



Thursday, June 10, 2021, 6:30 a.m. EDT/UTC-4 – Saturday, June 12, 2021, 1 p.m. EDT/UTC-4

Register: bostonchildrens.cloud-cme.com/FAC2021

Target Audience

Specialties - Athletic Training, Orthopedics, Physical Therapy, Primary Care, Psychiatry, Psychology, Sports Medicine, Sports Nutrition

Professions - Administrator, Allied Health Professional, Athletic Trainer, Coach, Educator, Female Athletes and their Families, Nurse, Nurse Practitioner, Physical Therapist, Physician, Physician Assistant, Psychiatrist, Psychologist, Registered Dietitian, School Personnel, Social Worker

Overview

Experts in sports medicine, sports psychology, sports science, sports nutrition, and sports culture will present strategies to prevent and treat clinical issues and injuries that can limit female athlete performance. This interactive conference will improve the comfort level and prowess of attendees in recognizing and addressing prevalent issues experienced by the modern female athlete (ex. sexual harassment in sport, navigating college recruitment, optimizing health and performance for sport, developing muscle strength after menopause, postpartum return to sport) in addition to providing updates and state-of-the-art information about more traditional topics (ex. treating tibial stress injuries and low back pain, new concussion and head injury protocols, ACL and other injury rehabilitation, relative energy deficiency in sport) and more.

As women and girls become more empowered through sports, we continue to advance research on how sex and gender differences affect their performance and overall experience in sports, a historically male-dominated space. This conference is meant to share the science and provide networking opportunities to improve female athletes' training, confidence, and motivation to advance their success on and off the field.

Course Format

This year's course will be fully digital and will be presented online via Zoom. Attendees will have on-demand access to all course sessions for two weeks following the conclusion of the Female Athlete Conference.

Objectives

Upon completion of this course, participants will be better able to:

- » Discuss up-to-date screening and treatment for disordered eating/eating disorders in female athletes.
- » Discuss updates in ACL rehabilitation in female athletes.
- » Discuss mental health with athletes.
- » Interpret and understand the current research on head injuries in female athletes.
- » Describe age-specific considerations in female athletes throughout the lifespan.
- » Discuss diagnosis and treatment of tibial stress injuries.
- » Discuss how to keep girls engaged in sport.
- » Discuss the importance of female-specific training.
- » Build a sound meal plan by understanding the role of essential micro- and macronutrients and the importance of optimal energy availability in female athletes.
- » Discuss the role that hormones play in female athlete health and performance.

Registration

To register, please visit bostonchildrens.cloud-cme.com/FAC2021. If this is your first time registering for a course at Boston Children's Hospital, you will need to create an account. Please use an email address that you check frequently, as it will be used to send important information about the course. Group rates are available; email femaleathleteconference@childrens.harvard.edu to learn more!

Registration Fees

Registration Type	Regular Fee
Physician	\$375
Allied Health (NP, RN, RD, ATC, PT, MSW, Psych)	\$250
Residents and Fellows	\$150
Non-academic members of the community, Coaches, Athletic Directors, Personal Trainers, Parents	\$150
Students	\$50

Registration is open through Saturday, June 12. Once you have registered, you will receive a confirmation email with a registration receipt. Course access instructions will be sent a few days prior to the course launch.

If you have questions or need assistance with registration, please direct all inquiries to cmepartment@childrens.harvard.edu.

Accreditation

In support of improving patient care, Boston Children's Hospital is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physician

Boston Children's Hospital designates this live activity for a maximum of 13.5 *AMA PRA Category 1 Credits*[™]. Physicians should claim only credit commensurate with the extent of their participation in this activity. AAPA accepts AMA category 1 credit for the PRA from organizations accredited by ACCME.

Nurse

Boston Children's Hospital designates this activity for 13.5 contact hours for nurses. Nurses should only claim credit commensurate with the extent of their participation in this activity.

Physician Assistant

Boston Children's Hospital has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credits for activities planned in accordance with AAPA CME Criteria. This activity is designated for 13.5 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Psychology

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the program. This course has been approved for 13.50 continuing education credits.

Social Work

As a Jointly Accredited Organization, Boston Children's Hospital is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Boston Children's Hospital maintains responsibility for this course. Social workers completing this course receive 13.5 ACE CE continuing education credits.

Registered Dietitian

Boston Children's Hospital designates this activity for 13.5 contact hours for registered dietitians. Registered dietitians should only claim credit commensurate with the extent of their participation in this activity.

Physical Therapy

The APTA of MA approves "Female Athlete Conference" for 13.5 Continuing Education Hours.

Athletic Trainers

Boston Children's Hospital (BOC AP# P10089) is approved by the Board of Certification, Inc. to provide continuing education credits to Athletic Trainers. This program is eligible for a maximum of 13.5 EBP Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.



