph.D., FACSM, FNCSA, FISSN and Dr. Kathleen Wolf

Conference Schedule – Day 2 – Feb 27, Saturday 2010

Enjoy a day of both lecture and small group practicals. We will split everyone up into 4 groups for the 'practical application' section where you will rotate around. Each practical session will be 40 minutes of work with 15 minutes of Q & A. All sections will be delivered by various Athletes' Performance Staff. (Practical Rotations subject to change)

8:00-9:00 – check in

9:00 –10:00am The Functional Movement Screen

Practical Session #1: 10am - Noon

- (1) FMS Practical
- (2) Linear Acceleration
- (3) Lateral Acceleration
- (4) Movement Preparation

Lunch: Noon-1:00pm

1:00-2:00pm - Energy System Development: Developing Efficient and Effective Conditioning Programs

Practical Session #2: 2:00-4:00pm

- (5) FMS Practical
- (6) Linear Acceleration
- (7) Lateral Acceleration
- (8) Movement Preparation

4:00–4:45pm – Bringing it All Together: Creating an Integrated Training Model

5:00-5:30pm - Wrap Up

For more information about the conference program, contact Amanda Carlson acarlson@athletesperformance.com or Dr. Jose Antonio at drjoseantonio@aol.com

General Inquiries About AP-AZ contact Mark Iralsen @: 602.971.2222