



Swimming for Gold, Swimming for Life

Preliminary Program

18th FINA World Sports Medicine Congress

3-4 December 2016

Caesar's Palace Hotel, Windsor, Canada



Saturday 3rd December 2016

8.00 - 9.00 **Registration**

9.00 - 9.15 **Welcome and official opening**

Dr. Julio Maglione, FINA President

Dr. Lee Schofield, Chair Scientific Organising Committee (CAN)

Dr. Margo Mountjoy, FINA Bureau Liaison (CAN)

9.15 - 9.45 **Bleasdale Memorial Lecture**

Augustus III

Dr. Alan Vernec, MD, Dip. Sport Med. WADA Medical Director

Introduced by Dr Cees van den Hoogenband, Chair FINA Sports Medicine Committee (NED)

Session 1 **Protecting the Aquatic Athlete: FINA initiatives**

09.45 – 10.10 Eating for Gold! Nutrition for the Aquatic Athlete
Dr. Louise Burke, Australian Institute of Sport, Australia

Augustus III

10.10 - 10.30 Aquatic Injury + Illness Prevention: the past and the future
Prof Astrid Junge, University of Hamburg, Germany TBC

10.30 -11.00 **Coffee Break and Trade Exhibition**

Session 2 **Preserving athlete health + performance: FINA initiatives**

11.00 - 11.30 How hot is too hot? Open water swimming in warm temperatures
Prof Jim Cotter, Otago University, New Zealand
Dr. Carl Bradford, Otago University, New Zealand

11.30 – 12.00 How cold is too cold? Research determinates of cold water swimming
Prof Kevin Tipton, Portsmouth University, England
Mrs. Jane Saycell, Portsmouth University, England

Augustus III

12.00 – 12.15 Every breath counts!: asthma in endurance swimming
Dr. Margo Mountjoy, McMaster University, Canada

12.15 - 12.30 Injury Prevention: Knowledge translation for athletes + coaches
Dr. Saul Marks, University of Toronto, Canada

12.30 – 14.00 **Lunch Break, Trade Exhibition and Poster Displays**



Session 3 **Sport Science: “The cutting edge: the latest in aquatic sport science! “**

14.00 - 14.10 Introduction to Sport Science Sessions

Dr Lee Schofield, Scientific Organising Committee (CAN)

Dr Cees van den Hoogenband, Chair FINA Sports Medicine Committee (NED)

14.10 - 14.30 Peaking in Team Sports (or Let’s do the WIST: sport science to enhance water polo (TBC))

Dr. Inigo Mujika, Spain

14.30 - 14.50 The difficulty of measuring difficulty: synchronized swimming

Dr. Mickael Begon, Synchro Canada

14.50 - 15.30 *Sport Science Free Papers (4 @ 10 min each)*

Moderator: Dr. Inigo Mujika, Spain

Augustus III

15.30 - 16.00 **Coffee Break and Trade Exhibition**

Session 4 **The Science and Medicine of Anti-doping**

16.00 - 17.00 Panel Series: “The future of anti-doping in sport”

De-mystifying the science of the ABP (Athlete Biological Passport) (15 min)

Dr. Alan Vernec, WADA Medical Director, Canada

Martis/Mercuri

Therapeutic Use Exemptions: Medical Guidelines (15 min)

Prof David Gerrard, WADA TUE Chairman, New Zealand

FINA’s anti-doping strategy (15 min)

Prof Andrew Pipe, FINA DCRB Chairman, Canada

Discussion/ Q+A

18.00 - 19.00 **Official Opening of the FWAC**



Sunday 4th December 2016

Session 5 Improving aquatic athlete performance: recent innovations in Sport Medicine

- 09.00 – 09.20 Cardiac screening in swimming
Dr. Carmen Admunez, Spain
- 09.20 – 09.40 Prevention of lumbar injuries in diving
Dr. Koji Kaneoka, Japan
- 09.40 – 10.00 RED-S in the aquatic disciplines: diagnosis, treatment, return to play
Dr. Louise Burke, Australia Institute of Sport, Australia
- 10.00 – 10.20 Paralympic Swimming Sport Medicine
Prof. Wayne Derman, University of Cape Town, South Africa
- 10.20 – 10.40 Aquatic-specific return to play model for concussion
Dr. Suzanne Leclerc, Canada

