

# SESNZ 2025 Conference Programme

19-21 November 2025, Massey University, Albany.

| Day One: Wednesday 19 <sup>th</sup> November |                                                                                                                                                                                                       |                                                                                                                                                                            |                                                                                                                                                                                             |
|----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 12pm - onwards                               | Sir Neil Walters Foyer (SNW): Registrations ( <i>N.B. Registration/Info Desk open until 4pm</i> )                                                                                                     |                                                                                                                                                                            |                                                                                                                                                                                             |
| 1pm-2pm                                      | SNW Foyer: Whakatau/Welcome + Light refreshments                                                                                                                                                      |                                                                                                                                                                            |                                                                                                                                                                                             |
| 2pm-240pm                                    | <b>SNW 200: Guest Speaker Prof Leigh Signal (Massey University)</b><br><b><i>Sleep and the Science of Winning: Lessons from Aviation Performance</i></b>                                              |                                                                                                                                                                            |                                                                                                                                                                                             |
| 245pm-3pm                                    | <b>SNW 100: Performance and Recovery Stream</b>                                                                                                                                                       | <b>SNW 200: Sport Coaching Stream</b>                                                                                                                                      | <b>SNW 300: Biomechanics Stream</b>                                                                                                                                                         |
|                                              | <b>Session 1:</b> Impact of Sleep Hygiene on Aerobic and Anaerobic Fatigue and Cortisol Reactivity in Female University Soccer Players <b>Adele Broodryk</b>                                          | <b>Session 2:</b> Bespoke Leadership Development in Professional Sport: A Case Study <b>Kylie Wilson</b>                                                                   | <b>Session 3:</b> Countermovement Jump Braking-phase Strategies Amongst Elite Team-sport Athletes <b>Moses Bygate-Smith</b>                                                                 |
| 305pm-320pm                                  | <b>Session 4:</b> Exploring physical activity, fitness, and health risk factors among New Zealand Pilots <b>Daniel Wilson</b>                                                                         | <b>Session 5:</b> Wellbeing and performance across the talent development pathway with sport outside the podium and aspirational criteria from HPSNZ <b>Jason McKenzie</b> | <b>Session 6:</b> Competition Speed Climbing. A biomechanical comparison from 2018 to 2024 <b>Dan Kingsley</b>                                                                              |
| 325pm-340pm                                  | <b>Session 7:</b> Exercise, Protein, and Menstrual Cycle Effects on Subjective Measures of Wellbeing <b>Marc Murray</b>                                                                               | <b>Session 8:</b> When Two is Better than One: The Role of Independent Eyes in Campaigns <b>Kylie Wilson</b>                                                               | <b>Session 9:</b> Ball position on landing mechanics after an 180-degree jump in netball players <b>Suzie Belcher</b>                                                                       |
| 345pm-400pm                                  | <b>Session 10:</b> Acute increases in pulse wave velocity following resistance exercise with Valsalva manoeuvre <b>Helen Ryan-Stewart</b>                                                             | <b>Session 11:</b> Referees are athletes too: Preparing for a pinnacle event <b>Jason McKenzie</b>                                                                         | <b>Session 12:</b> Physical Performance Characteristics Associated with Different Countermovement Jump Braking-phase Strategies Amongst Elite Team-sport Athletes <b>Moses Bygate-Smith</b> |
| 400pm-430pm                                  | <b>Sir Neil Walters Foyer: Afternoon Tea</b>                                                                                                                                                          |                                                                                                                                                                            |                                                                                                                                                                                             |
| 430pm-530pm                                  | <b>SNW 200: Guest Speaker Elias Boukarim (Head of Performance &amp; Medical; Auckland FC)</b><br><b><i>Building Champions Overnight: The High-Performance Secrets Behind a Dream Debut Season</i></b> |                                                                                                                                                                            |                                                                                                                                                                                             |
|                                              | <b>Free evening/Optional Social Catch Up</b>                                                                                                                                                          |                                                                                                                                                                            |                                                                                                                                                                                             |

**SNW:** Sir Neil Waters Lecture Complex, Massey University, Albany Campus

**SNW100:** Lecture Theatre off of the SNW Foyer

**SNW200:** Lecture Theatre off of the SNW Foyer

**SNW300:** Lecture Theatre off of the SNW Foyer

## Day Two: Thursday 20<sup>th</sup> November

**730am: Asics Fun Run (approx. 5km) and Walk (2km). Starting from the front of the Sir Neil Waters Building on Massey's Albany Campus**

