



EDITOR'S COMMENT

"To end the year we wanted to highlight one of the ways in which BDA members have proved successful. All SENr practitioners are also BDA members and in these four pages we wanted to give you a taste of their roles and experiences as sports nutrition professionals, working behind the scenes in preparation for and supporting the Rio Olympics and Paralympics."



SENr strengthening the partnership with UK Anti-Doping'



Members of the ParalympicsGB team and support staff (photo 4)



Marcus Ellis and Chris Langridge – Bronze medal winners (badminton) (photo 2)

SPORTS NUTRITION

— at the —

Rio OLYMPICS



Rio Olympic arena

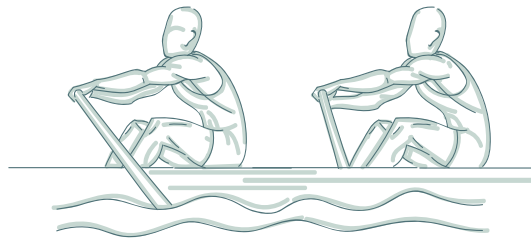


Lauren Delaney & track cyclist Callum Skinner (photo 3)



Team GB Hockey (photo 1)



CASE STUDY: ROWING SUCCESS

SENr PRACTITIONER AND
BOARD MEMBER
WENDY MARTINSON

TEAM/ ATHLETE SUPPORTED:
ROWING

MEDAL SUCCESS:
FIVE MEDALS WON

It was a privilege to be selected to work as one of the Performance Nutritionists as part of the Team GB Performance Services for Rio 2016.

I was at Rio between 28 July and 23 August, a lengthy time to be away from home and to cope with long days and the rollercoaster of emotions that arise during a competition that athletes have worked so hard for.

I was based in Ipanema at the Ipanema Inn hotel that had been appropriated in its entirety by Team GB as a satellite venue for the period of the games. There were five sports housed at the hotel including: rowing (47 athletes) triathlon (6 athletes), road cycling (8 athletes), marathon swimming (2 athletes) and sprint canoe (8 athletes) plus accompanying support staff for each sport. The hotel was close to Ipanema beach, conveniently placed for access to local training and competition venues. This location proved to be a real advantage for Team GB athletes, with less travel time, great food, increased opportunity for rest and a pleasant environment with few distractions.

FOOD SERVICE

The head chef at the hotel converted my requirements for the athletes into a delicious buffet of varied food choices each day with a Brazilian twist. Prior to arriving in Rio I was in regular contact with the hotel chef pre-planning menus, including specific requests for individual athletes and sports on various days for pre-and post-competition meals. I also ensured those with allergies and intolerances were catered for. Once in Rio, I met with the chef daily to tweak the menus and made sure I was available during food service times to ask for immediate changes or deal with any issues or requests.

ILLNESS PREVENTION

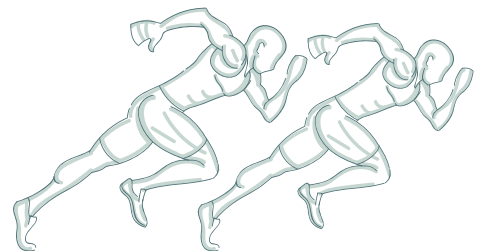
One of the key challenges when travelling abroad to any country for a major competition is illness prevention. Four years of hard work can feel wasted and be shattering for an athlete if, at the last minute, they are struck down by an illness that prevents

them from competing and fulfilling their dream. Unfortunately this happened to one of the rowers, which was devastating for both him and the team, when he had to be flown home after four days. Overall though, athletes remained in good health and the various strategies employed to maintain this included:

- encouraging scrupulous hand hygiene (via regular handwashing and use of antimicrobial hand foam in the dining area, on all hotel floors, and athletes were provided with individual portable hand foams)
- avoidance of shellfish, tap water, and fruit and vegetables unless washed in specialist cleaning solution
- strategic use of supplements such as vitamin C, prebiotics and probiotics
- regular vitamin D screening prior to the games and supplementing those requiring it
- use of sterilising tablets for drinks bottles and sanitising wipes for the outside of drinks bottles
- regular use of sunscreen and mosquito repellent.