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6:30–7:30 a.m.	Virtual Workout Trainer: Amanda Waldron, MS, RDN, LDN, NASM-CPT
7:30–7:45 a.m.	Virtual Check-in
7:45–8 a.m.	Opening Remarks Kathryn E. Ackerman, MD, MPH
8–8:45 a.m.	Research on Performance Nutrition for Female Athletes How Well Are Females Represented in Performance Nutrition Research? Trent Stellingwerff, PhD Special Considerations for Undertaking Performance Nutrition Research in Female Athletes Louise Burke, PhD Tools to Increase the Quality and Quantity of Performance Nutrition Research in Female Athletes Kirsty Elliott-Sale, PhD, FHEA
8:45–9:35 a.m.	Bridging the Research-Practice Gap in Women's Sport Emily Kraus, MD; Julie McCleery, PhD; Alicia Glass, RD; Valorie Kondos, BA; Elana Meyers Taylor, OLY, MBA
9:35–10:05 a.m.	Break sponsored by Timberline Knolls
10:05–10:50 a.m.	Keeping Trouble Out of the 'Wubble'? Cindy J. Chang, MD, FACSM, FAMSSM
11–11:45 a.m.	How Technology Is Changing What It Means to Be a Female Athlete - From Training, Competing, Monetizing Their Brands, to Empowering the Next Generation of Athletes Angela Ruggiero, OLY, MEd, MBA; Molly Tissenbaum, BA
11:45 a.m.–1 p.m.	Lunch sponsored by Bay State Physical Therapy
1–1:45 p.m.	Coaching Track 1: How to Get (and Keep) Girls Playing: Strategies for Engaging and Retaining Girls in Sport Christine Bright, MBA; Pardeice Powell McGoy, MEd Mental Health Track 1: Integrating Mental Skills Practice in Recovery from Sport Injuries Melissa Christino, MD, FAAOS; Kimberly H.M. O'Brien, PhD, LICSW; Kelsey Griffith, MS
	Sports Med-Clinical Track 1: RED-S/ The Athlete Triad: Science Meets Practice Heidi Skolnik, MS, CDN, FACSM; Marci Goolsby, MD
1:55–2:40 p.m.	Coaching Track 2: The Accelerator Model: How to Build Girls Athletic Programs Mary Connor, MS Mental Health Track 2: Disordered Eating in High Performance Sport: A National Position Statement and Practical Resources Nikki Jeacocke, APD, CSSD; Hilary Smith, MS
	Sports Medicine-Clinical Track 2: Menstrual Linked Asthma: What We (Don't) Know and Where We Need to Go Connie M. Lebrun, MDCM, MPE, CCFP, FACSM, FAMSSM, Dip. Sports Med, OLY, CCFP(SEM), FCFP; Jane Thornton, MD, PhD, CCFP (SEM), Dip Sp Phy OLY; Patricia Doyle-Baker, DrPH, PhD, CSEP-CEP
	Break sponsored by Opal
2:50–3:20 p.m.	Coaching Track 3: Why Isn't Women's-Specific Training More Widespread within Sport? Bridging the Gap between Research and Applied Practice Sam Moore, MS; Marsa Daniel, MS
3:20–4:05 p.m.	Mental Health Track 3: "I Just Got Lucky" Imposter Syndrome and Women in Sport Shannon Mulcahy, MS
	Sports Med-Clinical Track 3: Postpartum Return to Sport: A Holistic Approach to Safe Integration of Movement Postpartum Rebecca McConville, MS, RDN, LDN, CSSD, CEDRD; Nathan Carlson, PT, DPT, USATF; Amanda Fisher, PT, DPT
4:15–5 p.m.	Coaching Track 4: Words Matter: How to Have Conversations Around Mental Health with Athletes Kelsey Varzeas, MEd, CMPC Candidate, Doctoral Student; Julie Freedman, MEd, CMPC, Doctoral Student Mental Health Track 4: Nutritional Risks of Female Endurance Runners & Creative Strategies for Optimizing Food Intake through Virtual Platforms Emily Kraus, MD; Reilly Beatty, MS, RD; Michelle Barrack, PhD, RD, CSSD
	Sports Med-Clinical Track 4: Managing Low Back Pain in the Female Athlete: Lessons from Rowing Kellie Wilkie, APA Titled Sports & Exercise Physiotherapist, MS; Fiona Wilson, PhD, MSc, BSc
5:30–7 p.m.	Networking



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Disclosure Policy

Boston Children's Hospital adheres to all ACCME Essential Areas, Standards, and Policies. It is Boston Children's policy that those who have influenced the content of a CME activity (e.g. planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that Boston Children's may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.



