



Brisbane | March 8 - 11 2026

Sunday 8 March 2026 | International Women's Day

Day 1 | Preamble

Time	W Brisbane Hotel Great Room Foyer Level 3	
1630-1725	Registration	WISC Staff Australian Sports Commission <i>Pick up your congress lanyard, and if you are attending the Gala Dinner secure a seat on a table.</i>
1725	Session Commencement Bell	WISC Staff Australian Sports Commission <i>Please make your way to the Sun Deck, Level 4</i>

Day 1 | Session 1/1

WISC 2026 Welcome Function (Sponsor – Perth Orthopedic & Sports Medicine Centre) W Brisbane Hotel Sun Deck, Level 4		
Time	Item	Speaker / Details
1730-1800	Welcome to Country	Tribal Experiences
	Welcome Address	Matti Clements AIS Director, Australian Sports Commission Dr Rachel Harris & Professor Clare Minahan Co-Chairs, WISC2026
1800-1830	Cultural Dance Performance	Sand & Sea Dance Troupe Far North Footprints <i>Sand & Sea is a contemporary dance group that celebrates First Nations culture, drawing inspiration from the stunning land and waters of our Tropical North Queensland and the dancers' own families. The troupe is led by Indigenous dancers of all ages who collaborate and perform as one under the guidance of their dance teacher, Caitlin Sands.</i>
1830-1930	Connect & Refuel	Networking <i>Complementary food and refreshments provided</i>

Monday 9 March 2026

Day 2 | Preamble

Time	Brisbane River – TBA	
0600-0700	'Burke & Hills' Run/Walk	Professor Louise Burke Australian Catholic University <i>Come fasted or fed for a 5-km walk, jog, run, or skip along the Brisbane River led by Australian Marathon record holder and world-leading Sports Dietitian Professor Louise Burke.</i>

Time	W Brisbane Hotel Great Room Foyer Level 3	
0700-0815	Registration	WISC Staff Australian Sports Commission <i>Pick up your congress lanyard, and if you are attending the Gala Dinner secure a seat on a table.</i>
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Time	W Brisbane Hotel Great Room Level 3	
0820-0830	Opening Remarks	Dr Rachel Harris & Professor Clare Minahan Co-Chairs, WISC2026

Day 2 | Session 1/3

Showcase Series: Chair – Miranda Menaspà, Head of Performance Services, Cricket Australia W Brisbane Hotel Great Room Level 3		
Time	Item	Speaker / Details
0830-0915	Evidence Gap Map	<p>Professor Sophia Nimphius PVC Sport, Edith Cowan University <i>Introducing the Evidence Gap Map in women's sport research</i></p> <p>Dr Anjana Rajendra Edith Cowan University <i>Mapping and appraising evidence in women's sport research: Strength & power training</i></p> <p>Dr Nicole Hallett University of Technology Sydney <i>Mapping and appraising evidence in women's sport research: Psychological & mental health</i></p>
0915-1000	Leaders Panel	<p>Ms Ali France MP Member for Dickson, Parliament of Australia <i>CEOs in the hot seat. You can't ask that!</i></p> <p>Panelists</p> <p>Kim Crane Chief Executive Officer, Paddle Australia</p> <p>Marne Fechner Chief Executive Officer, AusCycling</p> <p>Sarah Cook Chief Executive Officer, Rowing Australia</p>

Award Presentations Chair – Professor Clare Minahan (Sponsor – Perth Orthopedic & Sports Medicine Centre) W Brisbane Hotel Great Room Level 3		
Time	Item	Speaker / Details
1000-1130	Oral Presentations (7 min + 7 min interview)	<p>Garrett Gross Griffith University <i>An athlete-centered approach: empowering adolescent female athletes</i></p> <p>Dr Alannah McKay Australian Catholic University <i>Eighteen days of energy availability assessment during an altitude training camp in elite female rowers</i></p> <p>Dr Sean Hardy Sydney Swans <i>Power hitting in elite female cricketers: developing applied methods to improve performance</i></p> <p>Emily Sullivan Griffith University <i>Exploring iron variability in elite Indigenous and non-Indigenous female rugby league athletes</i></p> <p>Victoria Kahn Australian Athletics <i>Supporting elite Australian track and field athletes within the peri-natal space</i></p> <p>Natalia Galan-Lopez Loughborough University <i>Sport science and medicine research in high-performing female athletes: An updated scoping review</i></p>

