

Centre for Youth Sports Medicine (CYSM) Annual Conference 2026

Friday 5 June, 08:50 – 17:45 (followed by networking drinks)

IET London: Savoy Place, 2 Savoy Pl, London WC2R 0BL

Programme

Time	Title	Speaker	Institute
0850 – 0900	Welcome	Mathew Wilson & Sam Barke	ISEH & Meliora
0900 - 1010	Keynotes. Chair: Mathew Wilson	Mathew Wilson	ISEH
0900 - 0930	1. Protecting young athletes. Performance progressions, realistic expectations and injury prevention	Marco Cardinale	ISEH & Aspetar
0930 - 1000	2. The Adolescent Athlete Spectrum: A Modern Approach to School Sports Medicine	Sam Barke	Meliora
1000 - 1010	Discussion		
1015 - 1110	Heart, Lungs and Heat Chair: Tom Leggett	Tom Leggett	Meliora
1015 - 1030	Pragmatic approach to cardiac screening in adolescent athletes	Mathew Wilson	ISEH
1030 - 1045	Asthma or EILO - getting the diagnosis right	James Hull	ISEH
1045 - 1100	Protecting youth athletes from exertional heat illness	Lee Taylor	Loughborough University
1100 - 1110	Discussion		
1110 - 1145	Coffee		
1145 - 1240	Nutrition, sleep, & stress management in the adolescent athlete. Chair: Alex Maxwell	Alex Maxwell	Meliora
1145 - 1200	Practicalities of fuelling the adolescent athlete	Richard Alison	ISEH
1200 - 1215	The role of sleep in injury prevention	Charles Pedlar	ISEH & St Mary's University, Twickenham
1215 - 1230	Living well in schools: what's in their bag, on their phone, and in their notes	Alex Maxwell	Meliora
1230 - 1240	Discussion		
1240 - 1340	Lunch		
1345 - 1440	The Female Adolescent Athlete. Chair: Liz Robson	Liz Robson	Meliora
1345 - 1400	Breast biomechanics: Performance and health implications for adolescent athletes	Nicola Brown	St Mary's University, Twickenham
1400 - 1415	Menstrual cycle, injury risk & relative energy deficiency syndrome in adolescent athletes	Sarah Davies	ISEH
1415 - 1425	Discussion		
1425 - 1535	Growth & maturation. Chair: Tim Barton	Tim Barton	Meliora
1425 - 1440	Managing adolescent athletes during growth and maturation	Di Ryding	Man Met Uni
1440 - 1455	Bone stress injuries - reducing recurrence	Richard Seah	ISEH
1455-1510	Maturation related injury in ballet	Niall MacSweeney	Chelsea FC, St Mary's University, Twickenham
1510 - 1525	Management of apophyseal injuries in adolescents	Ricci Plastow	ISEH & UCLH
1525 - 1535	Discussion		
1535 - 1600	Coffee		

1600 - 1740	Latest trends in the management of specific adolescent injuries Chair: Sam Barke	Sam Barke	Meliora
1600 - 1615	Adolescent sports concussion; the challenge of sport, life and exams	Mike Forsythe	Meliora
1615 - 1630	Concussion - active management not 'watch & wait'	Georgie Hall	Meliora
1630 - 1645	Adolescent ACL reconstruction; is it game over for a career in professional sport?	Ricci Plastow	ISEH & UCH
1645 - 1700	Surgical decision making in adolescent shoulder injuries	Tanujan Thangarajah	ISEH and HCA
1700 - 1715	Management of foot and ankle injuries in adolescent athletes	Andy Goldberg	HCA
1715 - 1730	Primary cam morphology and femoroacetabular impingement syndrome	Paul Dijkstra	Aspetar
1730 - 1740	Discussion		
1740 - 1745	Closing remarks	Mathew Wilson & Sam Barke	ISEH & Meliora
1745 - 2000	Network and Drinks	ALL	