



2015 Gatorade Pre-Conference Clinic

Wednesday, May 6th @ 2-5 p.m.

Title: *Understanding the Efficacy and Safety of Nutrition and Supplementation for Athletic Performance*

Moderator: Randy Bird (President at the Collegiate & Professional Sports Dietitians Association (CPSDA))

2-2:45pm | Nutrition for High Intensity Training

Speaker: Jana Heitmeyer (RD and Director of Sports Nutrition at Mizzou)

2:45-3:30pm | Panel Discussion: Providing Strong Athlete Nutrition Recommendations

Panel Members: Chelsea Burkart (Sports Dietitian at James Madison University and CPSDA member), Aaron Burkart (Director of Football Strength & Conditioning at James Madison University), Randy Bird (Moderator and President of CPSDA)

3:30-3:45pm | Break

3:45-4:30pm | Supplements: Efficacy and Safety

Speaker: Alicia Kendig (Sports Dietitian at the United States Olympic Committee)

4:30-5pm | Panel Discussion: Sports Nutrition Hot Topics for Student Athletes

Panel Members: Allison Maurer (Sports Dietitian at the University of Tennessee and CPSDA member), Chelsea Burkart (Sports Dietitian at James Madison University and CPSDA member), Randy Bird (Moderator and President of CPSDA), Alicia Kendig (Sports Dietitian at the United States Olympic Committee), Jana Heitmeyer (RD and Director of Sports Nutrition at Mizzou)