Time	W Brisbane Hotel Great Room Foyer Level 3	
1130-1150	Connect & Refuel	Morning Tea <i>Complementary food and refreshments provided</i>
1150	Session Commencement Bell	WISC Staff Australian Sports Commission <i>Please make your way to the Great Room Level 3</i>



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Day 2 | Session 2/3

Adolescence Theme Chair – Associate Professor Emma Beckman, Para Sport High Performance Manager, Queensland Academy of Sport W Brisbane Hotel Great Room Level 3		
Time	Item	Speaker / Details
1155-1225	Spotlight Speaker (20 min + 10 min Q&A)	Dr Karlee Quinn Talent Advisor, Queensland Academy of Sport <i>Balancing dreams: Youth, pressure, and performance in women's sport</i>
1225-1240	Focused-Flash Oral (7 min)	Professor Tiffany Stewart Pennington Biomedical Research Center/ LSU Institute for the Health & Performance of Champions <i>Identifying modifiable factors of psychological resilience in high-performance populations...</i> A/Prof Michelle Smith The University of Queensland <i>Adolescent girls' perspectives and experiences on sport participation</i>
1240-1300	Flash Oral (3 min, 1 slide)	Andrea Roffler Goethe-University Frankfurt <i>Female hormonal cycle symptoms, strength, and micronutrient status in elite adolescent athletes</i> Anna O'Loughlin HeadFirst Physiotherapy <i>Sport-related concussion in adolescent female athletes: case vignettes from a physiotherapy clinic...</i> Dr Graham Turner Australian Institute of Sport <i>AIS elite youth athlete (EYA) guidelines</i> Jackson Silvester-Lee Rivals Athlete Performance Centre <i>Confidence in motion: rebuilding the inner game for teenage girls in sport</i> Dr Lauren Burt University of Calgary <i>Safe to use? Hormonal contraception and bone health in elite female Canadian athletes</i> Dr Stella Veith Football Australia <i>The youth female football greenhouse: an example from the junior Matildas</i>
1300-1330	Athlete Panel (Interview)	Dr Alex Roberts Head of Talent, Queensland Academy of Sport <i>The Early Edge: Young Athletes on Success, Pressure & Possibility</i> (Sponsor – University of Queensland) Panelists Grace Kuilamu Athlete, Football Holly Warn Para athlete, Para Swimming Ruby Pass Athlete, Gymnastics

W Brisbane Hotel Great Room Foyer Level 3		
Time	Item	Speaker / Details
1330-1425	Connect & Refuel	Lunch <i>Complementary food and refreshments provided</i>
1425	Session commencement bell	WISC Staff Australian Sports Commission <i>Please make your way to the Great Room Level 3</i>



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Day 2 | Session 3/3

Elite Theme Chair – Professor Clare Minahan (Sponsor - Griffith University) W Brisbane Hotel Great Room Level 3		
Time	Item	Speaker / Details
1430-1500	Spotlight Speaker (20 min + 10 min Q&A)	Professor David Martin Research and Innovation Performance Partnerships, Queensland Academy of Sport University of Queensland <i>Next-Level Performance: Women, Sport & the Power of Innovation</i>
1500-1515	Focused-Flash Oral (7 min)	Professor Louise Burke Australian Catholic University <i>Novel dietary intake measurement in elite female rowers during altitude training...</i> Dr Jolandi Jacobs QLD Cricket <i>Applied sports science and medicine for female cricket players: Systematic scoping review</i>
1515-1545	Flash Oral (3 min, 1 slide)	Dr Xanne Janse de Jonge Griffith University <i>Testosterone concentrations in endurance-trained and resistance-trained athletes...</i> Maria Luz Poblete Baldrich Women Performance - Chile <i>Training quality across menstrual cycle phases in well-trained female triathletes: a mixed-methods study</i> Dr Kylie Steel Western Sydney University <i>Exploring the influence of hormone fluctuations on perceptual-cognitive and motor skills</i> Annabelle McLaren Griffith University <i>Profiling performance potential in female sprint kayakers: the role of inheritable traits</i> Velvet Klass Military University of Land Forces <i>Balancing faith, culture, and performance: understanding the role of religion and cultural...</i> Dr Maire-Theres Fleddermann Goethe – University Frankfurt <i>Genetic factors and menstrual cycle-related symptoms in elite athletes: results from the in:prove project</i> Elisha Hurley Griffith University <i>Risk-taking in elite female combat athletes</i>
1545-1645	Keynote	WGCDR Sally Knox Commanding Officer 6 Squadron Royal Air Force FLTLT Stephanie Geaney Electronic Warfare Officers EA-18G Growler Royal Australian Air Force PLTOFF Macey Zielke Electronic Warfare Officers EA-18G Growler Royal Australian Air Force <i>Authority, awe, and leadership:</i>

