

## **ABSTRACT SUBMISSION GUIDELINES**

- Language: ENGLISH.
- Length: max 3000 characters – spaces and symbols included. Abstracts NOT complying with this requirement will NOT BE taken into consideration.
- The abstract text must NOT include the title, authors or affiliation (the latter information will be filled out during the online submission process).
- Abstract must be submitted as text only (no tabs, images or graphics allowed).

### **HOW TO PROCEED:**

- Read carefully the requirements and conference topics.
- Download the abstract template as exemple (Word format).
- Insert your abstract text, as required.
- Fill-out the submission form with your information, as well as including those of the co-authors. You will need to identify who will be the “presenting author”, which will be underlined in the program.
- Select one of the proposed topic areas.
- Select type of presentation (poster).
  - The scientific committee will make the final decision regarding which abstracts will be selected for oral communication.
  - The time limit for oral communications is 8 min, which will be followed by 2 min of questions/comments.
- Select if you would like your abstract to be evaluated for one ESNS Young Investigator Award. See below for more detail.
- Upload your abstract in the selected field and finalize the procedure.
- After submission you will receive a confirmation email with username and password that you may use to review your submission, as well as to modify it within the deadline. Once the deadline has passed, abstracts can no longer be modified by the authors.
- Once your abstract is evaluated, you will receive confirmation by email on July 31<sup>st</sup>.
- To be granted access to the Conference and the Abstract Publication in the Nutrients-Esns Special Issue, you will need to finalize your registration by September 1<sup>st</sup>.

## ABSTRACT SUBMISSION GUIDELINES

### AWARDS

#### **ESNS Young Investigator Awards Requirements:**

- ✓ Presenter and submitter must be the same person and less than 35 years of age.
- ✓ The candidate must apply poster communication.
- ✓ The selected finalists will present in a special oral communication session.
- ✓ Candidates will be evaluated on creativity, effort, attention to scientific detail and presentation skills. The award committee will take into consideration the similarity between the submitted abstract and the oral presentation.

The winners will be presented during the Award Ceremony on Saturday, November 28, 2020.

Enquiries can be sent to [esns@akesios.it](mailto:esns@akesios.it)

#### TOPICS

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| Nutrition for Para-athletes                                      |
| Nutrition for optimizing athletes body composition               |
| Manage team sport athletes nutrition and hydration               |
| Vegetarian and Vegan athletes: diet approach and supplementation |
| Extreme environment conditions nutrition                         |
| Optimizing diet and supplementation for Endurance Sport          |
| Nutrition and supplementation to support rehabilitation          |
| Individualized sport nutrition                                   |