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## AUSTRALIAN INSTITUTE OF SPORT (AIS) FEMALE ATHLETE PERFORMANCE & HEALTH INITIATIVE (FPHI)

### WOMEN IN SPORT CONGRESS WISC2024 Biennial Congress 6-9 March 2024, Sydney AUSTRALIA

The AIS is pleased to announce the Call for Abstracts for the 2<sup>nd</sup> biennial Women in Sport Congress (WISC2024) to be held on the 6-9th March 2024 at Doltone House, Jones Bay Wharf, Sydney. The WISC2024 Co-chairs, Dr Rachel Harris (OLY FACSEP) and A/Prof Clare Minahan (PhD) welcome submissions from researchers, practitioners, athletes, role holders and coaches exploring five research themes including: i. Leadership & Performance, ii. Physiology of Female Athletes, iii. Nutrition & Recovery, iv. Interdisciplinary Research, and v. Translational Research (see specific theme detail below).

Research presented at WISC2024 should include women as leaders, coaches, practitioners, and/or athletes as the subjects (i.e., volunteer/participant) and as the primary focus of evaluation. Research involving sex/gender comparisons are acceptable. WISC2024 is committed to diversity and inclusion in the WISC2024 program and welcomes delegates and presenters from, and welcomes abstracts that include participants from underrepresented groups, including but not limited to para-sport, First Nations, culturally and gender diverse communities. Men are strongly encouraged to submit an abstract for consideration and register for WISC2024 should they work or conduct research examining female leaders, coaches, practitioners, and/or athletes.

One of the foundations of WISC2024 is to foster networks and collaboration between participants and in person attendance is strongly encouraged. All Presenting Authors are expected to attend in person at WISC2024.

#### Why should you submit an abstract?

1. Be a part of one of the largest multi- and interdisciplinary meetings in female performance and health to connect with experts, exchange knowledge, and contribute to the advancement of the field.
2. Use the WISC2024 platform to share your findings, insights, and innovations to gain recognition from peers, researchers, and industry professionals from around the world.
3. Boost your career with prestigious awards such as the WISC2024 Best Overall Research Presentation. These awards can serve as valuable endorsements, increasing your visibility and credibility within the sport science and sports medicine community.
4. Submitting an abstract offers you the chance to receive valuable feedback from experts in your field that can help refine your research, enhance your methodologies, and strengthen the impact of your work.
5. WISC2024 serves as a hub for networking, fostering connections with like-minded professionals, researchers, and practitioners in sport science. By submitting your abstract, you open avenues to meet potential collaborators, mentors, and partners who can support your research initiatives, provide guidance, or offer new opportunities for collaboration. These connections can be instrumental in broadening your professional network and establishing fruitful relationships within the field.

Please read the guidelines before beginning the abstract submission process.

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1. ABSTRACT SUBMISSION GUIDELINES
  2. RESEARCH THEMES
  3. PRESENTATION TYPES
  4. AWARDS

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#### 1. ABSTRACT SUBMISSION GUIDELINES

##### 1.1. Timeline

#### KEY DATES

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- 15 July 2023: Abstract Submission Open
- 15 July 2023: Early Bird Registration Open
- 15 September 2023: Abstract Submissions Close, 23:59 pm Australian Eastern Standard Time (UTC +10)
- 30 October 2023: Abstract Reviews Completed
- 17 November 2023: Notification of abstract outcome
- 30 November 2023: Early Bird Registration Closes
- 6-9 March 2024: WISC2024

## **1.2. General**

- Abstract submission is free of charge.
- Receipt of abstract submission will be sent to the Presenting Author via e-mail.
- After undergoing the review process, only the Presenting Author will be informed about the outcome of the submission.
- The Presenting Author will also be informed of the type of presentation as determined by the review committee. Accepted abstracts will be published in an e-edition of the proceedings of the 2<sup>nd</sup> Women in Sport Congress only if the Presenting Author has registered to attend the conference.
- All presentations must be IN PERSON, in Sydney for WISC2024.
- All written abstracts and recordings of oral presentations will be made available on the WISC2024 website for 1 month after the congress.