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|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| 830am-930am   | SNW Foyer: Tea/Coffee (N.B. Registration/Info Desk open until 4pm)                                                                                                                                          |                                                                                                                                                             |                                                                                                                                                |
| 900am-915am   | <b>SNW 100: Concussion Stream</b>                                                                                                                                                                           | <b>SNW 200: Cardiac Stream</b>                                                                                                                              | <b>SNW 300: Acceleration Stream</b>                                                                                                            |
|               | <b>Session 13:</b> Community rugby union perspectives on 'Recognise and Remove': navigating concussion management decisions<br><b>Janelle Romanchuk</b>                                                     | <b>Session 14:</b> Does Exercise Dose in Cardiac Rehabilitation Explain Mortality and Readmission Outcomes? <b>Sasha Douglas</b>                            | <b>Session 15:</b> Can Specific Strength and Power Measures Predict Accelerative Ability <b>Ieuan Leigh</b>                                    |
| 920am-935am   | <b>Session 16:</b> Connecting rangatahi with concussion management<br><b>Anja Zoellner</b>                                                                                                                  | <b>Session 17:</b> Motivational Interviewing and Cognitive Behavioural Therapy in the Auckland Cardiac Rehabilitation Programme <b>Paul Marshall</b>        | <b>Session 18:</b> Exploring Predictors of Acceleration in an Elite Male Rugby Union Season <b>Charlie Beaglehole</b>                          |
| 940am-955am   | <b>Session 19:</b> Tackling the Differences: Sex-Specific Head Acceleration Events in Community Rugby <b>Janelle Romanchuk</b>                                                                              | <b>Session 20:</b> The MI-CBT Opt-In Model for Cardiac Rehabilitation<br><b>Sasha Douglas</b>                                                               | <b>Session 21:</b> Training Effects on Strength, Power, and Acceleration in Medium-Fast Bowlers: A Coaching Perspective <b>Retief Broodryk</b> |
| 10am-1030am   | <b>SNW 200: Guest Speaker - Helen Fulcher (HPSNZ, University of Auckland, Global Alliance of Female Athletes)</b><br><b>Closing the education gap: Advancing Female Health through Global Collaboration</b> |                                                                                                                                                             |                                                                                                                                                |
| 1030am-11am   | <b>SNW Foyer: Morning Tea</b>                                                                                                                                                                               |                                                                                                                                                             |                                                                                                                                                |
|               | <b>SNW 100: GPS and Demands/Load Stream</b>                                                                                                                                                                 | <b>SNW 200: Cognitive Stream</b>                                                                                                                            | <b>SNW 300: Nutrition/Supplements Stream</b>                                                                                                   |
| 11am-1115am   | <b>Session 22:</b> Interchangeability of global positioning systems during attacking and defensive activities in rugby<br><b>Cobus Oosterhuizen</b>                                                         | <b>Session 23:</b> The effect of task difficulty on rugby goal-kickers' pre-performance routine times and quiet eye durations <b>Retief Broodryk</b>        | <b>Session 24:</b> Carbohydrate distribution and endurance cycling performance <b>David Rowlands</b>                                           |
| 1120am-1135am | <b>Session 25:</b> Analysis of Positional Physical Demands in Tier 2 Rugby Union: A Multivariate Approach over Speed Range<br><b>Matthew Blair</b>                                                          | <b>Session 26:</b> Effects of movement-specific reinvestment on inhibition-change performance in dynamic performance environments<br><b>Arne Niuwenhuys</b> | <b>Session 27:</b> Nutrition Knowledge and Injury Risk in Female Handball Players <b>Bojan Sarkanj</b>                                         |
| 1140-1155pm   | <b>Session 28:</b> Utilizing GPS to Examine External Match Load in Amateur Female Football Players <b>Ashleigh Downs</b>                                                                                    | <b>Session 29:</b> Response Inhibition Under Physical and Emotional Stress in a Selective Stopping Context <b>Martin Page</b>                               | <b>Session 30:</b> Topical Carnosine Fails to Improve Middle Distance Running Performance <b>Stuart Hofmeyr</b>                                |
| 12pm-1215pm   | <b>Session 31:</b> Prolonged stable hypothermia during a 10-hour cold open-water marathon swim (A Case Study) <b>David Edgar</b>                                                                            | <b>Session 32:</b> Effects of pressure on susceptibility to deceptive movement in fencing <b>Matthew Valkenburg</b>                                         | <b>Session 33:</b> Topical carnosine gel improves performance in world-class rugby 7s players <b>Martyn Beaven</b>                             |
| 1215pm-1pm    | <b>SNW Foyer: Lunch (SESNZ AGM 12.30 in SNW 200)</b>                                                                                                                                                        |                                                                                                                                                             |                                                                                                                                                |
| 1pm-3pm       | <b>SNW 100: Sport Nutrition Forum</b><br><i>Facilitated by Conrad Goodhew and Kathryn Beck</i>                                                                                                              | <b>SNW 200: Strength and Conditioning Workshop</b><br><i>Facilitated by Matthew Blair</i>                                                                   | <b>SNW 300: Clinical Exercise Physiology Workshop</b><br><i>Facilitated by Stacey Pine</i>                                                     |
| 3pm-330pm     | <b>SNW Foyer: Afternoon Tea</b>                                                                                                                                                                             |                                                                                                                                                             |                                                                                                                                                |
| 330pm-430pm   | <b>SNW 200: Poster Presentations (2 Minute Presentations).</b>                                                                                                                                              |                                                                                                                                                             |                                                                                                                                                |
| 430pm-515pm   | <b>SNW 200: HPSNZ Performance Physiologist Panel Discussion (Carl Bradford, Chelsie Winchcombe, Lucy Jacobs)</b><br><b>From Lab to Locker Room: Translating Physiology into Performance</b>                 |                                                                                                                                                             |                                                                                                                                                |
| 6pm           | <b>Conference Dinner: Flying Burrito Brothers, 270 Oteha Valley Road, Albany</b>                                                                                                                            |                                                                                                                                                             |                                                                                                                                                |

