

Rest & Recovery Nutrition

**25th September 2021
(Saturday)**

TIME: 1:45 PM – 4:15 PM (SGT)

VENUE: ZOOM

AGENDA:

1:45 PM: ZOOM Registration Opens

(Screenshot of attendees at 2:00pm)

1:55 PM: Welcome & Introduction

2:00 PM: Talk: Nocturnal Recovery; Where Nutrition & Sleep Collide by Dr Richard Swinbourne

2:45 PM: Recipe – Post Game Recovery Snack

3:00 PM: Talk: Nutrition Strategies to Support Recovery in Intermittent Team Sports by Dr Laurent Bannock

4:00 PM: Q & A

4:15 PM: Feedback & Closing



Dr Richard Swinbourne

Richard is a New Zealand trained Dietitian through the University of Otago and completed his Sport Dietitian course with Sport Dietitians Australia. Richard worked with the New Zealand Rugby Union as their High-Performance Nutritionist for National All Black Teams between 2007-2014. Ten years ago, Richard stepped sideways to explore the world of sleep among elite athletes, completing his doctorate with Auckland University of Technology. Richard is currently the team lead of sport nutrition at the Singapore Sport Institute, and a performance scientist for Joseph Schooling and Singapore's national swimmers.

Talk Synopsis: Richard is enjoying the application of both his nutrition and sleep knowledge to our elite sporting environment here in Singapore. Please join Richard in this session as he shares unique insights about the impact sleep quality has on post exercise recovery. Richard will provide an update on the role of protein type and timing influencing overnight muscle protein synthesis, how sleep influences nutritional behaviour and weight management, and the relationship that various functional foods and specific nutrients have on sleep architecture. Richard looks forward to seeing you at the presentation!



Dr Laurent Bannock

Dr Laurent Bannock is a Consultant Nutritionist & Sport Scientist based in Edinburgh, Scotland. His work is currently focused primarily on Supporting Elite Athletes and Teams. Currently, Laurent is the Nutritionist to the World Number 1 ranked Belgium Men's National Football (Soccer) Team, and is a consultant to a number of elite European and Scottish professional rugby and football (soccer) teams. Laurent is also the Founder and Director of the Institute of Performance Nutrition ("The IOPN"), based in Edinburgh, Scotland, which specializes in applied research and advanced-level professional education programs for Sport and Exercise Nutritionists.

Talk Synopsis: The physical demands of training and competition in intermittent team sports, such as football and rugby, have become increasingly intense, especially with the congested fixture schedule and associated travel seen in major professional tournaments. This typically results in reduced recovery time between matches, which presents a number of challenges to not only player and team performance, but also to an increased risk of injury and illness. The aim of this presentation is to review the relevant science, and the practical application of evidence-based recovery nutrition strategies, to include practitioner observations from real-world practice in elite soccer and rugby.

REGISTRATION - FREE & EXCLUSIVELY FOR SNDA MEMBERS ONLY (CE POINTS: 1)

- ✓ **ZOOM Registration:** Click [HERE](#)
- ✓ **For CE points,** please register on the SNDA website by 23 Sept 2021, 23:59.
- ✓ **Login with the same name you registered with SNDA for us to verify and admit you in. Admission will be denied if otherwise.**

ORGANISED BY:

SNDA Sport Nutrition
Interest Group