

# Dr Nicholas Gill

+64 274 888 699  
nicholas.gill@nzrugby.co.nz



## Qualifications

Doctor of Philosophy (PhD) - 1997-2001 Southern Cross University, Australia

Certificate in Adult Learning and Teaching - 2001 Waikato Institute of Technology

Bachelor of Physical Education (1st Class Honours) - 1993-1996 University of Otago, New Zealand

## Honorary Appointments

Honorary Research Fellow

- Applied Sports Technology Exercise and Medicine Research Centre, Swansea University, Wales.

Honorary Research Fellow

- School of Sport, Health and Exercise Sciences Bangor University, Wales.

## Professional Memberships

Member of the Sports Performance Research Institute New Zealand (SPRINZ)

Member of Rugby Codes Research Group (RCRG)

Member of the Welsh Elite Performance Sport Innovation Network (WEPSIN)

Member of National Strength and Conditioning Association (NSCA)

## Current Employment

Auckland University of Technology

2011–present Senior Research Fellow (Permanent 0.2 FTE)

2007–2011 Research Fellow (Contracted 0.2 FTE)

New Zealand Rugby Union

All Blacks

2008-2014: Head Strength and Conditioning Coach (0.8 FTE, 86% win percentage, 78/91 Tests)

- 2013: Winners of The Rugby Championship, Bledisloe Cup (1st Unbeaten Season 100%)
- 2012: Winners of The Rugby Championship, Bledisloe Cup (93% win percentage)
- 2011: Rugby World Cup Winner, Winners of Bledisloe Cup (83% win percentage)
- 2010: Winners of TriNations, Bledisloe Cup and Grand Slam of Home Unions (93% win percentage)
- 2009: Winners of Bledisloe Cup and unbeaten during tour of Northern Hemisphere (71% win percentage)
- 2008: Winners of TriNations, Bledisloe Cup and Grand Slam of Home Unions (87% win percentage)

# Dr Nicholas Gill

+64 274 888 699

nicholas.gill@nzrugby.co.nz

## Previous Employment

Waikato Institute of Technology (Wintec)

2001-2008 Senior Lecturer (PASM)

2003-2006 Research Co-ordinator / Post-Graduate Curriculum Development  
and Course Co-ordinator

New Zealand Rugby Union

All Blacks

2004-2005: Assistant Strength and Conditioning Coach (82% win percentage)

Junior All Blacks (New Zealand Rugby Union)

2005 - 2007: Strength and Conditioning Coach (unbeaten in 3 years)

- Winners of Pacific Nations Cup 2006, 2007 (Tonga, Japan, Samoa, Fiji, Australia A)

High Performance Unit

2005-2007: Employed as Sport Scientist & Research Advisor (2005-2007)

Chiefs Super Rugby Franchise

2004-2008: Chiefs Super 12/14 Strength and Conditioning Coach

Waikato Rugby Union

2006: Director of Sport Science & Conditioning

- Oversee Medical Team and Training Staff
- 2006 ITM Cup Champions

2001-2005: Waikato NPC Strength & Conditioning Coach (5 campaigns)

- 2002 NPC Final & 2003/2004 NPC Semi-Final

2003: Waikato Rugby Academy Manager

New Zealand Academy of Sport

2001-2008 Strength & Conditioning Coach

Rowing New Zealand Olympic Team: Strength & Power Coach for elite men's squad (6 hrs wk)

This group consisted of the current Mens Coxless Four World Champions 2007, Mahe Drysdale 2005,

2006, 2007 Individual Single Skull World Champion, 2006 World Champion Pair.

## Research Activity

Journal Articles in Review (22)

Refereed Journal Articles (65)

Papers in refereed conference proceedings (65)

Dissertations (2)