| Day Three: Friday 21 <sup>st</sup> November |                                                                                                                                                                                       |                                                                                                                                            |                                                                                                         |
|---------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| 830am-930am                                 | SNW Foyer: Tea/Coffee ( <i>N.B. Registration/Info Desk open until 1115am</i> )                                                                                                        |                                                                                                                                            |                                                                                                         |
| 9am-945am                                   | SNW 200: Panel Discussion – A/Prof Bevan Erueti and Guest Athletes - Māori culture and High Performance                                                                               |                                                                                                                                            |                                                                                                         |
|                                             | SNW 100: Strength and Conditioning Stream                                                                                                                                             | SNW 200: He Waka Hauora Stream                                                                                                             | SNW 300: Workload Demands Stream                                                                        |
| 950am-1005am                                | Session 34: WITHDRAWN                                                                                                                                                                 | Session 35: "He waka eke noa!": Enriching Māori and Pasifika science through Waka Ama <b>Andy Foksett</b>                                  | Session 36: External workload analysis of field hockey umpires in New Zealand <b>Kirsten Spencer</b>    |
| 1010am-1025am                               | Session 37: Sex-Specific Biomarker and Wellness Responses to Training in Elite Weightlifters <b>Nur Sulastrri Nasruddin</b>                                                           | Session 38: Piki Tech Ora: Translating Community-led Kaupapa Māori Research into Sport and Exercise Science Innovation <b>Daphne Vasea</b> | Session 39: Exploring 'Ball in Play' Locomotion and Contact Workload in Super Rugby <b>Bianca Koper</b> |
| 1030am-1045am                               | Session 40: Sex Differences in Fatigability and Recovery Following High-Velocity Isokinetic Exercise in Resistance-Trained Adults <b>Paul Marshall</b>                                | Session 41: Reliability and validity of a waka hoe <b>Hamish Falekaono</b>                                                                 | Session 42: Workload Demands in National and International Netball Competition <b>Kirsten Spencer</b>   |
| 1045am-1115am                               | SNW Foyer: Morning Tea                                                                                                                                                                |                                                                                                                                            |                                                                                                         |
| 1115am-1200pm                               | SNW 200: Guest Speaker – Dr Keir Hansen (NZ Football, (ex) Netball NZ, (ex) HPSNZ)<br><i>System Thinking in Sport: Translating High-Performance Theory into National Team Success</i> |                                                                                                                                            |                                                                                                         |
| 1200pm-1230pm                               | SNW 200: Conference Summary and Reflections                                                                                                                                           |                                                                                                                                            |                                                                                                         |
| 1230pm-100pm                                | SNW 200: Conference Awards                                                                                                                                                            |                                                                                                                                            |                                                                                                         |
| 100pm-2pm                                   | SNW Foyer: Light Lunch                                                                                                                                                                |                                                                                                                                            |                                                                                                         |