



**Dr SACHA FULTON**  
Accredited Sports Scientist  
Athlete Preparation Specialist  
PhD (Sports Physiology)

## Dinner Dates with Dr Sacha Fulton 2024 Webinar Series for IGSSA Rowing

In conjunction with IGSSA, Dr Sacha Fulton is pleased to present a 3-part webinar series for IGSSA rowers and their families with the key objectives to:

- Support a high-quality daily training environment.
- Build a framework of educational resources.
- Achieve positive behaviour change by developing sports science life skills and enhancing ability to apply these skills within different contexts.
- Assist young aspiring athletes to engage in healthy behaviours and make positive decisions which will enable them to successfully enter, and progress along the high-performance pathway.



Dr Sacha Fulton is the owner of Peak Preparation, a Sport Science consulting business for sub elite and elite athletes in Perth, Western Australia. Sacha is passionate about sport and helping athletes unlock their potential to reach their goals.

### Module 1: Nutrition & Hydration Practices

- Why Nutrition Matters
- The Macros
- Nutrients in Focus
- RED-S and Meeting Energy Demands
- Beyond the Numbers
- Changing the Conversation
- Resources

### Module 2: Optimizing Sleep

- The Science of Sleep
- Short Term Risks of Poor Sleep
- Sleep Hygiene for Performance:
  - Behavior
  - Environment
  - Routine
- Case Studies

### Module 3: Considerations of Female Athletes

- Physiology of the Menstrual Cycle
- Normal/Healthy Cycle
- What is NOT Normal
- Menstrual Cycle Medical Conditions
- Hormonal Contraception
- Menstrual Tracking

Monday 12<sup>th</sup> February 7pm: Nutrition and Hydration Practices - [Click here to join the meeting](#)  
Monday 26<sup>th</sup> February 7pm: Optimizing Sleep - [Click here to join the meeting](#)  
Monday 11<sup>th</sup> March 7pm: Considerations of Female Athletes - [Click here to join the meeting](#)

These webinars will be live and will be recorded. There will be an opportunity to ask questions in the chat box throughout the presentation which Sacha will answer. Participants are welcome to turn their cameras off for the presentation and can stay online at the end to ask questions in person which will not be recorded.



Sacha completed her PhD in 2008 working concurrently as the Sport Scientist for the Australian Paralympic Swimming team. She accompanied the team to the 2008 Beijing and 2012 London Paralympic Games. In 2009 Sacha gained employment at the WAIS. She worked with the Institute for over nine years assisting in the athletic improvement of Olympic and aspiring Olympic hopefuls.