# Dr Nicholas Gill

+64 274 888 699

nicholas.gill@nznzrugby.co.nz

## Research Publications, Presentations and Other Scholarly Activities

### Refereed Journal Articles (22 Manuscripts in Review)

1. Winwood P.W., Cronin J.C, Posthumus L.R., Finlayson S., Gill N.D., & Keogh J.W.L. Strongman versus traditional resistance training effects on muscular function and performance. In Review. .
2. Ross A., Gill N., & Cronin J. A comparison of the match demands of international and provincial rugby sevens. In Review.
3. Russell M., West D.J., Briggs M.A., Bracken R.M., Cook C.M., Giroud T., Gill N.D., & Kilduff L.P. A passive heat maintenance strategy implemented at half-time improves lower body power output and repeated sprint ability in professional Rugby Union players. In Review.
4. Cross M.R., Brughelli M.E., Brown S.R., Samozino P., Gill N.D., Cronin J.B., & Morin J.B. Force-velocity profiling during sprinting in elite rugby union and rugby league. In Review.
5. Ross A., Gill N., & Cronin J. Match demands of international rugby sevens. In Review.
6. Bridgemen L., McGuigan M., & Gill N. Eccentric exercise as a training modality – A brief review. In Review.
7. Ross A., Gill N., & Cronin J. A comparison of the physical and anthropometrical characteristics of international and provincial rugby sevens players. In Review.
8. Dobbs D.W., Gill N.D., Smart D., & McGuigan M.R. Reliability of vertical and horizontal power profiling in well trained rugby players. In Review.
9. Dobbs D.W., Gill N.D., Smart D., & McGuigan M.R. Relationship between vertical and horizontal jump variables and muscular performance in athletes. In Review.
10. Dobbs D.W., Gill N.D., Smart D., & McGuigan M.R. The acute effect of short term enhancement on horizontal and vertical countermovement and drop jump. In Review.
11. Dobbs D.W., Gill N.D., Smart D., & McGuigan M.R. The training effect of short term enhancement from complex pairing on horizontal and vertical countermovement and drop jump performance. In Review.
12. Bridgemen L., McGuigan M., & Gill N. Eccentric exercise, exercise induced muscle damage and the repeated bout effect. In Review.
13. Lindsay A., Lewis J., Scarrott C., Gill N., Gieseg S., & Draper N. Acute stress in professional rugby. In Review.
14. Chang A., McGuigan M., Cronin J., & Gill N. Using the isometric mid-thigh pull in strength and conditioning: relationship with dynamic strength. In Review.
15. Chang A., McGuigan M., Cronin J., & Gill N. Isometric squat performance – reliability and implications for diagnostics and training. In Review.
16. Simpringham K., Cronin A., Ross A., & Gill N. Advances in sprint acceleration profiling for team sports: A systematic review for reliability and validity. In Review.
17. Chang A., McGuigan M., Cronin J., & Gill N. The comparison between isometric squat and isometric mid-thigh pull assessments. In Review.
18. Chang A., McGuigan M., Cronin J., & Gill N. Circadian rhythm and warm-up effects on a multi-joint isometric assessment. In Review.
19. Chang A., McGuigan M., Cronin J., & Gill N. The isometric mid-thigh pull and its relationships to dynamic performance in male field hockey players. In Review.
20. Chang A., McGuigan M., Cronin J., & Gill N. Relationship between maximal dynamic and isometric strengths in high level rowers. In Review.
21. Chang A., McGuigan M., Cronin J., & Gill N. Isometric mid-thigh pull performances in different level of rowers. In Review.
22. Chang A., McGuigan M., Cronin J., & Gill N. Isometric training and its effects on different dynamic lower-body performances. In Review.

# Dr Nicholas Gill

+64 274 888 699

nicholas.gill@nzrugby.co.nz

## Supervision of undergraduate and postgraduate students

### Current Students (2014)

PhD	8 (4 primary, 4 secondary)
Masters	1 (Secondary)
Honours	2 (secondary)
Undergraduate Research Projects	0

### In Progress:

**Bridgemen, L.** Eccentric exercise, exercise induced muscle damage and the repeated bout effect. PhD. AUT University, Auckland, New Zealand. Due January 2017. Secondary Supervisor.

**Lindsay, A.** The effect of acute and chronic stress on muscle damage, inflammation, psychophysiological stress and immune system function on player recovery in professional rugby union. PhD. University of Canterbury, Christchurch, New Zealand. Due January 2015. Co-Supervisor.

**Cleland, I.** Sleep extension and skill development in elite rugby players. MPhil / PhD. AUT University, Auckland, New Zealand. Due January 2016/17. Primary Supervisor.

**Ross, A.** The characterisation and development of performance in rugby sevens. PhD. AUT University, Auckland, New Zealand. Due to February 2015. Primary Supervisor.

**Swinbourne, R.** Optimisation of nocturnal recovery to enhance performance and adaptation. PhD. AUT University, Auckland, New Zealand. Due to May 2014. Primary Supervisor.

**Dobbs, C.** Horizontal and vertical force production: Measurement and mechanisms. PhD. AUT University, Auckland, New Zealand. Due to complete December 2014. Primary Supervisor.

**Chang, A.** Isometric assessment and its relationship to dynamic performance in elite athletes PhD. AUT University, Auckland, New Zealand. Due to complete December 2014. Primary Supervisor.

**Hilton, B.** Effect of static and dynamic stretching during a full warm-up on sprint and agility performance in trained athletes. Honours. Edith Cowan University, Perth, Australia. Due to complete November 2014. Co-supervisor.

**Goh, M. A.** The effects of static and dynamic stretches of different durations on spring and jump performance: implications for match-day time constraints. Honours. Edith Cowan University, Perth, Australia. Due to complete November 2014. Co-supervisor.

**Paterson, S.** The influence of surface on acceleration, speed and agility using radar technology. AUT University, Auckland, New Zealand. Due to complete May 2015. Co-supervisor.

