



BERMUDA OLYMPIC ASSOCIATION

P O Box HM 1665, Hamilton, Bermuda | Tel: 441 295 7146 | www.olympics.bm

NEWS RELEASE

BOA PRESENTS “HEALTHY ATHLETE” WEBINARS

Hamilton, Bermuda—2 July 2020: The Medical Committee of the Bermuda Olympic Association (“BOA”) today announced that it will host a series of free webinars this month focused on the health and development of athletes.

The series—entitled “The Healthy Athlete”—will feature local and overseas specialists covering a range of topics. Each session will be moderated by Craig Brown, the BOA Medical Committee Chairperson, who will also facilitate a live Q&A with the presenters.

The sessions, each of which is expected to last between 30 and 45 minutes, will be hosted via Zoom, and have capacity for 300 attendees on a first come, first-served basis. There is no need to register in advance.

Session details are as follows:

DATE	TIME	TOPIC	PRESENTER
Wednesday, 8 July 2020	7:30 p.m.	An Introduction to the New Field of Sports Pharmacy	Colin Ryan, Peoples Pharmacy, Senior Pharmacist
Wednesday, 8 July 2020	8:00 p.m.	What Can Sports Learn from the Military?	Dr. Jeff Macleod, North Shore Medical, General Practitioner with special interests in Sports Medicine (previously the Clinical Director for British Forces in Germany, Holland and Belgium)
Wednesday, 15 July 2020	7:00 p.m. <i>This session will be hosted live at Barr’s Park with room for 50 people with mats, as well as online via Zoom</i>	The Nervous System and Mindfulness: Let’s Get Connected	Maureen Ryan, Myotherapy Center, Private Physiotherapist

Wednesday, 22 July 2020	7:30 p.m.	Building a Winning Team Mindset	Martin Wolffe, Mental Skills Coach, Bermuda Football Association
Wednesday, 22 July	8:15 p.m.	Nature versus Nurture: Building an Athlete Today for Tomorrow	Craig Brown, APEX Physio, Advanced Practice Physiotherapist and LTAD Coach
Wednesday, 29 July 2020	12:30 p.m.	Sports Medicine: A Multi-disciplinary Approach in Team Sport	Dr. Kalpesh Parmar, London International Patients Services, Consultant in Sports Medicine with Leicester Tigers Rugby (previously Tottenham Hotspur FC)

Mr. Brown stated, “The BOA Medical Committee is excited deliver and provide quality, educational opportunities and content for all our National Sports Governing Bodies, and those interested in high performance sport. These webinars are the first in a series aimed at sharing knowledge and information to assist our administrators, coaches, parents and athletes to better understand a wide range of topics such as sport science, sport exercise medicine, psychology, pharmacology, nutrition, recovery strategies, strength conditioning, technology, wellness and performance in modern day sport.”

Judy Simons, BOA President, said “I would like to thank and congratulate Craig and the Medical Committee on putting together The Healthy Athlete series. I know it will provide beneficial information to our young athletes, their coaches and supporters.

“Making leading sports medicine experts available to our local stakeholders and providing the audience with an opportunity to ask questions in a live environment is a great learning opportunity, and one more way the BOA is helping our National Sports Governing Bodies support Bermuda’s young athletes on their journeys to success.”

All sessions will be available via the following link:

<https://apexphysio-alliedhealth.zoom.us/j/4412952739?pwd=ZzBhZk5QN05iR1JzWWFZamp5a3dtQT09>

Meeting ID: 441 295 2739 Password: ApexBOA

- ENDS -

Note to Editors

About the Bermuda Olympic Association

Established in 1936, the Bermuda Olympic Association (BOA) is the sole representative of the International Olympic Association, Pan Am Sports, the Central American & Caribbean Games, and the Commonwealth Games Federation, and oversees all matters pertaining to Bermuda and these international sporting festivals. The BOA liaises with the local National Sport Governing Bodies to help identify Elite Athletes and to assist with and support their development so as to maximise their participation in the major festivals.

Media Contact: Olympics@ibl.bm