

Performance Forum Agenda - Tuesday, 20th October 2026

8:00 AM REGISTRATION & EXHIBITORS

9:30 AM EVENT COMMENCES

9:40 AM POWER NETWORKING

10:00 AM SPEAKER TO BE ANNOUNCED

 LEAGUE AHEAD

Sheridan Hawkins
NRLW Wellbeing and Education Manager

10:25 AM  CQUniversity AUSTRALIA

Dr. Melanie Hayman
Associate Professor Health Sciences | Appleton Institute of Research | S.P.O.R.T. Research Cluster

 THE FEMALE COLLECTIVE

Jess Stoll
Director & Physiotherapist

10:48 AM  Brisbane 2032 Olympic and Paralympic Games Host

HEADLINE SPEAKER | Andrew N. Liveris AO
President, Brisbane 2032 Olympic and Paralympic Games Organising Committee

11:10 AM CARDIOVASCULAR PANEL

11:32 AM  SASI

Dr. Ella Smith
Sport Physiologist | PhD in Female Athlete Physiology

12:00 PM LUNCH

FROM 1:00 PM, DELEGATES CAN CHOOSE BETWEEN THE MAIN STAGE AND THE PATHWAY WORKSHOPS. SESSIONS RUN CONCURRENTLY.

1:00 PM  PEAK PERFORMANCE

Dr. Sacha Fulton
Sport Scientist & Athlete Wellness & Wellbeing Specialist

1:22 PM  SPORTS DIETITIANS AU

PANEL | EAT SLEEP RECOVER REPEAT
Lauren Stribley
Sports Performance Dietitian

 Flinders University

Dr. Darah-Bree Bensen-Boakes
Director of the Sleep and Psychology Lab

 SASI

Dr. Fabian Garcia-Byrne
PHD Sport Scientist | Physical Performance

1:44 PM  GIANTS NETBALL

PANEL | STRONGER BY DESIGN: BUILDING FEMALE ATHLETES AT EVERY LEVEL
Tom Reddin
Strength & Conditioning Coach | High Performance Manager

 ASCA

Charlotte Mathews
Senior Athletic Development Coach and Rehabilitation Coordinator
Dr. Ben Haines
ASCA Master L3 Accredited Coach
PRESENTED BY: AUSTRALIAN STRENGTH AND CONDITIONING ASSOCIATION

2:04 PM  sasma

Danielle Grant-Cross
Chief Executive Officer, SA Sports Medicine Association

 Your Brain Health

Liz Jemson-Ledger B.App. Sc M.Clin.Rehab
Neurological Physiotherapist | Clinical Lead Concussion Educator
B.App.Sc, M.Clin.Rehab

Millie Bishop
Physiotherapist | Neurological Team, Clinical Engagement + Implementation

2:25 PM AFTERNOON TEA

3:00 PM  aminerva NETWORK

Janelle Cuthbertson
Program Manager SA + AFLW All-Australian 2021

 ND

Emma Nedov
2024 Paris Olympian
3x World Championships (2014, 2018, 2019)
World Cup gold medalist
Oceania Championships all-around champion 2024
Deputy Chair, Y Whittlesea

3:22 PM  VALD

Kelly Penfold
Senior Strength & Conditioning Coach + Pathways Performance Lead
PRESENTED BY: VALD

 ICESP

Nathan Reeves - Session Chair
Director and Company Secretary, International Confederation of Sport and Exercise Science Practice

3:44 PM  Adelaide University

Abby Ryan
Sport Scientist
Dr. Hunter Bennett
Senior Lecturer, Exercise and Sport Science

4:06 PM SUPER PANEL | Q&A

5:00 PM POST PERFORMANCE FORUM + PATHWAYS - NETWORKING DRINKS & CANAPÉS

PATHWAY WORKSHOPS

Growing The Game:
More players, more volunteers, stronger clubs

 SPORT SA

Keeping Girls in the Game:
Why Talented Young Women Leave Sport.

Why talented young female athletes often fall out of sport at key developmental stages — and what coaches, clubs and organisations can do to create environments where women feel valued, supported and empowered to stay.

Julie Clifton

Women's Sport Lead, Sport SA | Chair
MJN Centre Alumnae Advisory Group

 SPORT SA

From Local Club To Elite Sport:
The Time You Don't Know You Have
with four-time premiership coach

Krissie Steen

The gap between grassroots and elite women's sport isn't just about talent — it's about how time. Turn limited athlete-access time into compounding performance value.

 COACHENGINE™
Predictable under pressure.
Adapt - Align - Achieve

The Grassroots Action Plan

 SPORT SA