The total medal haul from the Ipanema Inn was ten and all of the five rowing medals were special to me as I have worked with the sport for eleven years. This was a unique experience that I will treasure and never forget.

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CASE STUDY: ESSENTIALS OF PREPARATION

SPORTS NUTRITION
PROFESSIONAL / SENr GRADUATE
HANNAH SHERIDAN

TEAM/ ATHLETE SUPPORTED:
**SARA TREACY (IRELAND
ATHLETICS – 3000M
STEEPLECHASE FINAL)**

The build up to Rio was an apprehensive one, but knowing the work that went on behind the scenes



► from the British Olympic Association, nutrition practitioners and our athletes, I was never in doubt about the team's performance on the big stage.

I supported athlete Sara Treacy at the games. Sara was one athlete that achieved beyond her expectations. Improvements to Sara's everyday nutrition habits helped her to fuel her appropriately, optimise training adaptation and recover from subsequent training sessions. I also helped Sara to establish a race-day nutrition plan that she could easily adapt depending on the timings of her races, which changed between the heats and final.

POTENTIAL DIFFICULTIES

In this Olympic year, Sara and I began looking at the potential difficulties that could be faced when travelling to, training, and competing in Brazil. This is important for the athlete's health, helping them to remain illness free during flights and in a confined team environment where germs spread easily. Above all, it ensures that optimal performances can be achieved and the athlete feels confident prior to competing.

We prepared for how Sara's nutritional demands would change due to the environmental conditions in Brazil and were lucky enough to have a heat chamber in which Sara completed a block of training in, monitored by a physiologist at the High Performance Centre. I also worked closely with the physiologist to monitor Sara's fuel utilisation and sweat losses, in particular. This allowed us to make nutrition/hydration recommendations that were specific to her. We also planned a list of travel foods that Sara would take with her to Brazil, helping to eliminate the risk of an additional stressor when out in Rio.

After falling in the heats, Sara made it through to the final albeit with numerous cuts and bruises. A heroic performance in the final led her to a respectable 10th place finish, one of which she will hope to improve upon at next years Athletics World Championships. ●

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OUR RIO EXPERIENCE

EMMA GARDNER

PERFORMANCE NUTRITIONIST,
SENr PRACTITIONER

TEAM/ATHLETE SUPPORTED:
VARIOUS TEAM GB SPORTS

"I worked alongside SENr practioners Wendy Martinson and Michael Naylor for Team GB at the Olympic Games. I was based for a month at the Preparation Camp in Belo Horizonte where we looked after 15 sports. My role was to ensure the athletes were optimally supported nutritionally before heading down to compete in their respective sports in Rio. It was a fantastic experience to work at the first South American Olympic Games and amazing to fly down to Rio after the Preparation Camp, and join up with the sport I work in, GB Hockey, and experience their gold medal win." (see photo 1)

GEORGINA IMPSON DAVEY

SENr GRADUATE & PERFORMANCE
NUTRITIONIST WITH THE ENGLISH INSTITUTE
OF SPORT

TEAM/ATHLETE SUPPORTED:
GB BADMINTON

"What an incredible couple of weeks for Team GB! This was my first Olympic Games working with athletes representing Great Britain and I loved every minute of it. Chris & Marcus won a historic bronze medal; the first ever medal to be won for the men's doubles discipline for Team GB in the Olympics. Rajiv Ouseph also made history to become the first GB singles player to reach the quarter-finals of the Olympics." (see photo 2)



TOM MAYNARD

PERFORMANCE NUTRITIONIST, SPORT
WALES, SENr PRACTITIONER

TEAM/ATHLETE SUPPORTED:
NATALIE POWELL (-81KG GB JUDO)

"Being a part of the support team for an athlete competing at Rio 2016 was a great experience. It truly showed the impact a professional and performance driven programme can have. There were plenty of ups and downs during the process but plenty to work on towards Tokyo!"

