

Sports nutrition – through a wide angle international lens

Presenter Biographies:

NANCY CLARK, MS RD CSSD

Nancy Clark is an internationally respected and trusted sports nutritionist. She is a registered dietitian (RD) who is a board certified specialist in sports dietetics (CSSD). Her private practice is in the Boston-area (Newton, MA). Nancy counsels active people of all ages and athletic abilities from high school athletes to Olympians, helping them use food to enhance their performance and health, as well as optimize their weight. Her clients have included not only the Boston Red Sox, but also the Bruins, Celtics, and athletes from many colleges in the area including Boston College, Tufts and Brandeis. Many of her clients struggle with disordered eating and eating disorders; she helps them transform their food fears into peaceful fueling.

Nancy enjoys writing as a way to teach people how to eat to win. Her best-selling Nancy Clark's Sports Nutrition Guidebook has sold over 750,000 copies and is now available in its 6th edition. Nancy also writes a monthly nutrition column called The Athlete's Kitchen, which appears regularly in over 100 sports publications and websites. Her nutrition advice and photo have even graced the back of the Wheaties' box!

In addition to inspiring active people to fuel wisely for top performance, Nancy has also inspired many RDs to become sports dietitians. Both nationally and internationally, she has presented workshops on how to become a sports RD and has helped establish sports dietetics as a viable career path. She has also educated trainers, coaches and other health professionals about the value of partnering with sports dietitians.

Nancy completed her undergraduate degree in nutrition from Simmons College in Boston. Her dietetic internship was at Massachusetts General Hospital. She received her master's degree in nutrition with a focus on exercise physiology from Boston University. She is a Fellow of the Academy of Nutrition and Dietetics and the American College of Sports Medicine. She has been a member of ACSM's Board of Trustees. She has received many awards for her work.

Health and fitness are personal values for Nancy. She is a regular bicycle commuter, runner and gardener. She has completed several marathons, bicycled across America, and hiked in the Himalayas. She and her husband have two children (now adults) and live in the Boston-area.

CATALINA FERNANDEZ

Bachelor and Licentiate in Human Nutrition from Universidad de Costa Rica (Costa Rica University). Master's with emphasis in Sports Nutrition from The Ohio State University, United States. International Olympic Committee Diploma in Sports Nutrition. Currently working as sports dietitian at the Costa Rica Olympic Committee and PINES Global Coordinator for the Americas region. Former national team volleyball player.

RACHAEL MACK

Rachael Mack is a sport dietitian contracted with the US Olympic & Paralympic Committee. She provides nutrition support to summer team sports, primarily water polo and volleyball. Rachael is an ISAK Level 2 Anthropometrist as well as a certified specialist in sports dietetics (CSSD). Preparing and planning for teams to travel internationally is a speciality of Rachael's. She has traveled with Team USA to the Pan American Games in Lima, Peru and will be supporting team sports at the upcoming summer Olympics in Tokyo this summer.

SHARON MADIGAN RD, BSC, MSC, PHD, SENR, FFSEM (HON)

Sharon currently is Head of Performance Sport at the Irish Institute of Sport. She has also significant experience as a clinical dietitian and is currently working in respiratory medicine. She has a PhD in Nutrition Education.

She is responsible for delivery and coordination of nutrition services for elite Irish athletes across a range of Olympic and Paralympic sports.

She has delivered nutrition support to athletes over five Olympic cycles and other major championships such as European, World and EU championships. As well as working with individual athletes has been involved with the science and medical committee of the OFI in the planning and logistics at two camp bases. She has a number of research interests both in sport and clinical dietetics and collaborates with a range of partners. She was appointed as the assistant camp manager for the Tokyo 2021 OG. She was awarded a Hon Fellowship of the Faculty of Sport and Exercise Medicine, RSCI in Sept 2016 and in April 2021 was appointed to Adjunct Professor role at the University of Limerick.

SHELLY MELTZER RD (SA) MSC (MED) NUTRITION & DIETETICS

Shelly Meltzer is a registered dietitian, author, teacher, researcher, and consultant dietitian with over 30 years of clinical, community and international sports nutrition experience. Shelly set up the dietary practice and nutrition services at the Sport Science Institute of South Africa (SSISA) in 1995 and has worked with development and elite athletes, teams and coaches across a variety of sports at a local and international level. She also co-founded The Trufood Station & The Nutrifuel Kitchen which offers bespoke healthy food to athletes, corporates and the general public. Shelly has managed the nutrition services for a number of world sports events. She serves/has served on several professional committees and Boards (including the SA Institute for Drug Free Sport, SA Rugby scientific and advisory committee), and local and international university faculties. Shelly currently serves on the PINES Board as a membership officer and is also the PINES global representative for Europe & Africa.