Poster Presentations & Networking (Sponsor - Australian Football League Women (AFLW) Australian Football League (AFL)) W Brisbane Hotel Great Room Foyer Level 3		
Time	Item	Speaker / Details
1645-1700	AFLW Presentation	Dr Laura Lallenec AFLW Medical Director Suzie Cosh Mental Health & Wellbeing Research Lead, AFLW/AFL <i>Building the System: Implementing Healthcare Practice & Policy in AFLW</i>
1700-1830	Connect & Refuel	Poster Exhibition <i>Complementary food and refreshments provided (Sponsor – Australian Football League Women).</i>



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Tuesday 10 March 2026

Day 3 | Preamble

Time	7 Wandoo St Fortitude Valley QLD	
0700-0800	Connect & Refuel	Bared Breakfast Bared Footwear 7 Wandoo St Fortitude Valley QLD <i>Come and enjoy complimentary coffee and breakfast while you browse the latest new season styles of Bared's Women's & Men's shoe range.</i>

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0730-0815	Registration	WISC Staff Australian Sports Commission <i>Pick up your congress lanyard, and if you are attending the Gala Dinner secure a seat on a table.</i>
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Time	W Brisbane Hotel Great Room Level 3	
0820-0830	Opening Remarks	Dr Rachel Harris & Professor Clare Minahan Co-Chairs, WISC2026

Day 3 | Session 1/3

Showcase Series : Chair – Dr Rachel Harris, Co-Chair WISC2026 W Brisbane Hotel Great Room Level 3		
Time	Item	Speaker / Details
0830-0915	FAIR Consensus and Scoping Review Symposium	Professor Kay Crossley & Emily Heming La Trobe University <i>Female, Woman, and/or Girl Athlete Injury prevention (FAIR) Practical Recommendations: IOC Consensus</i> Dr Brooke Patterson La Trobe University <i>Dissemination and implementation of injury prevention interventions. A scoping review for the FAIR...</i> Melissa Haberfield La Trobe University <i>Gender/sex-specific considerations for sport-related injury: FAIR consensus</i> Dr Siobhan Brodrick North Melbourne FC <i>Female athlete health - injury epidemiology spanning 41 sports: a scoping review of 288 studies</i>

Showcase Series: Chair – Dr Kathryn Ackerman, Founder and Director, Women's Health, Sports, & Performance Institute W Brisbane Hotel Great Room Level 3		
Time	Item	Speaker / Details
0915-1000	REDS, LEA, and Body Image Symposium	Nikki Jeacocke Australian Institute of Sport <i>Recognising and taking action on negative body image and ED/DE": education for female HP athletes</i> Dr Rachel Bradbury NSW Institute of Sport <i>Evaluation, treatment and oestradiol replacement in a female diver with delayed menarche and stress...</i> Dr Melissa Lodge University of Rhode Island <i>Revisiting REDs screening: updated insights on the LEAF-Q and EDE-Q in collegiate female athletes</i> Professor Tiffany Stewart Pennington Biomedical Research Center/ LSU Institute for the Health & Performance of Champions <i>Preventing the slippery slope: development and deployment of an eating disorder taskforce in an NCAA division I athletic department</i> Dr Delaney Thibodeau University of Toronto <i>Body image, injury likelihood, and sport performance among a gender diverse sample of elite athletes</i>



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Showcase Series | Chair – Dr Rachel Harris

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Time	Item	Speaker / Details
1000-1045	Cultural Insights Panel (Interview, Q&A)	Melody Cooper Regional Development Manager, Commonwealth Games Federation Pacific <i>Understanding culture. Enhancing cultural intelligence. Strengthening performance</i> Panelists Libby Cooke-Black Founder, The Female Collection Indigenous Australia Maria Luz Poblete Baldrick CEO Founder, Women's Performance Latin America Dr Cherianne Taim Sport Physiologist, High Performance Sport Institute Singapore

Time | W Brisbane Hotel | Great Room Foyer | Level 3

1045-1110	Connect & Refuel	Morning Tea <i>Complementary food and refreshments provided</i>
1110	Session commencement bell	WISC Staff Australian Sports Commission <i>Please make your way to the Great Room Level 3</i>

Day 3 | Session 2/3

Pre-Conception, Pregnancy, Post-Partum Theme | Chair – Professor Ebonie Rio, La Trobe University

