



The 22nd Annual ISSN Conference
June 23-25, 2025
Opal Grand Oceanfront Resort and Spa, Delray Beach, Florida USA

EARN your CEUs: TBD NASM NSCA ISSN ACSM

MONDAY, June 23 - 11:00 am - 4:00 pm: Registration is open; Exhibitor set-up 9 am-12 noon; exhibits open 12 noon-5 pm
TUESDAY, June 24 - 7:00 am - 3:00 pm: Registration is open; 5:00 pm – 7:00 pm: Drinks and Poster Presentations; Exhibit hours - 11 am - 5 pm.
WEDNESDAY, June 25 - Exhibitor hours - 8:00 am—12 noon: Registration is open; the exhibitor breakdown will be at 2 pm.

ISSN STAFF ONSITE – Please direct any questions to Dr. Chad Kerkick and Dr. Guillermo Escalante
 President of the ISSN – Chad Kerkick PhD FISSN (2024-2026) and Vice-President Guillermo Escalante DSc FISSN
 Staff Office - Palm Breeze 1

Note to Poster Presenters - Please put your poster up on the morning of June 24 (Tuesday). Each poster has a designated number. Make sure you place your poster in the correct spot.

Day 1: June 23 Monday	Room: Salons DEF
12:55 pm - 1:00 pm	Welcome and Introduction Moderator: Guillermo Escalante DSc FISSN
1:00 pm - 1:20 pm	Breaking the Boundaries: The Latest Evolution of the ENHANCED Games A brief update Jose Antonio PhD FISSN, Guillermo Escalante DSc FISSN, and Michael Sagner MD
1:20 pm - 1:50 pm	Alternative Forms of Creatine: Is Monohydrate Still the King or Does it Make You Bald Scott Forbes PhD FISSN
1:50 pm - 2:20 pm	Common Questions and Misconceptions About Many Things: Protein, Creatine, Caffeine, Energy Drinks Darren Candow PhD FISSN
2:20 pm - 2:50 pm	Flexing the Facts: Accuracy of Body Composition Assessment in Muscular Resistance-Trained Individuals Grant Tinsley PhD CISSN
Break	
3:00 pm - 3:30 pm	Nutraceuticals for Sleep and Relaxation Jeremy Townsend PhD CISSN
3:30 pm - 3:45 pm	Data and Dogma: Animal-Sourced Protein for Health David Church PhD
3:45 pm – 4:00 pm	Whole-body Proteostasis and Effects on Skeletal Muscle Arny Ferrando PhD FISSN

Day 2: June 24 Tuesday	Room: Salons DEF
	Moderator: Douglas Kalman RD PhD FISSN
9:00 am - 9:30 am	Mel Williams Memorial Lecture on Ergogenic Aids Muscle Building Supplements - What are These, Do They Exist? Douglas Kalman RD PhD FISSN
9:30 am - 10:00 am	Weight Cutting Trends in Professional Mixed Martial Artists: Impacts on Fight Outcomes Brett Grelle MS and Glenn Castro RD Sponsored by the Ultimate Fighting Championship PI
	Moderator: Erik Bustillo MS RD FISSN
10:15 am - 10:45 am	Brain Power for Peak Performance: The Science of Nootropics for Sport Matthew Stratton PhD CISSN
10:45 am - 11:15 am	Testosterone Unveiled - Real-World Data Michael Sagner MD
Lunch Break 11:15 pm - 12:45 pm	Lunch on your own 
	Moderator of the President's Lecture: Chad Kerksick PhD FISSN
12:45 pm – 1:15 pm	President's Lecture Matthew Frakes PhD RD LD CSSD
	Moderator of the Data Blitz: Guillermo Escalante DSc FISSN
1:15 pm - 1:45 pm	ISSN's Data Blitz - 60 seconds of pure science fun Judges: Jeff Stout PhD, Tim Ziegenfuss PhD, Lia Jiannine PhD, Tobin Silver PhD, Antonella Schwarz PhD
	Moderator: Tim Ziegenfuss PhD FISSN
1:45 pm - 2:00 pm	Optimizing Exercise Recovery with Astaxanthin Supplementation Susan Hamrahi ND, Sponsored by AstaReal
2:00 pm - 2:15 pm	The physiological and psychological demands of the U.S. Army Combat Diving Qualification Course (CDQC). Brandon Roberts PhD MBA CISSN
2:15 pm - 2:30 pm	Setria Glutathione is here to PUMP you UP! Explore the benefits GSH has on increasing NO production Katie Emerson MS RD CISSN, Sponsored by Kyowa
2:30 pm - 3:35 pm	Visit the Exhibitors
	Moderator: Jose Antonio PhD FISSN
3:35 pm - 3:55 pm	In Memory of Roger Harris PhD A true giant in the field of sports nutrition Jeffrey Stout PhD FISSN
	Moderator: Chad Kerksick PhD FISSN
4:00 pm - 4:50 pm	Keynote Presentation The Roger Harris Memorial Address Celebrating 60 Years of Mechanistic Skeletal Muscle Hypertrophy Research Michael Roberts PhD