**Sylvester, R.** The effect of horizontal/lateral vs vertical jumping drills in training on performance increases in change of direction drills. AUT University, Auckland, New Zealand. Due to complete October 2017. Secondary Supervisor.

### Total Student Completions

PhD	8 (6 primary, 2 secondary)
Masters	7
Honours	8
Undergraduate Research Projects	12

### PhD Completions:

1. Harrison, C. Optimisation of aerobic fitness development in young athletes. PhD, AUT University, Auckland, New Zealand. Graduated December 2013. Secondary Supervisor.

## Curriculum Vitae

2. McMaster, T. Power profiling: measurement and development. PhD. AUT University, Auckland, New Zealand. Graduated December 2013. Primary Supervisor.
3. Argus, C. Power development and expression in professional Rugby Union players. PhD, AUT University, Auckland, New Zealand. Graduated November 2012. Primary Supervisor.
4. Beaven, C.M. Hormone-mediated strategies to enhance training and performance. PhD, AUT University, Auckland, New Zealand. Graduated June 2011. Primary Supervisor.
5. Smart, D. Physical characteristics of contact based team sport athletes and its role in development and performance in Rugby Union athletes. PhD, AUT University, Auckland, New Zealand. Graduated December 2011. Primary Supervisor.
6. Taylor, K. The assessment of neuromuscular training load and readiness for intensified training. PhD. Australian Institute of Sport. Graduated November 2012. Secondary Supervisor.
7. Randel, A. Enhancement of power training through feedback in Rugby Union athletes. PhD. AUT University, Auckland, New Zealand. Graduated December 2011. Secondary Supervisor.
8. Vaile, J. Effect of hydrotherapy on recovery of muscle-damage and exercise-induced fatigue. The University of Western Australia. Graduated 2008. Primary Supervisor.

### Masters / Honours Completions (Postgraduate)

1. Blair, M. (2007). Quantification of the physiological demands on referees during elite rugby matches. Masters. University of Otago.
2. Croucher, P. (2007). Manipulation of rest to alter adaptations to resistance training. Masters. Waikato Institute of Technology.
3. Edgar, D. (2007). Concurrent Vibration and Resistance Training for Rugby Union Players. Masters Thesis. Waikato Institute of Technology.
4. Argus, C. (2006). Recovery Strategies in Sport. Honours (First Class). Waikato Institute of Technology.
5. Beavan, M. (2005). Electrosonophoresis monitoring of an elite rugby union team through a competitive season. Masters Thesis, Waikato Institute of Technology.
6. Smart, D. (2005). Electrosonophoresis monitoring of an elite rugby union team through a competitive season. Masters Thesis, Waikato Institute of Technology.
7. Beavan, M. (2004). Testosterone and Performance. Honours Thesis, Waikato Institute of Technology.
8. Smart, D., (2004). Creatine Kinase, Impact and Recovery in Rugby Union. Honours Thesis, Waikato Institute of Technology.
9. Vaile, J. (2003). The effect of recovery modality on physiological measures of DOMS and dynamic performance. Honours Thesis, Waikato Institute of Technology.
10. Beavan, M. (2003). Electrosonophoresis monitoring of an elite rugby union team through a competitive season. Honours Thesis, Waikato Institute of Technology.
11. Owen, G. (2003). The effect of vibration training on strength, speed and power development in elite rugby union players. Masters Thesis (Co-supervisor), Auckland University of Technology.
12. Kay, B. (2003). Does the timing and type of hydration beverage affect the plasma volume change induced following endurance training. Masters Thesis (Co-supervisor), Waikato Institute of Technology.
13. Coffey, V. (2002). The effect of recovery modality on same-day and 24hr repeated treadmill tests. Honours Thesis, Waikato Institute of Technology.
14. Kay, B. (2002). Plasma volume changes during and following exercise. Honours Thesis, Waikato Institute of Technology.
15. de Hedervary, D. (1999). Does caffeine alter performance gains from creatine supplementation? Honours Student, Southern Cross University.

### Student Research Projects (Undergraduate)

1. Argus, C. (2005). Compression garments and fatigue during consecutive daily training. Third year project, Waikato Institute of Technology.
2. Baker, S. (2004). The effectiveness of Kre-Alkylene on anaerobic performance indices. Third year project, Waikato Institute of Technology.
3. Harvey, S. (2003). Vibration training and strength development in elite rugby union players. Research Project, Waikato Institute of Technology.

## Curriculum Vitae

Technology.

