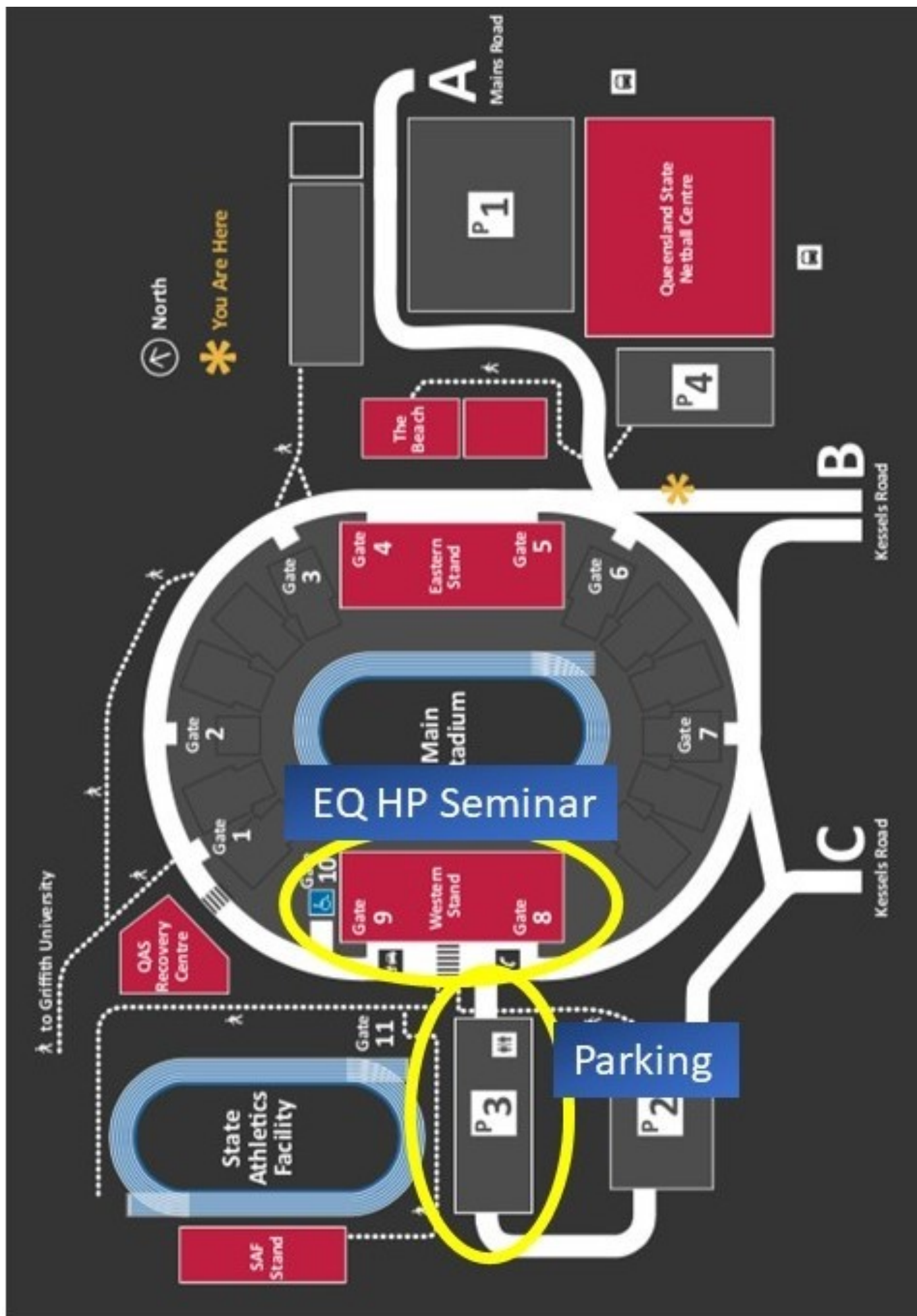




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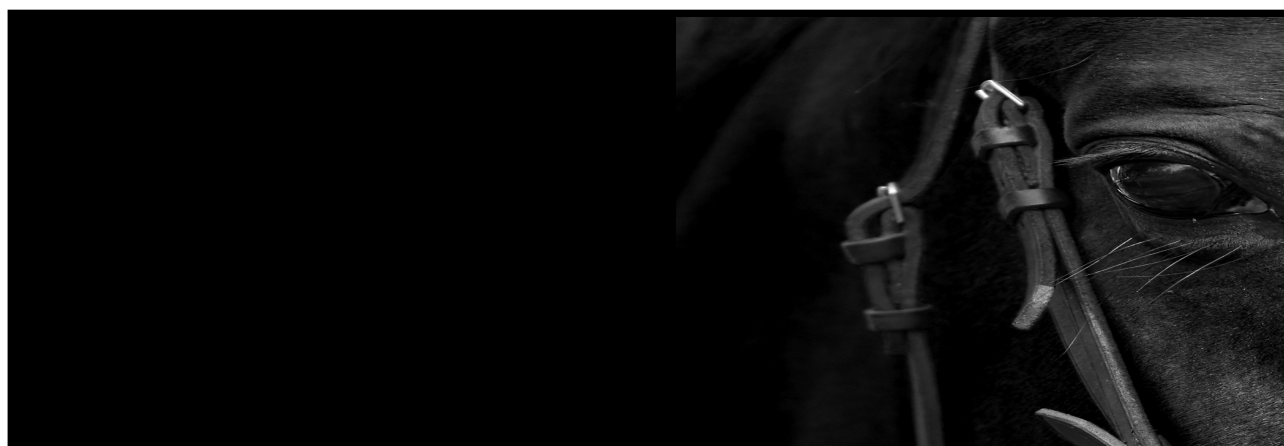
**2018 High Performance Seminar
February 25th
Presenter Biography**





