

**Paediatric Exercise Sciences
Special Interest Group Meeting
Held at the BASES Annual Conference**

Venue: Brunel University – September 4th, 8.00 a.m.

In attendance: Rhodri Lloyd (RL), Assoc Prof Craig Williams (CW), Dr Paul Ford (PF), Dr Keith Tolfrey (TF), Dr Mark de Ste Croix (MDSC), Dr Thomas Korff (TK), Dr Joe Eisenmann and Dr Kenneth Holt (visitors)

Agenda

1. Apologies for absence

Dr Jon Oliver (JO), Michelle Jones, Prof. Neil Armstrong, Mr Alan Barker

2. Convenor's oral report

CW thanked those who were able to make the meeting which was not helped by the organising committee forgetting to add the PES group meeting into the programme. Equally, the breakfast meeting scheduled for 8.00 a.m. after the night of the conference dinner could be better positioned next year. The breakfast food was welcomed. CW will discuss with BASES whether a designated lunch time slot for all SIGs might increase the visibility and importance of these meetings. CW then outlined the work of the group by referring to several BASES TSES articles by JO, PF and KT. Equally, the SIG meeting held at UWIC and the paediatric workshop held at Exeter were all successful. CW commented on the need to increase discussion across the e-mail etc to ensure contact was maintained all year round and not just at the conference or workshops. Importantly, this would help those members not able to make these meetings. CW also notified the SIG that his 2 year cycle as convenor was now at an end and he proposed that the Deputy convenor JO should step up and take the lead role for the next two years. This course of action would provide continuity and also would make the post meaningful in ensuring projects were able to be completed etc. SIG members were in favour of this course of action. JO as convenor would now have to advertise to the group for a replacement as deputy convenor. If there is more than one SIG member showing interest, a vote would take place. CW gave thanks to the group for their support and assured them of his continued support in the SIG. KT discussed the issue of encouraging as many of the senior sport and exercise scientists to be involved and to encourage them to attend to show support to less well established members. All members were supportive of this comment whilst acknowledging senior members priorities etc but will seek at all opportunities to encourage as much participation as possible from everyone. The SIG group welcomed two American visitors Joe and Ken (symposium speakers at BASES) who commented on the possibility of making connections with the ACSM and NASPEM. This will be followed up. TK also commented on a small conference meeting in the US related to his work, which he would be willing to enquire about advertising etc. TK to report back to the group.

3. Deputy convenor's oral report

JO sent his apologies but unfortunately his conference funding was used up but his PhD student RL was attending both on his behalf and as a student member of the SIG. JO indicated his desire to continue to work as a convenor and in particular will be looking to explore a possible meeting prior to Christmas and also a one day workshop. Further details to follow.

4. Report of collaborative research – LTAD project

PF outlined the success of several SIG members from UEL, UWIC, Brighton, Exeter and Plymouth in collaborating on a LTAD project. All data collection had been completed and initial preliminary reports, descriptive analyses were being written. Further longitudinal analyses would be sought in time. An article was also being written by the group, another example of the collaborative approach. PF was investigating the possibility of research funds possibly from UK Sport to develop a smaller but longitudinally based project. PF will report back to the group as soon as he has some news. KT also discussed his initial plans for seeking collaborative research partners related to lipid oxidation, training and fatness of children. The two symposia organised by KT and TK at this year's BASES conference which again demonstrated the links amongst the PES SIG members. Congratulations were offered to KT and TK for organising such an excellent range of speakers.

5. Future Workshops

Both RL on behalf of JO and MDSC agreed in principle to explore the possibility of organising two 1 day workshops at UWIC and Gloucester. The group felt the theme of training young athletes would attract much interest. The possible themes of strength/power and speed could be the focus. Both workshops would have an element of practical and how to monitor changes over time to enable coaches/sports science support teams to discuss the latest developments etc relevant to their sports. KT mentioned the football youth conference taking place at Loughborough and CW agreed to contact SIG members at Loughborough to provide a report of the conference for those PES members who were not able to make the conference.

6. Ethics and research with children as participants

CW had hoped to present a preliminary draft of a position stand on ethics and research with children that BASES Executive had approved to be co-authored with Profs Celia Brackenridge and Edward Winter and Dr Mark Cobb. Unfortunately, although this was provisionally booked into the programme schedule, none of the authors were informed. CW now intends to finish proof reading etc and then send out to the PES members for commentary before sending out to other members of the BASES Executive. Comments would be most appreciated for SIG members and will be duly acknowledged in the document.

7. AOB

There was no other business and the meeting finished at 8.45 a.m.