4. Jannes, K. (2003). The reliability of unilateral and bilateral jumps and the validity of predicting speed. Research Project, Waikato Institute of Technology.
5. Smart, D. (2003). The heart rate response of rally car drivers during a three-day rally. Research Project, Waikato Institute of Technology.
6. English, R. (2003). Does high intensity short duration training in the heat produce the same acclimation as low intensity long duration training? Research Project (Co-supervisor), Waikato Institute of Technology.
7. Fife, K. (2003). Does ingestion of carbohydrate during a rugby simulation improve performance in the latter stage of a period of repeated high-intensity exercise? Research Project (Co-supervisor), Waikato Institute of Technology.
8. Vaile, J. (2002). The effect of recovery modality on DOMS. Research Project, Waikato Institute of Technology.
9. Kay, B. (2001). Time and motion analysis of National Rugby League (NRL) referees. Research Project, Waikato Institute of Technology.
10. Rabbitt, B. (2001). The effect of zinc-magnesium supplementation on strength development.\* Research Project, Waikato Institute of Technology.
11. Hall, R. (2000). The effect of creatine serum and creatine powder on repeated maximal sprint cycling.\* Research Project, The Waikato Polytechnic.
12. Harris, B. (2000). The effectiveness of sleep as a recovery tool between bouts of maximal aerobic exercise. Research Project, The Waikato Polytechnic.

### Refereed Journal Articles

1. McMaster D.T., Gill N., Cronin J., McGuigan M. (2014). A brief review of strength and ballistic assessment methodologies in sport. *Sports Medicine*. Online Feb 10.1007/s40279-014-0145-2.
2. Ross A., Gill N., & Cronin J. (2014). Match analysis and player characteristics in rugby sevens. *Sports Medicine*. 44(3), 357-367.
3. Quarrie K.L., Hopkins W., Anthony M.J., & Gill N. (2013). Positional demands of international rugby union: Evaluation of player actions and movements. *Journal of Science and Medicine in Sport*. 16(4), 353-359.
4. Smart D.J., Hopkins W.G., & Gill N.D. (2013). Differences and changes in the physical characteristics of professional and amateur rugby union players. *Journal of Strength & Conditioning Research*. 27(11), 3033-3044.
5. McMaster D.T., Gill N., McGuigan M., & Cronin J. (2013). Effects of complex strength and ballistic training on maximum strength, sprint ability and force-velocity-power profiles of semi-professional rugby union players. *Journal of Australian Strength and Conditioning*. 21(4), 5-13.
6. McGuigan M., Cormack S.J., & Gill N.D. (2013). Strength and power profiling of athletes: selecting tests and how to use the information for program design. *Strength and Conditioning Journal*. 35(6), 7-14.
7. Beaven C.M., Cook C.J., Kilduff L., Drawer S., & Gill N. (2013). Intermittent lower-limb occlusion enhances recovery after strenuous exercise. *Applied Physiology, Nutrition, and Metabolism*. 37(6), 1132-1139.
8. Beaven C.M., Cook C., Gray D., Downes P., Murphy I., & Gill N. (2013). Electrostimulation's enhancement of recovery during a rugby preseason. *International Journal of Sports Physiology and Performance*. 8(1), 92-98.
9. McMaster, T., Gill, N., Cronin, J.B. and McGuigan, M.R. (2013). Is wireless accelerometry a viable measurement system for assessing vertical jump performance? *Sports Biomechanics*. [Epub ahead of print].
10. McMaster D.T., Gill N., Cronin J., & McGuigan M. (2013). The development, retention and decay rates of strength and power in elite rugby union, rugby league and american football. *Sports Medicine*. 43(5), 367-384.
11. Argus C.K., Gill N.D., Keogh J.W.L., McGuigan M.R., & Hopkins W.G. (2012). Effects of two contrast training programs on jump performance in rugby union players during a competition phase. *International Journal of Sports Physiology & Performance*. 7(1), 68-75.
12. Argus C.K., Gill N.D., & Keogh J.W.L. (2012). Characterization of the differences in strength and power between different levels of competition in rugby union athletes. *Journal of Strength and Conditioning Research*. 26(10), 2698-2704.
13. Taylor, K., Chapman, D.W., Gill, N., Newton, M., Cronin, J.B. (2012). Fatigue monitoring in high performance sport: A survey of current trends. *Journal of Australian Strength and Conditioning*. 20(1), 12-23.