JOANNE MIRTSCHIN

Joanne Mirtschin is an Accredited Sports Dietitian currently working as the Senior Foodservice Dietitian at the Australian Institute of Sport and in this role manages and advises nutrition in the food provision at the Australian and Italian bases of the Australian Institute of Sport (Canberra, Australia and Gavarate, Italy). She has worked with the Australian Rowing Team and the Australian Olympic Committee in Summer and Winter Olympic campaigns in food planning and food preparation for athletes. She has been a member of the PINES group who reviewed and provided feedback and advice on the food provision and menus to local organising committees and contract caterers at several Olympic games. She is a board member for Sports Dietitians Australia and PINES. Outside nutrition, she assists in the management of staff and businesses in her family enterprise and is a graduate of the Australian Institute of Company Directors.

KINITA KADAKIA PATEL is India's leading Sports Nutritionist based in Mumbai, India. She specializes in sport-specific diets along with weight management. Kinita has established a leading nutrition centre called 'MEALpyramid' and has a few branches in Mumbai. Her centre focuses on Sports Nutrition, Muscle Gain, Fat Loss, Kids Nutrition and Therapeutic diets. She is the author of the book *The Athlete in You*, published in 2016. She is the official Sports Nutritionist for the Mumbai Indians team of the Indian Premier League.

She holds a graduate & post-graduate degree (MSc.) in Dietetics with research in Sports Nutrition. Besides this, she has further qualifications from globally reputed institutes like:

- The Oxford College – London
- Sports Dietetics Association – Australia
- International Sports Science Association – USA

Kinita is an internationally renowned nutritionist who works with some of the leading sportsmen, celebrities and organizations. Her clientele includes various national & international level athletes, bollywood stars, top models and heavyweights from the corporate world. She is associated with leading sports teams, training institutes, schools & fitness establishments.

She is the official Sports Nutritionist for the Mumbai Indians team of the Indian Premier League. She along with other support staff have led Mumbai Indians to win 5 championships, making them the most successful IPL Franchise. She has also been featured in the Netflix series called Cricket Fever as the Sports Nutritionist for the Team.

Kinita is an external expert consultant for GSK Human Performance Lab. The Lab is a world-class science facility focused on applied and discovery research, combining GSK science expertise, external advisors and cutting-edge technology to deepen their understanding of human performance.

Kinita is also the first Indian global representative for PINES Professionals in Nutrition for Exercise and Sports (PINES)].

She heads the Nutrition Department at the Exercise Science Academy by ACSM [American College of Sports Medicine] in India and she is the core faculty and organizer for the yearly summit of ESA-Fit and Nutri-ESA [an evidence-based conference associated with ACSM].

She was also a celebrity columnist for DNA Newspaper in 2014. Her articles featured weekly along with other columnists like Shah Rukh Khan, Twinkle Khanna, and few other prominent personalities.

In addition to various other affiliations, recognitions, and awards, Kinita was awarded the "Best Nutritionist of the Year 2013", by Vogue Magazine. She frequently shares her expert tips during the annual Vogue Wedding Show.

Kinita has been a member of the Commonwealth Games Food Planning Committee 2010 that took place in Delhi, India.

In 2016 she published a book - 'The Athlete in You ` A guide to eating playing and performing like an athlete.

Most recently she has been nominated as a Jury member for the second edition of the TIMES She UnLTD Entrepreneur Awards 2020 to be held in May this year.

PROFESSOR FIONA PELLY is the Discipline Leader in Nutrition and Dietetics at USC. She is a Fellow of Dietitians Australia and Sports Dietitians Australia and the President of Professionals in Nutrition for Exercise and Sport (PINES). Fiona has over 30 years' experience as a dietitian, including 26 years in the area of sports nutrition with extensive experience in private practice and consultancy to The Wiggles (10 years), the International Olympic Committee (IOC), National Rugby League (NRL) teams, and individual Olympians. Fiona is internationally recognised for her expertise in food provision at major sporting competition events, and has evaluated the menu and food provision for the Olympic and Commonwealth Games since 2000. She is the Fiona is responsible for establishing the discipline area of Nutrition and Dietetics. In 2011, she was awarded an Australian Learning and Teaching Council Citation for outstanding contributions to student learning for her leadership in curriculum development. She is an academic member of the Australian Dietetic Council for the Dietitians Association of Australia.

Fiona is interested in the translation of knowledge about nutrition and nutrient requirements into food and whole diets, determinants of food choice, diet quality, and eating behaviours. While she has a strength in the application to athletes and active individuals, her research has branched into many other population groups. She is also interested in nutrition and dietetic practice, and the relationship to student training.

JACQUE SCARAMELLA is a Sport Dietitian contracted with the U.S. Olympic & Paralympic Committee. She supports both summer and winter Olympic and Paralympic sports. Jacque has co-authored several sports nutrition publications on para athletes. She is a Level 2 ISAK Anthropometrist. Jacque is currently the Treasurer for Professionals in Nutrition for Exercise and Sport (PINES). She supports the nutrition needs of Team USA athletes traveling domestically and internationally for training camps and competition, including the 2016 Summer Olympic Games in Rio de Janeiro, Brazil, and the 2018 Winter Paralympic Games in PyeongChang, South Korea. Jacque is currently preparing to support Team USA very shortly at both the 2020 Summer Olympic Games and 2020 Summer Paralympic Games in Tokyo, Japan (taking place in 2021).