

## Performance Forum Agenda – Tuesday, 20<sup>th</sup> October 2026

8:00 AM REGISTRATION & EXHIBITORS

9:30 AM EVENT COMMENCES

9:40 AM POWER NETWORKING

10:00 AM  **Brisbane 2032**  
Olympic and Paralympic Games Host  
 **HEADLINE SPEAKER | Andrew N. Liveris AO**  
President, Brisbane 2032 Olympic and Paralympic Games Organising Committee

10:25 AM  **LEAGUE AHEAD** **Sheridan Hawkins**  
NRLW Wellbeing and Education Manager  
 **Dr. Melanie Hayman**  
Associate Professor Health Sciences | Appleton Institute of Research | S.P.O.R.T. Research Cluster  
 **Jess Stoll**  
Director & Physiotherapist

10:48 AM KEYNOTE | BUILDING A WORLD-CLASS HIGH-PERFORMANCE CULTURE IN WOMEN'S SPORT

11:10AM INTERNATIONAL SPEAKER | TO BE ANNOUNCED

11:32 AM  **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  **Dr. Sacha Fulton**  
Sport Scientist & Athlete Wellness & Wellbeing Specialist

### PATHWAY WORKSHOPS

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

1:22 PM  **PANEL | EAT SLEEP RECOVER REPEAT**  
**Lauren Stribley**  
Sports Performance Dietitian  
 **Dr. Darah-Bree Bensen-Boakes**  
Director of the Sleep and Psychology Lab

1:44 PM  **Tom Reddin**  
Strength & Conditioning Coach | High Performance Manager  
 **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  **Danielle Grant-Cross**  
Chief Executive Officer, SA Sports Medicine Association  
 **Liz Jemson-Ledger B.App. Sc M.Clin.Rehab**  
Neurological Physiotherapist | Clinical Lead Concussion Educator  
B.App.Sc, M.Clin.Rehab  
**Millie Bishop**  
Neurological Physiotherapist | Clinical Lead Concussion Educator

**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.

2:25 PM AFTERNOON TEA

3:00 PM  **Janelle Cuthbertson**  
Program Manager SA + AFLW All-Australian 2021  
 **Emma Nedov**  
Paris 2024 Olympian  
3x World Championships (2014, 2018, 2019)  
World Cup gold medallist  
Oceania Championships all-around champion 2024  
Deputy Chair, Y Whittlesea

**From Local Club To Elite Sport:**  
Building A Better Pathway For Female Athletes

3:22 PM  **Kelly Penfold**  
Strength and Conditioning | Pathways Performance Coach  
PRESENTED BY: VALD

3:44 PM  **Nathan Reeves**  
Director and Company Secretary, International Confederation of Sport and Exercise Science Practice  
 **Abby Ryan**  
Sport Scientist  
**Dr. Hunter Bennett**  
Senior Lecturer, Exercise and Sport Science

**The Grassroots Action Plan**

4:06 PM SUPER PANEL | Q&A

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