## Curriculum Vitae

14. Argus C.K., Gill N.D., & Keogh J.W. (2012). Characterisation of the differences in strength and power between different levels of competition in rugby union athletes. *Journal of Strength and Conditioning Research*. 26(10), 2698-2704.
15. Smart D., Hopkins W.G., Quarrie K.L., Gill N. (2011). The relationship between physical fitness and game behaviours in rugby union players. *European Journal of Sport Science*. 14(S1), S8-S17.
16. Crewther, B.T., Cook, C.J., Lowe, T.E., Weatherby, R.P., and Gill, N. (2011). The effects of short-cycle sprints on power, strength, and salivary hormones in elite rugby players. *Journal of Strength and Conditioning Research*. 25(1): 32-39.
17. Beaven, C.M., Gill, N.D., Ingram, J.R., & Hopkins, W.G. (2011). Acute salivary hormone responses to complex exercise bouts. *Journal of Strength and Conditioning Research*. 25(4), 1072-1078.
18. Argus C.K., Gill N.D., Keogh J.W.L., & Hopkins W.G. (2011). Assessing lower-body peak power in elite Rugby union players. *Journal of Strength and Conditioning Research*. 25, 1616-1621.
19. Argus, C.K., Gill, N.D., Keogh, J.W.L., Blazevich, A.J., & Hopkins, W.J. (2011). Kinetic and training comparisons between assisted, resisted, and free countermovement jumps. *Journal of Strength and Conditioning Research*. 25(8), 2219-2227.
20. Randell A.D., Cronin J.B., Keogh J.W., Gill N.D., & Pedersen M.C. (2011). Reliability of performance velocity for jump squats under feedback and non-feedback conditions. *Journal of Strength and Conditioning Research*. 25(12), 3514-3518.
21. Argus C.K., Gill N.D., Keogh J.W., & Hopkins W.G. (2011). Acute effects of verbal feedback on upper-body performance in elite athletes. *Journal of Strength and Conditioning Research*. 25(12), 3282-3287.
22. Crewther B.T., McGuigan M.R., Gill N.D. (2011). The ratio and allometric scaling of speed, power, and strength in elite male rugby union players. *Journal of Strength and Conditioning Research*. 25(7), 1968-1975.
23. Argus C.K., Gill N.D., Keogh J.W., & Hopkins W.G. (2011). Assessing lower-body peak power in elite rugby-union players. *Journal of Strength and Conditioning Research*. 25(6), 1616-1621.
24. Randell A.D., Cronin J.B., Keogh J.W., Gill N.D., & Pedersen M.C. (2011). Effect of instantaneous performance feedback during 6 weeks of velocity-based resistance training on sport-specific performance tests. *Journal of Strength and Conditioning Research*. 25(1), 87-93.
25. Vaile, J., O'Hagan, C.O., Stefanovic, B., Walker, M., Gill, N., & Askew, C.D. (2011). Effect of cold water immersion on repeated cycling performance and limb blood flow. *British Journal of Sports Medicine*. 45(10), 825-829.
26. Taylor, K., Cronin, J., Gill, N., Chapman, D., and Sheppard, J. (2011). Warm-Up affects diurnal variation in power output. *International Journal of Sports Medicine*, 32(3), 185-189.
27. Crewther, B.T., McGuigan, M. & Gill, N. (2011). The ratio and allometric scaling of speed, power and strength in elite male rugby union players. *Journal of Strength and Conditioning Research*. 25(7), 1968-1975.
28. Crewther, B.T., Cook, C.J., Lowe, T.E., Weatherby, R.P. & Gill, N. (2011). The effects of short cycle sprints on power, strength and salivary hormones in elite rugby players. *Journal of Strength and Conditioning Research*. 28(10), 32-39.
29. Randell, A.D., Cronin, J.B., Keogh, J.K., and Gill, N.D. (2010). Optimizing within session training emphasis. *Strength and Conditioning Journal*. 32(2), 73-80.
30. Randell, A.D., Cronin, J.B., Keogh, J.W., and Gill, N.D. (2010). Transference of strength and power adaptation to sports performance – horizontal and vertical force production. *Strength and Conditioning Journal*. 32(4), 100-106.
31. Taylor, K., Cronin, J., Gill, N., Chapman, D., and Sheppard, J. (2010). Sources of variability in iso-inertial jump assessments. *International Journal of Sports Physiology and Performance*. 5(4), 546-558.
32. Argus, C.K., Gill, N., Keogh, J., Hopkins, W.G., & Beaven, C.M. (2010). Effects of a short-term pre-season training programme on the body composition and anaerobic performance of professional rugby union players. *Journal of Sports Sciences*. 28(6), 679-686.
33. Beaven, C.M., Ingram, J.R. & Gill, N.D. & Hopkins, W.G. (2010). Ultradian rhythmicity and induced changes in salivary testosterone. *European Journal of Applied Physiology*. 110(2), 405-413.
34. Crewther, B.T., Gill, N., Weatherby, R.P. & Lowe, T. (2009). A comparison of ratio and allometric scaling methods for normalizing power and strength in elite rugby union players. *Journal of Sports Sciences*. 27(14), 1575-1580.
35. Crewther, B.T., Lowe, T., Weatherby, R.P., Gill, N. & Keogh, J. (2009). Neuromuscular performance of elite rugby union players and relationships with salivary hormones. *Journal of Strength and Conditioning Research*. *Journal of Strength and Conditioning Research*. 23(7), 2046-2053.
36. Crewther, B.T., Lowe, T., Weatherby, R.P. & Gill, N. (2009). Prior sprint cycling did not enhance training adaptation, but resting