W Brisbane Hotel | Great Room | Level 3

Time	Item	Speaker / Details
1115-1145	Spotlight Speaker (20 min + 10 min Q&A)	Professor Margie Davenport Exercise Physiologist, Director of the Program for Pregnancy and Postpartum Health University of Alberta <i>Guiding the Future: Creating Pregnancy and Postpartum Protocols for Women in Elite Sport</i>
1145-1200	Focused-Flash Oral (7 min)	Dr Jodie Dakic Monash University / Women's Tennis Association (WTA) <i>Pelvic health screening in female athletes: a scoping review</i> Samantha Walsh Australian Catholic University <i>The POSTFIT study: reliability and construct validation of a testing battery for postpartum exercise...</i>
1200-1220	Flash Oral (3 min, 1 slide)	Paris Jones University of Alberta <i>Watt to expect when you're expecting: a case study of an elite cyclist's pregnancy</i> Mackenzie Farris University of Alberta <i>Exercise and egg retrieval: an online survey of recreational and elite athlete experiences</i> Siobhan Shirlaw Queensland Rugby League <i>Integrating postpartum return to play guidelines in contact sport: a practice-based framework...</i> Dr Aoife Lane Technological University of the Shannon <i>From the pitch to the sideline: women's gendered experiences in Gaelic Games</i> Esther Goldsmith Sport Wales <i>Beyond knowledge: evaluating the impact of menstrual cycle education in female team sports</i> Jacinta Carroll QSMC Physiotherapy, Exercise Physiology, Health <i>World Cup winner 100 days postpartum; how research helped and hindered an elite athlete</i>
1220-1250	Pregnancy Panel (Interview, Q&A)	Prof Ebonie Rio La Trobe University <i>Reproductive Realities: Supporting Elite Athletes Through Every Stage of Parenthood</i> Panelists Dr Tiarna Ernst Gynecologist and Fertility Specialist, City Fertility Dr Bonnie McRae Sports and Exercise Physician, CMO Wheelchair Rugby A/Prof Melanie Hayman Associate Professor, CQ University Kelsey Lee Barber Olympic Medalist Australian Athletics Mike Barber HP Coach Australian Athletics



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Day 3 | Session 3/3

1400-1430	Keynote	Katherine Bennell Pegg Director of Space Technology, Australian Space Agency <i>Elite Women, Extraordinary Environments: Parallels Between Astronaut and Athlete Preparation</i>
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New Goal, New Game Chair – Professor Shona Halson, SPRINT Research Centre, ACU (Sponsor – Queensland University of Technology) W Brisbane Hotel Great Room Level 3		
Time	Item	Speaker / Details
1430-1500	Spotlight Speaker	Chloe Hosking Olympic Cyclist, Founder of Hosking Bikes <i>Beyond the Podium: Mental, Emotional & Career Journeys After Sport</i>
1500-1530	Industry Panel (7 min presentations, 9 min Q&A)	<i>Equity by Design: Creating Products and Spaces That Support Female Athletes</i> Facilitator Professor Shona Halson SPRINT Research Centre, ACU Panelists Taryn McQueen Principal Architect, Populous Professor Sarah Kelly Executive Director Office of the Provost Queensland University of Technology Dr Joanna Parsonage Performance Service Lead, Nike Sports Research Lab
1530-1600	Myth Busting Fireside Chat (+ Audience Q&A)	Professor Clare Minahan FPHI Research Lead Griffith University <i>Proof not posts: What does the data say?</i> Panelists Professor Jacqueline Alderson Director of Tech and Human Performance, UCLA Distinguished Professor Stuart Phillips Research Chair in Skeletal Muscle Health, McMaster University Dr Tony Boutagy Strength Coach and Exercise Physiologist, Boutagy Fitness Institute

END OF CONGRESS PROGRAM

WISC 2026 Gala Dinner & Awards Night (Sponsor – Suncorp) Howard Smith Wharves 5 Boundary Street Brisbane		
Time	Item	Speaker / Details
1830-1900	Connect & Refuel	Drinks on Arrival – Rivershed Deck
1900-1920	Welcome	Dr Rachel Harris & Professor Clare Minahan Co-Chairs, WISC2026
	Connect & Refuel	Entrée
1940-2000	Suncorp Presentation	Dr Rachel Harris - Suncorp Rep TBA
	Connect & Refuel	Dinner
2030-2100	Award Presentations	Professor Clare Minahan