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TIMETABLE		
Check in	Javelin Room Level 4 QAS	8.45am - 9.00am
Equestrian QLD	Introduction	9am - 9.15am
Kay McGrath & Jillian Whiting	Media Training & Interview Techniques	9.15am - 10.45am
Morning Tea		10.45am - 11.15am
Gina Haddad	Individual Performance Plans (IPPs)	11.15am - 12.30pm
Rebecca Disher	Nutrition for the Athlete (including hydration)	12.30pm - 1.30pm
Lunch break		1.30pm - 2.30pm
Emma Mathlin	Human & Equine Injury Management	2.30pm - 3.30pm
Libby Salles	Drugs in Sport for the Human Athlete	3.30pm-4.15pm
Wrap up		4.15pm - 4.30pm



Kay McGrath



Kay McGrath has presented prime time news bulletins in Queensland for 32 years. She currently anchors the Seven Network's weekend bulletins with Rod Young and files special interest stories.

She has covered Queensland's biggest news stories and interviewed Prime Ministers, Governor-General, Premiers, politicians and personalities.

Trusted and strong, with a special brand of warmth and humour, Kay is a sought after Master of Ceremonies, facilitator and speaker.

A long time, committed child protection campaigner, Kay is Patron of the Daniel Morcombe Foundation, former patron of Protect all Children Today, an Ambassador for Act for Kids and Vice Patron of the Queensland Breast and Prostate Cancer Association. She has two adult sons, Nick and Joey.

Jillian Whiting



Jillian Whiting is a journalist, TV presenter and mother of 2 girls who has enjoyed a successful media career for more than 20 years in Queensland.

Best known as a television newsreader and reporter, Jillian currently works as a presenter on Channel Seven's popular lifestyle program, 'The Great Day Out' and also as reporter for

'Sunrise'. Her extensive experience and high profile has also led to a busy career as an MC and Facilitator.

Jillian is also a director at **Media Potential**, working with leading Australian businesses in Media and Presentation Training and Communication Workshops.

Emma Mathlin



An experienced human and animal physiotherapist, Emma works with horses and riders of all levels and disciplines. She has completed post-graduate studies in sports science including conducting research into the biomechanics of showjumping.

At an elite level, Emma has worked with the Australian equestrian team, attending both the World Equestrian Games in 2014 and the Rio 2016 Olympics.

She is interested in all areas of equestrian performance including fitness and posture training for riders and biomechanical analysis and movement training for horse and rider. She loves to assist the horse and rider partnership to improve their performance.

Emma is also a rider with eventing competition experience and enjoys training young horses.

Gina Haddad



Gina is an Industry professional with over 30 years experience in Equestrian sport as a competitor and a coach, she is an EA level 3 Eventing Coach, Level 2 Dressage coach, and accredited Coach Educator.

Gina has a Masters Degree in Sport Coaching and is currently completing a Phd in Athlete Leadership for which she has been awarded the USYD Vice Chancellors Research Scholarship. Prior to taking on her current role with the High Performance team at Equestrian Australia, Gina lectured at the University of Sydney at undergraduate and Post graduate level in Elite Athlete Development and was engaged as a consultant in this area by various NSO's.

Rebecca Disher (née Evans)



With a double degree in Dietetics and Human Movements, Rebecca has been working in the health and fitness industry for over 10 years, both as a personal trainer and a nutritionist for sports teams such as State League netball and soccer teams. Rebecca specialises in weight loss/management, chronic diseases such as diabetes management, Cardiovascular, kidney disease and respiratory conditions with a strong area of interest in sports nutrition as well.

Rebecca has represented Australia in Australian U/21 Netball Team and State teams in athletics, softball and swimming. Working as a personal trainer and boxing coach Bec has developed a keen interest in hydration and recovery techniques. She's also had a lot of experience working with clients in setting and achieving goals, developing healthy eating plans, and working towards creating a healthy lifestyle with her clients.

Rebecca has also developed and implemented weight loss and pre-natal programs that have focused on both nutrition and exercise components. She also has experience in delivering education sessions on many topics to a variety of age groups. In particular working with clients to educate them on how to read food labels, how to maximise training with nutrition and Healthy eating.

Rebecca works hard and trains hard to be able to give her clients the best. Rebecca's passion is running but enjoys mixing things up with cycling, swimming, boxing and plyometric training on a regular basis. Her motivation to help others achieve their goals and their ability to live the healthiest and best life possible is what inspires her to be a part of the Eat Smart Team.

Libby Salles



Libby Salles is an ASADA Chaperone and Education Presenter with over 20 years of experience in anti-doping. She has worked in anti-doping at several major events including the London Olympic Games. Libby has presented to a wide range of sporting organisations and managed ASADA Education outreach booths in both Brisbane and the Gold Coast.



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*Thankyou for your attendance at the
February 2018 Equestrian Queensland
High Performance Seminar*



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