## Curriculum Vitae

- salivary hormones were related to workout power and strength. *European Journal of Applied Physiology*. 105(6), 919-927.
37. Argus, C.K., Gill, N.D., Keogh, J.W.L., Hopkins, W.G., & Beaven, C.M. (2009). Changes in strength, power and steroid hormones during a professional rugby union competition. *Journal of Strength and Conditioning Research*. 23(5), 1583-1592.
38. Duffield, R., Edge, Y., Merrells, R., Hawke, E., Barnes, M., Simcock, D., & Gill, N. (2008). Can compression garments improve exercise performance and recovery on consecutive days for team-sports? *International Journal of Sports Physiology and Performance*. 3, 454-468.
39. Vaile, J., Gill, N.D., Dawson, B., and Halson, S. (2008). Effect of hydrotherapy on the recovery from fatigue. *International Journal of Sports Medicine*. 29, 539-544.
40. Beaven, C. M., Gill, N., and Cook, C. (2008). Salivary testosterone and cortisol responses in professional rugby players after four resistance exercise protocols. *Journal of Strength and Conditioning Research*. 22(2), 426-432.
41. Beaven, C.M., Cook, C. and Gill, N. (2008). Significant strength gains observed in rugby players following specific RE protocols based on individual salivary testosterone responses. *Journal of Strength and Conditioning Research*. 22(2), 419-425.
42. Smart, D., Gill, N., Beaven, C.M., Cook, C., and Blazeovich, A. (2008). The relationship between changes in interstitial creatine kinase and game-related impacts in rugby union. *British Journal of Sports Medicine*. 42, 198-201.
43. Vaile, J., & Gill, N. (2008). Hydrotherapy Based Recovery: Latest Research and Practice. *Modern Athlete and Coach*. 45(4), 13-16.
44. Vaile, J., Halson, S., Gill, N.D., & Dawson, B. (2008). Effect of cold water immersion on repeat cycling performance and thermoregulation in the heat. *Journal of Sport Sciences*. 26(5), 431-440.
45. Vaile, J., Halson, S., Gill, N.D., & Dawson, B. (2008). Effect of hydrotherapy on the signs and symptoms of delayed onset muscle soreness. *European Journal of Applied Physiology*. 102(4), 447-455.
46. Vaile, J., Gill, N. & Blazeovich, A.J. (2007). The effect of contrast water therapy on symptoms of Delayed Onset Muscle Soreness. *Journal of Strength and Conditioning Research*. 21(3), 697-702.
47. Blazeovich, A.J., Gill, N.D., Deans, N., & Zhou, S. (2007). Lack of human muscle architectural adaptation after short-term strength training. *Muscle and Nerve*. 35(1), 78-86.
48. Blazeovich, A.J., Gill, N.D., & Zhou, S. (2006). Intra- and Inter-muscular variation in human quadriceps femoris architecture assessed in vivo. *Journal of Anatomy*. 209, 289-310.
49. Gill, N.D., Beaven, M., & Cook, C.J. (2006). Effectiveness of post-match recovery strategies in rugby players. *British Journal of Sports Medicine*. 40, 260-263.
50. Blazeovich, A.J. & Gill, N. (2006). Reliability of unfamiliar multijoint, uni- and bilateral strength tests: effects of load and laterality. *Journal of Strength and Conditioning Research*. 20(1), 226-230.
51. Owen, G., Cronin, J., Gill, N., & McNair, P. (2005). Knee extensor stiffness and functional performance. *Physical Therapy in Sport*. 6(1), 38-44.
52. Kay B., O'Brien B.J., Gill N.D. (2005). Plasma volume expansion 24-hours post-exercise: effect of doubling the volume of replacement fluid. *Journal of Sport Science and Medicine*. 4(2), 179-184.
53. Kay B., O'Brien B. J., Gill N.D. (2005). Immediate re-hydration post-exercise is not co-incident with raised mean arterial pressure over 30-minute observation period. *Journal of Sport Science and Medicine*. 4(4), 422-429.
54. Tod, D., Iredale, F., McGuigan, M., Strange, D. & Gill, N. (2005). "Psyching-Up" enhances force production during the bench press exercise. *Journal of Strength and Conditioning Research*. 19(2), 128-132.
55. Kay B., O'Brien B. J., Gill N.D. (2004). Exercise-induced hypervolemia may not be consequential to dehydration during exercise. *Journal of Sport Science and Medicine*. 3, 50-55.
56. Gill, N.D., Hall, R.D., & Blazeovich, A.J. (2004). Creatine serum is not as effective as creatine powder for improving cycle sprint performance in competitive male team-sport athletes. *Journal of Strength and Conditioning Research*. 18(2), 272-275.
57. Kay, B. & Gill, N. (2004). Physical demands of elite rugby league referees Part 2: heart rate responses and implications for training and fitness testing. *Journal of Science and Medicine in Sport*. 7(2), 165-173.
58. Coffey, V., Leveritt, M. & Gill, N. (2004). Effect of recovery modality on 4-hour repeated treadmill running performance and changes in physiological variables. *Journal of Science and Medicine in Sport*. 7(1), 1-10.
59. Prosser, C., Stelwagen, K., Cummins, R., Guerin, P., Gill, N., & Milne, C. (2004). Reduction in heat induced gastrointestinal