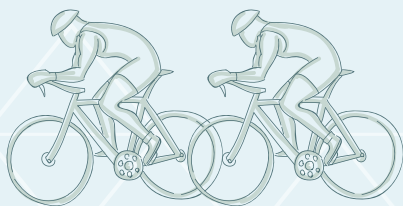


LAUREN DELANEY

PERFORMANCE NUTRITIONIST, ENGLISH INSTITUTE OF SPORT & BRITISH CYCLING, SENr GRADUATE

TEAM/ATHLETE SUPPORTED:
TRACK CYCLING SPRINTERS, BMX ATHLETES, PARA TRACK CYCLING SPRINTERS

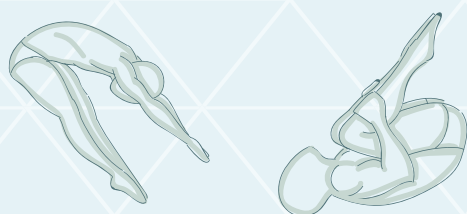
"Rio was my first Olympic cycle as a practitioner and it was a great experience with fantastic results with several gold, silver, and bronze medal wins. It was an exciting challenge working with such a diverse group of athletes and with a sport that has such a successful history at the Olympic Games. I supported the athletes at both Olympic and Paralympic holding camps in Wales but unfortunately was not in Rio itself. At the time of the games I was an SENr graduate member but now that that Rio is over I'll be looking to become a fully registered SENr member – it's a great qualification to show how I have specialised in elite performance sport." (see photo 3)

**LOUISE BLOOR**

PERFORMANCE NUTRITIONIST, SENr PRACTITIONER

TEAM/ATHLETE SUPPORTED:
LOUISE BLOOR COMPETED IN THE BRITISH ATHLETICS 4 X 100M RELAY AND SUPPORTED BRITISH JUDO/ BRITISH DIVING AS AN SENr PRACTITIONER

"It's a huge honour to represent your country and whether I'm travelling as an athlete or a practitioner I always get that great sense of pride. I couldn't thank Emma Gardner and Mike Naylor enough for their nutrition support in Belo. The British Olympic Association does an amazing job ensuring athletes are well catered for; those small home comforts can really have a performance impact. Food's influence on emotion is powerful and I believe that those nutritional 'home from home' provisions contribute towards sporting success."

**DR SOPHIE KILLER**

EIS SENIOR PERFORMANCE NUTRITIONIST, LEAD FOR BRITISH ATHLETICS OLYMPIC & PARALYMPIC TRACK AND FIELD, SENr PRACTITIONER

TEAM/ATHLETE SUPPORTED:
BRITISH ATHLETICS OLYMPIC & PARALYMPIC TRACK AND FIELD

"My role was to support the athletes in their final competition preparations at the Brazilian holding camp before they entered the village. I was finalising competition day nutrition strategies, ensuring optimal recovery from final training sessions, managing body composition issues/concerns during travel and taper, working with the team doctors to optimise immune health during long-haul travel and throughout competition, and devising back-up recovery strategies for athletes competing late at night when sleep would be a higher priority than going back to the athlete dining hall. In addition, I was responsible for appropriate use of supplements."

MICHAEL NAYLOR

LEAD NUTRITIONIST FOR TEAM GB, LEAD PERFORMANCE NUTRITIONIST (ENGLISH INSTITUTE OF SPORT), SENr PRACTITIONER

"Being adaptable to deal with challenges and create solutions in a simple format for athletes in the Olympic environment is key. Creating a service and environment for multiple sports and performance requirements can be challenging but with the right people, resources and care, a high performance nutrition service can make a difference."

OLIVIA BUSBY

LEAD PERFORMANCE NUTRITIONIST SPORT WALES, SENr PRACTITIONER

SUPPORTED:
PARALYMPICSGB PREPARATION CAMP
MEDALS WON:
147 MEDALS WON BY PARALYMPICSGB

"I went to Brazil twice beforehand to build relationships with the catering staff and chefs at the venues that the athletes would be using in Belo Horizonte. It's really important that the athletes have exactly what they need before competing so I liaised with the sports team leaders and performance nutritionists to understand their needs and make good decisions about the menus. Once the athletes arrived it was very busy in the dining area ensuring that high standards were maintained and adapting where needed. I really enjoyed being part of the ParalympicsGB core team supporting the athletes before they went to Rio."



The Sport and Exercise Nutrition Register (SENr) is a voluntary register designed to accredit suitably qualified and experienced individuals who have the competency to work autonomously as a Sport and Exercise Nutritionist with performance oriented athletes, as well as those participating in physical activity, sport and exercise for health. senr.org.uk



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