5:00 pm – 6:15 pm	<p>Happy Hour and Poster Presentations</p> <p>Location: Outside of the Conference Hallway - You'll see numbered posters</p> <p>Student authors, please be present at your poster until 6:15 pm. Prizes will be awarded the following day for the best Poster (UG, MS, and PhD student). If you are absent, the award will go to the next person.</p> <p>Poster Judges: Gerseli Angeli PhD, David Church PhD, Scott Forbes PhD, Jennifer Kurtz PhD, Antonella Schwarz PhD, Tobin Silver PhD, K. Michelle Singleton PhD, Tim Ziegenfuss PhD FISSN</p>
--------------------------	--

Day 3: June 25 Wed	Room: Salons DEF
	Moderator: K. Michelle Singleton PhD
9:15 am - 9:45 am	<p>Contraceptives and the Athlete: Knowns and Unknowns</p> <p>Madelin R. Siedler PhD</p>
9:45 am-10:15 am	<p>What's the Talk with Quercetin? Potential Benefits for Exercise Performance and Recovery</p> <p>Jennifer A. Kurtz PhD CISSN</p>
Break	
	Moderator: Cassandra Evans MS RD CISSN
10:25 am - 10:55 am	<p>Food for Thought - Brain and Ocular Nutrition for High-Performing Humans</p> <p>Richard Swinbourne PhD</p>
10:55 am - 11:25 am	<p>Bone Appétit: Nutritional strategies for optimizing bone health in female athletes</p> <p>Jennifer Fields PhD</p>
11:25 am - 11:55 pm	<p>From Intentions to Actions: The Role of Behavioral Theories in Shaping Athletes' Dietary Behavior</p> <p>Michelle Singleton PhD and Jamie McAllister-Deitrick PhD</p>
11:55 am - 1:30 pm	<p>Lunch Break on your own</p> 
1:30 pm – 2:00 pm	<p>ISSN Updates and Awards - You must be present to win your award or prize. Chad Kerkick PhD FISSN (Poster and Blitz awards), Rick Kreider PhD FISSN (JISSN update), Douglas Kalman PhD RD FISSN (New FISSN), and Bill Campbell PhD FISSN (Position Stands update)</p>
	Moderator: Antonella Schwarz PhD
2:00 pm - 2:15 pm	<p>Myo-reps: much ado about something</p> <p>Antonella Schwarz PhD</p>
2:15 pm – 2:30 pm	<p>Strategies for Improving Body Composition in Elite Athletes: A Practitioners Insight</p> <p>Patrick McCarthy MS CISSN SENr</p>
2:30 pm – 2:55 pm	<p>Collagen protein and peptides - It doesn't do sh#\$ except when it does</p> <p>Katie Vasenina PhD</p>
	<p>Michael Greenwood PhD Memorial Student Presentations</p> <p>Please support our student presenters! They have a tough job.</p> <p>Moderator: Dr. Richard Kreider</p>
3:00 pm - 3:10 pm	<p>Comparative Effects of High-Intensity Functional Training, Traditional Strength Training, and Concurrent Training on Body Composition and Performance in Tactical Populations.</p> <p>Gianna F. Mastrofini MS</p>

3:10 pm - 3:20 pm	Extreme Dieting in Mid-Life Females Landon Shannahan MS
3:20 pm - 3:30 pm	Reverse Dieting in Resistance-Trained Males and Females Valentina Rodriguez Da Silva MS
3:30 pm - 3:40 pm	A Closer Look at Body Composition, Dietary Habits, and Supplement Use Among High-Intensity Functional Training Athletes Kworweinski Lafontant MS
3:40 pm - 3:50 pm	Exploring the Utility of Yoga Nidra and Body Scan as Therapeutic Interventions for Chronic Pain Violette J. Gibbs MS
3:50 pm - 4:00 pm	Breaking the Pain Barrier: Evaluating the Reliability and Validity of Physical Working Capacity at Pain Threshold Danielle Sterner PhD(c)
Closing Remarks	Drs. Kerksick and Escalante

Note: If you need a certificate of attendance for CEU purposes, please email Anya Ellerbroek MPH CISSN at anyaeller@gmail.com

We look forward to seeing you next year at the 23rd Annual ISSN Conference at the Westin in Fort Lauderdale Beach, FL, June 15-17, 2026 (note the Monday-Wed schedule).