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2100-2115	Closing Remarks	Dr Rachel Harris Co-Chair, WISC2026
	Connect & Refuel	Dessert canapés & Networking
2200	Event Concludes	

Posters

Title		Author
Poster Session – Sponsor – AFLW AFL		
1	Risk of low energy availability and markers of REDs in elite female rugby 7s players	Katherine Black
2	Translating knowledge into action - embedding female health in high-performance sport	Ellie Breuer
3	Part time to professional: transitioning to a full time model in elite women's rugby league	Georgia Brown
4	Where do we start? implications for tracking menstrual cycles in high performance sport	Mikaeli Carmichael
5	Introducing strength training to adolescent girls: a pilot study	Anthea Clarke
6	Validating the language and definitions used in female athlete performance and wellness surveys	Gillian Clarke
7	Heat adaptation and performance in an elite female ultra-endurance athlete: a case study	Lila Convit
8	Menstrual cycle symptom management strategies used by female athletes	Isobel Cotham
9	From sidelines to system reform: concussion experiences of high performing female athletes in contact sports	Ed Daly
10	Periodizing players' lives: enacting gender and science through menstrual cycle tracking in elite women's football	Cassidy Gabriel
11	Injuries and concussions in Canadian girls club rugby union: comparing club and high school settings	Eric Gibson
12	Comparing sprint-paddling technique between elite and sub-elite female surfers using inertial sensors	Sienna Gosney
13	Vitamin D status and premenstrual symptoms in professional female athletes	Dominika Granda
14	Case Study: Strength Training in Rehabilitation of a Bone Stress Injury in a Female Runner	Sorcha Humphreys
15	Comparison of sport concussion recovery of pre-pandemic and pandemic patients at a community physiotherapy clinic	Codi Isaac
16	Perceived vs. observed female sport concussion recovery during the covid-19 pandemic: a real world analysis	Codi Isaac
17	Review of female health conceptual frameworks and the development of female health practical framework (FHPF)	Jolandi Jacobs
18	The German Network for Sports Gynecology: Bridging the gap between gynecological care and elite sport	Elisabeth Kirschbaum
19	Influence of MC phase and stress urinary incontinence on ACL risk factors: a pilot study	Elisabeth Kirschbaum
20	Relatively limited education: an assessment of education in Australia on relative energy deficiency in sport	Velvet Klass
21	Bloody embarrassing: Understanding the barriers to effective conversation about the menstrual cycle	Brianna Larsen
22	Player voices and recent findings from the women's soccer health study: from head to toe	Daphne Ling
23	Risk of bone mineral density decline among elite women's rugby sevens players	Penelope Matkin-Hussey
24	Winning well: a unique look at addressing abuse in sport and achieving cultural change	Natalie Menzies
25	Self-conditioning in a para-athlete with spinal cord injury: monitoring menstrual cycle related fluctuations	Reiko Momma
26	Exploring women's experiences of navigating life in New Zealand after sport-related knee injury	Samantha Norman
27	Development and validation of a questionnaire to assess Menstrual Health in Sport	Chelsea Oester
28	Empowerful girls – rewriting the social context of the first sports injury experience	Loretta O'Sullivan-Pippia
29	The effect of sleep extension on performance and mental fatigue in elite female athletes	Catherine Paice



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30	Young female weightlifters can experience rise in plasma cortisol and CK concentrations during pre-competition taper	Kinga Rębiś
31	Gastrointestinal symptoms in Irish female athletes following sport-related concussion	Lisa Ryan
32	Resilience redefined: building mental agility in emerging female leaders in sport	Jackson Silvester-Lee
33	Wearing a sports bra decreases sweating efficiency and increases fluid loss during exercise heat stress	Grant Simmons
34	Resources to guide researchers in the pursuit of high-quality sport science research in women	Ella Smith
35	Active, Period: supporting sport and active recreation participation during menstruation	Rhiannon Snipe
36	Building inclusive sports communities for women and LGBTQ2+ athletes	Adina Stam
37	An exploration of menstrual cycle characteristics, hormonal contraceptive use, and lived experiences in Singaporean athletes	Cherianne Taim
38	Concussion in female athletes: a case study for gender-specific hormone management post concussion	Lauren Tischendorf
39	Insights from a survey of Team USA female athletes and staff: research engagement and priorities	Ashley Triplett
40	RED-Y or not: a collegiate cross-country athlete's journey through relative energy deficiency in sport (REDs)	Tiffany Stewart
41	Female representation in energy availability research: a comprehensive audit	Alicia Walker