



AIS FEMALE PERFORMANCE AND HEALTH INITIATIVE INDUSTRY REFERENCE GROUP

Mission: To provide Australian female athletes with effective performance support, connected to a network of experts, and provide quality education, underpinned by world class research.

Purpose: To provide Australian female athletes with a competitive advantage through optimisation of health and wellbeing.

Key personnel

- > Dr Rachel Harris is engaged as FPHI Project Lead;
- > Miranda Menaspà is the AIS Professional Networks Manager who is overseeing the initiative.

The 16 person Female Performance and Health Initiative (FPHI) Industry Reference Group (IRG) meets quarterly, or as required, to ensure FPHI projects and deliverables are deemed relevant and important to industry [the HP sport sector] and to provide insights regarding system needs for future FPHI proposals.



Eric Haakonssen

Performance Support and Podium Manager with Surfing Australia since 2022 and previously in the role of Senior Physiologist with the Australian Cycling Team since 2014. Also has a PhD in female athlete specific research and involved in ongoing research.



Paula Peralta

Specialist Sports & Exercise Physiotherapist (FACP). Employed at NSWIS. Lead Physiotherapist/SSSM Australian Opals. Australian Tokyo Olympic (Boomers) & Paralympic Teams.



Kate Mahony

Executive General Manager AFLW at the Sydney Swans. As a titled Sports Physiotherapist has worked with NSWIS, the Australian Women's Cricket Team and Tennis Australia and the Women's Tennis Association. Completed a Churchill Fellowship investigating best practice Sports Science and Sports Medicine of the female athlete.

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Jill Leckey

Performance Nutrition Support with the Australian Cycling Team since 2017, supporting sprint and endurance track cycling disciplines. Jill also has a PhD in exercise-nutrient interactions and the effects on substrate metabolism and performance.



Nathan Doyle

Paralympic Head Coach at Swimming Australia's Sunshine Coast Hub. Involved with coaching female athletes and coach at the Rio & Tokyo Paralympics.



Paula Charlton

Performance Health Manager for Triathlon Australia. Previously a Senior Sports Physiotherapist and Strength and Conditioning coach at the Australian Institute of Sport, the Melbourne Demons Football Club and Melbourne Storm Rugby Club. Has completed a Masters in Musculoskeletal and Sports Physiotherapy as well as a Masters in Exercise Science (Strength and Conditioning), a Clinical Doctorate of Physiotherapy and recently completed a PhD in injury prevention in high level team sports.



Josie Janz-Dawson

General manager of Education at Waalitj Foundation, and Board member at WAIS. Played netball for West Coast Fever and proud First Nations Australian.



Noella Green

Super W player 2019 and 2020, training squad 2021 and 2022 due to pregnancy and postpartum recovery. 2022 NSW Waratahs Women's U18 Forwards Coach. Accredited Exercise Scientist and Physiologist working with Sydney University Women's Rugby.



Sam Cox

Bowls Australia Athlete Wellbeing & Engagement Manager. Also working in the Female Talent Pathway in AFLW in Western Australia, with a passion for finding new ways to support the holistic development of female athletes of all ages.



Sharon Stay

Sport and Exercise Physician based in Queensland, currently QAS Chief Medical Officer and Sports Physician to the National Tennis Academy. Also works as a Medical Educator for sports trauma courses (World Rugby Immediate Care in Sport course and the MOST course) and is a Clinical Lecturer at the University of Queensland, and as a State Training Coordinator and Examiner for the Australasian College of Sport and Exercise Physicians.



Ned Brophy-Williams

National Lead Physiologist for Athletics Australia working with both able-bodied and para-athletes, predominantly in endurance events. Based at the NSW Institute of Sport, he also coaches two of the country's leading female middle-distance runners.



Alison Campbell

Experienced Sports Administrator having previously worked across a range of roles with Athletics Australia, Paralympics Australia and the Australian Institute of Sport. Alison continues her involvement in High Performance sport as a consultant and has ongoing involvement with a number of organisations and committees. In her role at the AIS, Alison originally established the Female Performance and Health Initiative.



Nikki Jeacocke

Senior Sports Dietitian at the Australian Institute of Sport who has worked with female athletes from many sports ranging from Pathways to senior elite. She was the Matildas Sports Dietitian for 12 years and currently leads the AIS Disordered Eating in High Performance Sport Project.



Clare Minahan

Associate Professor at Griffith University and has led the Griffith Sports Science group since 2002. Key researcher in the performance space, with a particular interest in the female athlete.



Rachel Harris

Project lead for the AIS FPHI, Sport and Exercise Physician and Chief Medical Officer at Paralympics Australia. In a past life swam for Australia at the Sydney Olympics.



Miranda Menaspa

AIS Professional Networks Lead. Specialist Sport and Exercise Physiotherapist and has worked with HP sport as a clinician at the AIS and a number of sports including rowing and water polo.