## Curriculum Vitae

- hyperpermeability in rates by bovine colostrum and goat milk powders. *Journal of Applied Physiology*. 96, 650-654.
60. Blazevich, A., Gill, N., Bronks, R. & Newton, R. (2003). Training-specific muscle architecture adaptation after 5-wk training in athletes. *Medicine and Science in Sports and Exercise*. 35(12), 2013-2022.
61. Kay, B. & Gill, N. (2003). Physical activity of elite rugby league referees Part 1: time and motion analysis with implications for training. *Journal of Science and Medicine in Sport*. 6(3), 259-262.
62. Tod, D., Iredale, F. & Gill, N. (2002). 'Psyching-Up' and muscular force production. *Sports Medicine*. 33(1), 47-58.
63. Blazevich, A.J. & Gill, N.D. (2002). Reliability and validity of two Isometric squat tests. *Journal of Strength and Conditioning Research*. 16(2), 298-304.
64. Gill, N. & Sleivert, G. (2001). Is intermittent heat exposure as effective as daily heat exposure for heat acclimation? *Aviation, Space and Environmental Medicine*. 72, 385-390.
65. Gill, N., Shield, A., Weatherby, R. & Zhou, S. (2000). Muscular and cardiorespiratory effects of Pseudoephedrine on human athletes. *British Journal of Clinical Pharmacology*. 50(3), 205-214.

### Book Chapters

1. Gill, N., & Beaven, M. Physiology of Risk. In *Berkshire Encyclopedia of Extreme Sports*. D. Booth and H. Thorp, ed. Berkshire Publishing Group, Great Barrington, MA, 2007, pp. 236-240.

### Papers in Refereed Conference Proceedings

1. Gill, N., McMaster, D., Smart, D., Cronin, J. and McGuigan, M. (2013). Monitoring neuromuscular fatigue and recovery in semi-professional rugby union players. *National Strength and Conditioning Association National Conference*. Las Vegas, USA, 10-13 July, 2013.
2. Taylor, K., Cronin, J., Newton, M., Gill, N.D., Chapman, D.W. (2010). Validation of a practical test for measuring neuromuscular fatigue in athletes. *15th Annual ECSS Congress*, Antalya.
3. Randell, A. D., Cronin, J. B., Keogh, J. W., Gill, N., and Pedersen M. (2009). Effect of instantaneous feedback during performance of jump squats. *Poster presentation at the New Zealand Sports Medicine and Science Conference*, Rotorua.
4. Randell, A. D., Cronin, J. B., Keogh, J. W., Gill, N., and Pedersen M. (2010). Effect of performance feedback during 6 weeks of velocity based squat jump training. *Poster presentation at the International Society of Biomechanics in Sports Conference*, Marquette, Michigan, USA.
5. Randell, A. D., Cronin, J. B., Keogh, J. W., Gill, N., and Pedersen M. (2010). Effect of instantaneous performance feedback on velocity based squat jump training. *Poster presentation at the Sports Performance Research Institute New Zealand Strength and Conditioning Conference*, Auckland.
6. Randell, A.D., Cronin, J.B., Keogh, J.W., Gill, N., and Pedersen M. (2010). Effect of performance feedback during 6 weeks of velocity based squat jump training. *Poster presentation at the International Society of Biomechanics in Sports Conference*, Marquette, Michigan, USA.
7. Argus, C.K., Gill, N., Keogh, J.W.L., Blazevich, A.J., & Hopkins, W.G. (2009). Kinetic, kinematic and training comparisons between assisted, resisted and bodyweight countermovement jumps. *Australia Strength and Conditioning Association Annual Conference*, Gold Coast. November, 2009.
8. Randell, A.D., Cronin, J.B., Keogh, J.W., Gill, N., and Pedersen M. (2009). Effect of instantaneous feedback during performance of jump squats. *New Zealand Sports Medicine and Science Conference*, Rotorua, New Zealand.
9. Beaven, C.M., Gill, N.D., Argus, C.K., Ingram, J.R. & Hopkins, W.G. (2009). Acute salivary hormone responses to complex exercise bouts. *Australia Strength and Conditioning Association Annual Conference*, Gold Coast. November.
10. Crewther, B.T., Weatherby, R.P., Lowe, T. & Gill, N. (2008). The effect of hormonal priming using supramaximal exercise on a power and strength workout in elite athletes. *3rd Football Conference*, Melbourne, Australia, 23-25 October, pg 9.
11. Crewther, B.T., Weatherby, R.P., Lowe, T. & Gill, N. (2008). The training effect of hormonal priming using supramaximal exercise on power and strength adaptation in elite athletes. *3rd Football Conference*, Melbourne, Australia, 23-25 October, pg 9.
12. Crewther, B.T., Weatherby, R.P., Lowe, T. & Gill, N. (2008). Can testosterone and cortisol priming with supramaximal exercise modify the neuromuscular performance of elite rugby players? *The National Conference for the National Strength and Conditioning Association*, Las Vegas, USA, 9-12 July, pg 238.