Martis/Mercuri

10.40 – 11.00 Coffee Break and Trade Exhibition

Session 6.a Golden Coaches Clinic + FINA Sport Medicine/ Science: “Enhancing performance with golden sport science + medicine! “

- 11.00 Welcome + Introduction
Chair of Coaches’ Clinic (name TBC)
Dr. Margo Mountjoy FINA Sport Medicine Bureau Liaison
- 11.00 - 11.30 Eating to win!: Nutrition for aquatic coaches
Dr. Louise Burke, Australia Institute of Sport, Australia
- 11.30 - 12.00 Open water swimmer safety: coaches’ role
Prof. David Gerrard, University of Otago, New Zealand
Dr Kevin Boyd, England
- 12.00 - 12.30 15.00 - 15.30 The traveling aquatic athlete: how to keep them healthy
Prof Wayne Derman, University of Cape Town, South Africa

Augustus III

Session 6.b Swimming for Health (Continuation)

- 11.00 - 11.20 TBC
- 11.20 – 11.35 The World’s Largest Swim Team
Chris Wilson - Swim Canada
- 11.35 – 11.50 Drowning prevention: Bob Marley Style
Mr Martin Lyn, President Jamaica Swimming Federation (TBC)
- 11.50 - 12.10 Exercise is Medicine: the ‘Swimming Pill’
Dr. Bob Sallis, ACSM, USA.

Augustus IV

12.30 – 13.00 Lunch Break, Trade Exhibition and Poster Displays



13.00 - 13.15/30 Transportation - Pool workshop (only participants Pre-registered)

Session 7 Pool-based Workshops

13.30 - 15.00 13.30 - 13.45 Choice of 3 from 6 Workshops (20 min each)

Workshop A Strength and Conditioning for Swimmers

Workshop B In-Water Retrieval and Resuscitation

Workshop C

Workshop D

Workshop E

Workshop F

Windsor
Aquatic Centre

15.00 - 15.15 Transportation - Return to Convention Center

15.30 - 16.00 Coffee Break and Trade Exhibition

**Session 8.a Sport Science: "The cutting edge: the latest in aquatic sport science! "
(CONTINUATION)**

16.00 – 16.20 Are the new starting block facilities beneficial for backstroke start performance?
(Biomechanical evaluation for perfecting swimmers' technique)

Prof Ricardo Fernandes, University of Porto, Portugal

Augustus III

16.20 – 17.20 Sport Science Free Papers (6 @ 10 min each)

Moderator: Prof Ricardo Fernandes, Portugal

Session 8.b "Enhancing performance with golden sport science + medicine! " (Continuation)

16.00 - 16.25 The Winning Mental Game

Peter Jensen, Sport Psychology Canada

Martis/Mercuri

16.25 - 16.50 Coaching Youth Athletes: the IOC Youth Athlete Development Model

Prof. Jean Cote, Kingston, Canada

16.50 - 17.15 Maximizing Taper in Aquatics

Dr. Inigo Mujika, Spain

17.20 – 17.30 Closing Remarks and Presentation of Cameron Award

Dr Lee Schofield, Chair Scientific Organising Committee

Dr. Cees vd Hoogenband, Chairman: FINA Sports Medicine Committee

Augustus III

**Registration:**

Registration for the 18th FINA World Sports Medicine Congress is available online only.

To register online visit:

<http://www.worldaquaticsconvention.com/programme-2016/fina-world-sports-medicine-congress/>

Faculty:

Dr. Lee Schofield, Chair Scientific Organising Committee (CAN)

Dr. Saul Marks, FINA Sports Medicine Committee Liaison (CAN)

Dr. Margo Mountjoy, FINA Bureau Liaison (CAN)

Dawn Haworth, Logistical Chair, Canadian Academy of Sport & Exercise Medicine (CASEM)

Accreditation

Please contact Dawn Haworth, Logistical Chair (dhaworth@casem-acmse.org) for CME credit status

Declaration of Conflict of Interest

All speakers will be requested to disclose to the audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program.