## **1.3. Authorship**

- The abstract content is the responsibility of all authors.
- It is the responsibility of the Presenting Author to gain written consent from all authors for the submission of the abstract.
- The Presenting Author must be registered – An abstract associated with a Presenting Author that has not registered will be removed.
- In the event of unforeseen circumstances, where the Presenting Author is unable to present at the congress, the WISC Co-chairs must be notified via email [femaleperformancehealth@ausport.gov.au](mailto:femaleperformancehealth@ausport.gov.au). Upon request, permission may be granted for an alternative author to present at the congress. The Alternative Presenting Author must be registered to present. Late registration of an Alternative Presenting Author will be considered under these circumstances. The registration of a Presenting Author who does not attend is not transferable nor is it redeemable beyond the close of registration date.

## **1.4. Instructions**

1. Read the abstract submission guidelines before beginning a submission.
2. Obtain written consent from all co-authors before submitting an abstract.
3. Ensure the abstract adheres to the abstract rules and meets the formatting guidelines.
4. *Be available to present IN PERSON at WISC2024 (6-9<sup>th</sup> March 2024)*
5. Align the abstract with one of the research themes.
6. Select a preferred presentation mode.
7. Submit the abstract online including:
  - Authors names and affiliations
  - Presenting author contact details
  - Research theme
  - Award entry
  - Abstract title
  - Main text
  - Disclosure(s)
  - Portrait photo of Presenting Author for marketing materials (should abstract be accepted)

## **1.5. Presentation mode**

- Authors have the option of selecting an Oral or Poster presentation:
  - Oral only

- Poster only
- Oral or poster
- Where the author selects Oral only and the submission is unsuccessful for an Oral presentation, they will not be considered for a poster.
- Where the author selects Oral or Poster and the submission is unsuccessful for an Oral presentation, they will be automatically considered for a poster, but this is not guaranteed.

**1.6. Abstract formatting and content**

- Authors: Do not include titles, degrees, or qualifications.
- Affiliation(s): Include authors’ affiliations e.g., [Department], [Organisation], [Main city], [Country].

Title:                    Typed in UPPERCASE (15 words maximum)

- The main text of the abstract is restricted to 3000 characters (including spaces) and must include the following headings (written in UPPERCASE) separated by a paragraph space (see example): Purpose, Methods, Results, Conclusion.
- The abstract should be grammatically correct and free of spelling errors.
- The main text should be typed in lower case.

PURPOSE:                Describe the aim of the project and provide relevant context while highlighting the main objectives of the research. Background information requiring references should not be written here.

METHODS:            Describe the sample (e.g., number of participants, sex, age) and participant population (e.g., sport (event), training status, country), experimental procedures, and the data/statistical analyses.

RESULTS:                Provide a summary of the most impactful measurable outcomes supported by data/statistical analysis where appropriate.

CONCLUSION:            Provide a succinct summary of the research and an impact statement of the findings.

Disclosure(s):          Indicate i. Authors with and affiliation or financial interest in and commercial entity associated with the research, ii. Source of any competitive or contract research funding. If there is nothing to disclose, please write the following: ‘The authors have nothing to disclose’.

Portrait:                 Provide a high-resolution passport-style photo

**Abstract example**

TITLE	INFLAMMATION AND ORAL CONTRACEPTIVE USE IN FEMALE ATHLETES BEFORE THE RIO OLYMPIC GAMES
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PURPOSE: This study investigated the association between synthetic ovarian hormone use [i.e., oral contraception (OC)] and basal C-reactive protein (CRP), peripheral blood immune cell subsets, and circulating pro- and anti-inflammatory cytokine concentrations in elite female athletes.

