



## FSEM Webinar 8 - 'The Young Athlete' Saturday 9<sup>th</sup> July, 2022 - 10.00am-12.00pm

*This webinar will be co-chaired by Dr Jamie Kearns (Munster Rugby Team Doctor & SEM SpR) & Dr Matthew Cosgrave (GP, SEM SpR and Irish Women's Rugby Team Doctor).*

### **SPEAKER'S BIOGRAPHIES**

- **Mr Des Ryan - Director of Coaching & Performance, Setanta College**



Des Ryan works for Setanta College as Director of Coaching & Performance. Des is one of the leading youth coaches and performance managers in sport and a world-renowned practitioner and speaker in the field of youth athletic development. In joining Setanta College, Des will contribute to the Colleges mission to Deliver industry defining Education, application and insight to communities at a local and global level.

Des joins Setanta from his position as Head of Sport Medicine & Athletic Development at Arsenal Football Club Academy, which he has held for over 8 years and where he has re-shaped the concept of player development within the world of football. He has previously served as Head of S&C at Connacht Rugby, S&C to Ireland and as Fitness Education Manager within the IRFU, where he spent over 13 years developing the IRFU's coach and player development system.

Over the years Des has presented at the UKSCA, ASCA and the NSCA conferences as well as many other conferences around the world. He also has worked as a consultant to World Rugby and the National Cricket academy in India.

Des has a Masters in Strength and Conditioning and is also an Accredited Strength and Conditioning coach with the UKSCA. He also has achieved the High Performance Sports Accreditation from the British Association of Sports and Exercise Science and is a chartered scientist.

- ***Dr Deirdre Ward - Centre for Cardiac Risk in the Young Persons (CRYP), Tallaght University Hospital***



Dr Deirdre Ward graduated from TCD Medical School. She completed her Specialist Cardiology Training in St James' Hospital and Tallaght Hospital Dublin. She spent 3 years in London as Clinical Research Fellow on inherited heart conditions with Professors Bill McKenna and Perry Elliott at The Heart Hospital and University College London, with a particular focus on diagnosis and genetics of Arrhythmogenic Cardiomyopathy. Dr Ward returned to Dublin in January 2007 to take up post as a Consultant Cardiologist and the Director for the Centre for Cardiac Risk in Younger Persons, in Tallaght Hospital. The CRYP Centre runs a dedicated service for inherited cardiac conditions, including assessment of families where sudden death of a young person has occurred. In 2015 she was nominated as a Fellow of the Faculty of Sports and Exercise Medicine of the RCSI. She is on the SpR Training Committees for both Cardiology (RCPI) and Sports and Exercise Medicine (RCSI). Dr Ward has always had an active interest in sport – through her teenage years she was an Irish Champion swimmer. She now keeps fit (and offsets her sweet tooth) by middle distance running.

- ***Prof James MacDonald - Clinical Professor of Family Medicine & Paediatrics, Ohio State College of Medicine***



James MacDonald M.D., M.P.H. has been a physician for over 25 years. For the past 12 years he has specialized in pediatric and adolescent sports medicine at the Nationwide Children's Hospital Division of Sports Medicine for twelve years. He is currently a Clinical Professor of Family Medicine and Pediatrics at Ohio State University College of Medicine. He has a number of research interests including spondylolysis, concussion, and pediatric exercise and inactivity. He is active in several of his profession's important national organizations including the American Medical Society for Sports Medicine (former Traveling Fellow), American College of Sports Medicine (fellow), and Pediatric Research in Sports Medicine (former Board of Directors member). He is also Deputy Editor of one of our specialty's premier journals, the Clinical Journal of Sport Medicine, and was formerly a team physician for the University of California, Santa Cruz and Ohio Dominican University.

- ***Dr Sinead Holden – Research Fellow, Clinical Research Centre, School of Medicine, University College Dublin***



Dr Sinead Holden is a Research fellow in the School of Medicine at University College Dublin. Her research interests are in the area of musculoskeletal pain and loading - related injuries (with a focus on youth), and leveraging technology in clinical research to improve understanding, assessment, and treatment of chronic disorders across the lifespan.

Sinead received an Irish Research Council Scholarship to complete her PhD on maturation and motor control in adolescent athletes, after which she moved to Aalborg University Denmark where she spent several years working in an international interdisciplinary research team investigating adolescent musculoskeletal health. Here, she co-founded the OptiYouth Group for 'Optimising physical health in youth'. She has a special research interest in improving the understanding and treatment of loading related pain and injuries in youth, such as patellofemoral pain and Osgood Schlatter. Her track record includes over 60 peer reviewed publications and >10 invited presentations on the topic of musculoskeletal disorders and physical activity in adolescents.

**4 External CPD Credits will be awarded by FSEM.**

This event is [BJSM](#) approved.

**We have partnered again with [Medcafe](#) for IT support, for delivery of webinar to maximum professional standard.**

**This event will be live/recording will be available afterwards via Medcafe. You need to register to attend webinar in order to have access to recording.**

**For further information please contact Faculty office at [sportsfac@rcsi.ie](mailto:sportsfac@rcsi.ie) or Annemarie directly on [annemariecreighton@rcsi.com](mailto:annemariecreighton@rcsi.com) or on 01 402 2382.**