



Rugby Science Network (RSN) Live 2022

The Mercure Hotel Amsterdam City, Amsterdam, Netherlands

2 November 2022

Wednesday November 2 nd		
Time	Topic	Speakers
09:00 (UTC+1)	Opening remarks - Keith Stokes/Stephen Mellalieu (Rugby Science Network)	
09.05	Keynote: Current and future directions in injury research and injury prevention Prof Evert Verhagen	
10:15	Break	
	<u>Life Cycle of the Female player</u>	Dr Fiona Wilson & Dr Zoe Saynor (Co-Chair)
10:30	Menstrual health	Professor Kirsty Sale
	Breast health in sport. What are the challenges in rugby?	Professor Jo Wakefield-Scurr
	Menstrual symptoms in rugby: The players' lived experience	Dr Laura Forrest
	The female pelvic floor and high impact sport	Grainne Donnelly
	Panel Discussion	
12:30	Lunch	
	<u>Tackle Science</u>	Dr Sharief Hendricks (Chair)
13:15	Tackle Laws	Professor Simon Roberts
	Gendered differences in tackle learning	Kathryn Dane
	Head impact characteristics during tackles in the elite game	James Woodward
	Panel Discussion	
14:45	Break	
	<u>Mental Health</u>	Professor Stephen Mellalieu (Chair)
15:00	Developing mental health and wellbeing in rugby environments	Dr Steffan Griffin
	Mindfulness and mental health in elite rugby	Kearnan Myall
	Panel Discussion	
16:15	World Rugby Research Strategy: Current and Future Priorities	Professor Ross Tucker (World Rugby Scientific Committee)
16:30	Closing remarks – Keith Stokes/Stephen Mellalieu (Rugby Science Network)	
16:40	Close	