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Friday, June 11, 2021

- 7–8 a.m. **Virtual Workout** Trainer: Lee Skunes, NASM-CPT, CES, PES, SFS, 200 HR RYT
- 8–8:15 a.m. **Opening Remarks** Meghan Keating, MPAS, PA-C; Nicole Farnsworth, MS, RD, CSSD, LDN, CPT
- 8:15–9 a.m. **Performance and Menstrual Cycle: Why Laboratory and Real-World Exercise Results Are Not Congruent** Anthony C. Hackney, PhD, DSc
- 9–9:45 a.m. **Quit Screening for Injury Risk: Integrated Approach to Identify and Target Neuromuscular Deficits in Female Athletes** Greg Myer, PhD, FACSM, CSCS*D
- 9:45–10:15 a.m. **Break sponsored by Longwood MRI**
- 10:15–11 a.m. **Flirting or Hurting? Sexual Harassment Among Young Elite Athletes** Jorunn Sundgot-Borgen, PhD; Nina Sølvberg, MSc
- 11:10–11:55 a.m. **In Conversation with Layshia Clarendon** Layshia Clarendon, BA
- 11:55 a.m.–1 p.m. **Lunch**
- 1–1:45 p.m. **Exercise Physiology Track 1: Developing Muscular Strength in Post-Menopausal Women** Mia Lazarewicz, NSCA-CPT, CSCS, Z-Health
- Sports Culture & the Community Track 1: Simple Steps to Navigating the Appropriate College for Students Athletes** Cassandra Cunningham, MEd
- Sports Med-Clinical Track 1: Rates, Risk and Recovery from Sports-Related Concussion in the Female Athlete** Christina Master, MD; Carrie Esopenko, PhD; Abigail Bretzin, PhD, ATC
- 1:55–2:40 p.m. **Exercise Physiology Track 2: Improving Knowledge, Education, and Practices in Relation to the Menstrual Cycle in Competitive Female Athletes: a Scandinavian Perspective** Martina Höök, MSc; Dionne Noordhof, PhD; Kerry McGawley, PhD
- Sports Culture & the Community Track 2: Sports Culture's Impact on Girls in Sports Panel Discussion with Young Student Athletes** Risa Isard, BA and youth panelists
- Sports Med-Clinical Track 2: Strategies for Management of Tibia Bone Stress Injuries in Female Runners** Jillian Santer, PT, DPT, FMSC; Katherine Rizzone, MD, MPH, FAAP, Assistant Professor; Ashley Waite, PT, DPT, OCS
- 2:50–3:20 p.m. **Break sponsored by Orreco**
- 3:20–4:05 p.m. **Exercise Physiology Track 3: Periodized Manipulation of Energy Availability and Within Daily Energy Balance Without Symptoms of RED-S in an Elite Female Mixed Martial Arts Athlete: a Year-Long Case Study** Carl Langan-Evans, BA (Hons), MRes, PhD, PGcertLTHE, FHEA, IIST, ASCC
- Sports Culture & the Community Track 3: Women in the Media** Rachel Epstein, BA
- Sports Med-Clinical Track 3: Optimizing the Health and Performance of Female Dancers. What are the Challenges?** Nicky Keay, BA, MB, BChir, MA (Cantab), MRCP
- 4:15–5 p.m. **Exercise Physiology Track 4: Menstrual Cycle Phased Rehabilitation for Females Post Anterior Cruciate Ligament Reconstruction: Is It Time to Play to Female Strengths?** Emma O'Loughlin, BSc (Hons), Physiotherapy, PhD Candidate, SPRINZ
- Sports Culture & the Community Track 4: Transgender Athlete Inclusion: an Update** Kathryn E. Ackerman, MD, MPH
- Sports Med-Clinical Track 4: Australian Institute of Sport Female Performance Initiative** Clare Minahan, PhD; Alice McNamara, OLY BComm BSci MD EMCert (ACEM); Rachel Harris, OLY MBBS FACSEP IOCDipSpPhy
- 5:30–7 p.m. **Trivia Night**



Saturday, June 12, 2021

- 6:45–7:45 a.m. **Virtual Workout** Trainer: Jordan Metzli, MD
- 8–9:30 a.m. **Live Question and Answer Session with Boston Children's Hospital Female Athlete Program**
- 9:30–10:15 a.m. **Becoming the First Female Athletic Director at Harvard** Erin McDermott, MS
- 10:15–11 a.m. **Creating Inclusive Sports Cultures Through an Intersectionality Mindset** Nefertiti Walker, PhD
- 11:10 a.m.–12:10 p.m. **Dare to Dream, Free to Rise** Samantha A. Livingstone, OLY, MEd
- 12:10–12:45 p.m. **Impairment Does Not Preclude Excellence** Marla Runyan, OLY, MEd
- 12:45–1 p.m. **Closing Remarks** Kathryn E. Ackerman, MD, MPH

Thank you to our Exhibitors

Olympic Level



Collegiate Level



Tactical Level



Recreational Level



Amateur Level

