

# 3<sup>RD</sup> | 4<sup>TH</sup> SEPTEMBER

## COTE D'OR NATIONAL SPORTS COMPLEX



### Saturday 4 September 2021 - Conference Room 1 (All CPD)

9am - 10am	Pregnancy and Sports <b>(CPD)</b>	Dr Chandra Shekar Ramdaursingh & Sandrine Vatinelle	English
10:05am - 11:30am	1. Les suppléments protéiques et les athlètes. En ont-ils vraiment besoin? 2. Podologie du sport <b>(CPD)</b>	1. Dr B Baptiste + Alexandra Landry 2. Julie Vieilleuse Bonnerot	1. English / French 2. French
11:45am - 12:45pm	Sports Nephrology <b>(CPD)</b>	Dr. Ip	English
<b>LUNCH &amp; NETWORKING</b>			
1:30pm - 3:30pm	1. Concussion detection & Return to Sports 2. Surentrenement & bogorexie <b>(CPD)</b>	1. Dr Adisha Bholah & Julien Bancilhon 2. Dev Deepaul & Dr Damien Steciuk	1. English 2. French
3:45pm - 5:45pm	1. Sports joint replacement surgery & Return to sport 2. Case presentation in orthopaedics & sports rehabilitation <b>(CPD)</b>	1. Dr Darren Lim Fat & Philippe Journade 2. Dr Darren Lim Fat	English/ French

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### Saturday 4 September 2021 - Conference Room 2

9am - 10am	Train like the Pros. A 360-degree-approach for better (Golf) performance	Oliver Zaenkert	English
10:15am - 11:15 am	Losing weight the right way by eating the right things	Anya Benoit	English
11:30am - 12:30pm	Tensegrity - A game changer in fitness and elite sports - Why planks & crunches are obsolete	Oliver Zaenkert	English
<b>LUNCH &amp; NETWORKING</b>			
1:30pm - 3:15pm	1. Wellbeing & Performance: A study of National Level Athlete experience 2. Correct myofascial alignment optimizes tensegrity and sporting performance <b>(CPD)</b>	1. Yana Bhageerutty 2. Viv Van Zyl	English
3:45pm - 5:45pm	Learn to Swim, Pool safety and Rescue	Jolene Mueller	English

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### Saturday 4 September 2021 - Conference Room 3

9am - 10am	Working from home: maintaining fitness and balanced nutrition	Anya Benoit	English
10:15am - 11:15am	The truth about falling off the "exercise" wagon	François Toussaint	English
11:30am - 12:30pm	How to get the sport photography you need	Xavier Koenig	English
<b>LUNCH &amp; NETWORKING</b>			
1:30pm - 2:30pm	Découvrir le Sport Adapté et le Handisport	Jean-François Favory	French
4pm - 5:45pm	<ol style="list-style-type: none"> <li>1. Walk your way to better health</li> <li>2. Hydration and Sport <b>(CPD)</b></li> </ol>	<ol style="list-style-type: none"> <li>1. Dr Aline Atchia</li> <li>2. Dr Bernard Piat</li> </ol>	English