TeamNL

Leaders in Performance Conference

Sports Nutrition

2 October 2019

National Training Centre Papendal
Hotel Papendal, Arnhem, The Netherlands

9:00	*Opening*	**Professor Asker Jeukendrup**, Performance Manager Nutrition, NOC*NSF and Loughborough University, UK
	Start morning session **Chair:**	**Kamiel Maase**, Performance Manager Sport Science & Innovation, NOC*NSF
9:20	**Fueling the brain**	**Professor Romain Meeusen**, Free University Brussels, Belgium
10:00	**Carbohydrate recommendations for performance**	**Professor Asker Jeukendrup**, Performance Manager Nutrition, NOC*NSF and Loughborough University, UK
10:40	*Break*	
11:10	**Training low, does it really work?**	**Professor John Hawley**, Mary MacKillop Institute for Health, Melbourne, Australia
11:50	*Panel discussion*	Speakers morning session
12:10	**Speed updating 1**	Updates and expert views on various topics
12:30	*Lunch*	
13:30	**Start afternoon session** **Chair:**	**Professor John Hawley**, Mary MacKillop Institute for Health, Melbourne, Australia
13:30	**Protein as a macronutrient of primary importance in weight loss**	**Professor Stuart Phillips**, McMaster University, Hamilton, Canada
14:10	**The latest on nitrates**	**Professor Andrew Jones**, University of Exeter, Exeter, UK
14:50	*Break*	
15:20	**Is breakfast the most important meal of the day?**	**Professor James Betts (TBC)**, Bath University, Bath, UK
16:00	*Panel discussion*	Speakers afternoon session
16:20	**Speed updating 2**	Updates and expert views on various topics
17:00	*Closing and networking*	

The conference is endorsed by the Sports and Exercise Nutrition register (SENr).
Sports dietitians SCAS: 3 points
Sports nutritionists SENr: 8 hours

For more information please visit the conference website
www.TEAMNL.org/LPC