METHODS: Elite female athletes (n = 53) selected in Rio Summer Olympic squads participated in this study; 25 were taking OC (AthletesOC) and 28 were naturally cycling (AthletesNC). Venous blood samples were collected at rest for the determination of sex hormones, cortisol, CRP, peripheral blood mononuclear memory and naïve CD4+ T-cells, CD8+ T-cells and natural killer cells, as well as pro and anti-inflammatory cytokine concentrations.

RESULTS: CRP concentrations were elevated (p<0.001) in AthletesOC (median = 2.02, IQR = 3.15) compared to AthletesNC (median = 0.57, IQR = 1.07). No differences were reported for cortisol, cytokines, or PBMC immune cell subsets, although there was a trend (p = 0.062) for higher IL-6 concentrations in AthletesNC.

CONCLUSION: Female Olympians had substantially higher CRP concentrations, a marker of inflammation and tissue damage, before the Rio Olympic Games if they used OC. Future research should examine the potential consequences for athlete performance/recovery so that, if necessary, practitioners can implement prevention programs.

**1.7. Rules**

- Must be written in English.

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- References are not permitted within the abstract submission.
- Symbols and standard abbreviations (define upon first appearance) are permitted.
- Only the units of measurement of the Systeme International de'Unite (SI) should be used.
- General statements indicating that, '...results will be presented/discussed' are not acceptable.
- The content should relate to high-performance sport or is in the context of improving performance and/or health in elite-level athletes or the high-performance sport system.
- No tables or figures are permitted.
- It is the responsibility of Presenting Authors to seek appropriate Copyright permissions, should the abstract be published elsewhere prior to WISC2024.
- Editing of an abstract is not permitted after submission.
- Presenting Author can only submit one abstract but may co-author as many other abstracts as desired. If more than one abstract is submitted as Presenting Author, only one will be accepted; all others will be rejected.

## **1.8. Abstract review**

- Abstracts will be reviewed by two members of the WISC2024 Research Committee comprising the WISC2024 Co-Chairs, the WISC2024 Organising Committee, sponsor Universities, and the Female Performance & Health Initiative Research Reference Group.
- WISC2024 Research Committee members will not be permitted to review an abstract where there is a real or perceived conflict of interest.
- Abstracts will be reviewed based on the following criteria:
  1. Interest
  2. Novelty
  3. Impact
  4. Grammar and language
  5. Clearly stated purpose
  6. Appropriate methodology to answer question
  7. Results answers the research question
  8. Conclusion accurately reflects results and states application/impact
  9. Overall impression

## **1.9. Withdrawals**

- Withdrawal requests must be made via email to the WISC224 co-chairs [femaleperformancehealth@ausport.gov.au](mailto:femaleperformancehealth@ausport.gov.au). The title of the abstract, a statement indicating that all authors approve of the withdrawal (all authors must approve retraction of the abstract), and the reason for withdrawal should be clearly stated.
- In case of rejection or withdrawal of an abstract, there will be no reimbursement for the registration fees.

## **2. RESEARCH THEMES**

### **2.1. Leadership and performance – Griffith University**

#### **Title**

*Elite performers: Unlocking the key elements of leadership and athletic performance in sport.*

#### **Co-chairs**

*Naomi McCarthy, OLY, OAM and Clare Minahan, PhD*

#### **Call for abstracts**

*This theme provides a platform for experts to explore the societal, organizational, and individual factors that affect women's opportunities and capabilities to perform as both athletes and leaders in sport. Specifically, papers in the sub-theme of Leadership could include the benefits of gender diversity to business, strategies for structural change, leadership programs, lived experiences of leadership, and leaderful practice. Papers in the sub-theme of Performance could describe elite and world-class female athletic performance as well as explore the importance of sex-specific approaches to talent identification, assessment, training interventions, coaching strategies, and performance environments. We encourage submissions from business and sport organisations, scientists and sociologists, practitioners, coaches, and athletes that showcase cutting edge science and practice, offering robust discussion, and highlighting lived experiences. This theme*

