

#WePlay

INSPIRING GIRLS
IN SPORT CONFERENCE
July 3rd 2019
Sport Ireland National Sports Campus

PROUD to
be ME!

10:00 **Welcome from Swim Ireland & Sport Ireland**

10:10 - 10:50 **Panel 1: Balancing Life as an Athlete**

Sporting Professionals will discuss their experiences in sport and advice on how to get the most out of your sport.

Speakers: Danielle Logue (Sport Ireland Institute, Nutrition), Emma Saunders (Sport Ireland Institute, Lifestyle), Niamh Buffini (The Buff Lounge) & Lisa Fallon (Irish Football Association & Cork City FC).

10:50 – 11:30 **Panel 2: In the Face of Adversity**

“Strength through effort and growth through struggle”. Irelands elite athletes will discuss the challenges they have faced in their sport, how they overcame them and what they learnt.

Speakers: Nicole Drought (Motor Racing), Jenny Egan (Canoeing), Caradh O'Donovan (Karate), Roisin Baker (Camogie & Water Polo).

11:30 – 12.00 **Break**

12.00 – 12.45 **Panel 3: The Un-Comfort Zone**

“Great things never come from comfort zones”. Ireland's elite athletes will discuss the champion mind set they have built throughout their career and how your mind is the key to achieving your potential.

Speakers: Mona McSharry (Swimming), Eve McCrystal (Cycling), Laura Twomey (Camogie), Chloe Magee (Badminton) & Nina Carberry (Horse Racing)

12:45 – 13.45 **“Meet Our Sporting Stars” & Lunch!**

13:45 – 14:20 **Period Power**

Fuelling and recovery during your monthly cycle to optimize your energy and training.

Sharon Madigan (Sport Ireland Institute)

14:20 – 14:40 **FitrWomen**

An app that helps track your menstrual cycle, providing personalized training and nutritional suggestions tailored to the changing hormone levels throughout your cycle.

Grainne Connefry (Orreco)

14:40 – 15:20 **Panel 4: Off The Pitch**

Problem solving, leadership and organisation are all part of the character building experienced through sport! Sporting professionals will discuss their experiences and journeys that have brought them to their careers today.

Speakers: Sarah Keane (Swim Ireland CEO and OFI President), Ciaran Gallagher (Gymnastics Ireland CEO), Elaine Buckley (RTE Sport), & Anne McCarthy (Sport Ireland Marketing & Brand Manager).

15:20 – 16:00 **Sene Naoupu**

Sene will take us through her Rugby journey so far, from winning the Women's Six Nations Championship in 2015 to the challenges she has faced with body image through a fascinating career.