*has the potential to shape the future of the Australian sporting system by promoting evidence-based practices, individualized approaches, and a better understanding of the unique leadership and performance-related challenges, opportunities, and achievements of women.*

**2.2. Physiology of Female Athletes – Deakin University**

**2.3. Nutrition & Recovery – Australian Catholic University**

**2.4. Interdisciplinary Research – University of Sydney**

**2.5. Translational Research – University of Canberra**

**3. AWARDS**

**3.1. Categories**

**Best Presentation in a Research Theme**

- Awarded to the Presenting Author of the best oral presentation in each research theme category.
- Award = \$2000 cash

**Best Poster**

- A cash award will be awarded to the Presenting Author of the best overall poster presentation.
- Award = \$500 cash

**WISC2024 Best Overall Presentation**

- An award for the best oral presentation will be selected from the five winners of the research theme awards.
- Award = Paid trip to the Female Athlete Conference (FAC), Boston, 2025 upon successful submission of paper to FAC2025.
- This award is not transferrable.

**3.2. Eligibility**

- Open to all presenters at all career levels except those with a direct affiliation with the Female Performance & Health Initiative including Co-chairs and WISC2024 Committee members.
- FPHI Research Reference and Advisory Group members and their colleagues/students are eligible to receive an award should they nominate.

**3.3. Criteria**

- Oral presentations will be reviewed based on the following criteria:

1. Interest
2. Novelty
3. Impact
4. Clearly stated purpose
5. Appropriate methodology to answer question
6. Results answers the research question
7. Visually pleasing
8. Verbal Expression
9. Style
10. Overall impression

- Posters will be reviewed based on the following criteria:

11. Interest
12. Novelty
13. Impact
14. Obvious purpose

15. Appropriate methodology to answer question
16. Results answers the research question
17. Visually pleasing
18. Clear messaging
19. Easy to navigate
20. Overall impression

### **3.4. Review committee**

- Oral presentations and posters will be judged by three members of the WISC2024 Research Committee comprising the WISC2024 Co-Chairs, the WISC2024 Organising Committee, sponsor Universities, and the Female Performance & Health Initiative Research Reference Group.
- WISC2024 Research Committee members will not be permitted to judge an oral presentation or poster where there is a real or perceived conflict of interest.
- The WISC2024 Co-chairs will make a final decision on all awards and decide the WISC2024 Best Overall Presentation.

### **3.5. Terms & conditions**

- Awards are not transferable.
- The AIS will facilitate award payment via email within 4 weeks of the congress.
- In the case of the WISC2024 Best Overall Presentation, the AIS will be responsible for making direct payments for conference registration, economy airfare, ground transport, and standard accommodation.

## **4. PRESENTATION TYPES**

### **4.1. Posters**

#### **Formatting**

- A poster is a visual abstract of the research. It should not be a large-scale replication of the abstract.



- Both Portrait/Landscape layout is acceptable
- Poster size is strictly **A0**. Larger/smaller posters will not be displayed.
- Maximum of 250 words
- Paper or soft cloth (please iron!) is acceptable.

#### **Poster presentation requirements**

- The poster will be displayed on the day associated with the relevant Research Theme
- The Presenting Author must be available during lunch and the short-break (i.e., morning or afternoon tea) on the morning/afternoon of the associated research theme
- The Presenting Author must be standing next to their poster during the associated Poster session

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- Delegates will be free to move around the Poster session and converse with Presenting Authors.
- It is the responsibility of the Presenting Author to display and remove their poster at the start and finish of the relevant day.

### **4.2. Oral presentation**

#### **Facility**

- Main stage with lectern and screen.
- Presenting Authors will be required to upload their presentation in advance of the session on USB, details for this will be given well in advance of WISC2024.

#### **Formatting**

- 9 min (7 min + 2 min of questions).
- Timing is crucial and will be carefully managed by timekeepers who will stop your oral presentation after the allocated time.
- Presentations not adhering to timing will be ineligible for prizes.