## Curriculum Vitae

13. Crewther, B.T., Weatherby, R.P., Lowe, T. & Gill, N. (2008). A comparison of methods to normalize the power and strength of elite rugby players. The National Conference for the National Strength and Conditioning Association, Las Vegas, USA, 9-12 July, pg 251.
14. Askew, C., Vaile, J., Stefanovic, B., O'Hagen, C., Walker, M. & Gill, N. (2008). Effect of cold water immersion on recovery and limb blood flow following high-intensity cycling. Sports Medicine Australia Annual Conference.
15. Vaile, J.\*, Halson, S., Gill, N., Dawson, B. (2008). Effect of hydrotherapy on the recovery of exercise-induced fatigue and performance. American College of Sports Medicine 55th Annual Meeting. May 28-31, 2008 Indianapolis, Indiana, United States of America.
16. Argus, C.K., Gill, N.D., Keogh, J.W.L., Hopkins, W.G., & Beaven, C.M. (2007). Effect of concurrent in season rugby training on the long-term maintenance of maximal strength and power. New Zealand Sports Medicine and Science Conference, Hamilton, November.
17. Crewther, B., Gill, N., Lowe, T. & Weatherby, R. (2007). The neuromuscular and salivary hormone profiles of elite male rugby union players. Australian Sports Medicine Conference, Adelaide, Australia, 13-16 October, pg 82.
18. Vaile, J.\*, Halson, S., Gill, N., Dawson, B. (2007). Effect of hydrotherapy on the recovery of exercise-induced fatigue and performance. Australian Conference of Science and Medicine in Sport. Adelaide, Australia. \*Awarded Best Young Investigator.
19. Vaile, J.\*, Halson, S., Gill, N., Dawson, B. (2007). Effect of hydrotherapy on the signs and symptoms of delayed onset muscle soreness. European College of Sports Science. Jyväskylä, Finland. \*Awarded Best Young Investigator.
20. Beaven, C.M., Gill, N.D., Hopkins, W.G. (2007). Hormone-based modulation of a pre-season training load in elite rugby players. New Zealand Sports Medicine and Science Conference, November, Hamilton, New Zealand.
21. Crewther, B., Gill, N.D., & Weatherby, R. (2007). Hormone and performance profiles of elite male rugby union players. Australian Conference of Science and Medicine, October.
22. Smart, D.J., Hopkins, W.G., & N.D. Gill (2007). Trends and differences in the fitness of professional and amateur rugby union players. New Zealand Sports Medicine and Science Conference, November, Hamilton, New Zealand.
23. Gill, N.D., Beaven, C.M., & Cook, C.J. (2005). The effectiveness of post-match recovery strategies in rugby players. New Zealand Sports Medicine and Science Conference, November, Queenstown, New Zealand. \*Awarded Best Poster. Pg 83.
24. Beaven, C.M., Gill, N.D., & Cook, C.J. (2005). Hormonal responses to four distinct resistance training Sessions. New Zealand Sports Medicine and Science Conference, November, Queenstown, New Zealand. Pg 22.
25. Smart, D., Gill, N.D., Beaven, C.M., Cook, C.J. & Blazevich, A.J. (2005). Creatine Kinase response to rugby union competition and the relationship with impact. New Zealand Sports Medicine and Science Conference, November, Queenstown, New Zealand. Pg 73.
26. Argus, C., & Gill, N.D. (2005). Performance effects of wearing compression garments (Skins) during exercise and recovery. New Zealand Sports Medicine and Science Conference, November, Queenstown, New Zealand.
27. Baker, S. & Gill, N. (2004). The effect of Kre-Alkaline on maximal intermittent strength and speed performance in rugby players. New Zealand Sports Medicine and Science Conference, October, Auckland, New Zealand, pg 199.
28. Smart, D., Gill, N., Beaven, M., Cook, C. & Blazevich, A. (2004). Hormonal responses pre and post competitive rugby union match. New Zealand Sports Medicine and Science Conference, October, Auckland, New Zealand, pg 174.
29. Owen, G., Cronin, J., Gill, N. & Harvey, S. (2004). Vibration and conventional strength training do not change in-season knee extensor stiffness, strength, power and speed in semi-elite rugby union football players. New Zealand Sports Medicine and Science Conference, October, Auckland, New Zealand, pg 146.
30. Vaile, J. & Gill, N. (2003). The effect of contrast water therapy on symptoms of Delayed Onset Muscle Soreness (DOMS) and explosive athletic performance. Annual Sports Medicine Australia Conference, Canberra, Australia.
31. Smart, D. & Gill, N. (2003). Heart rate responses to competitive rally driving compared to those of a sub-maximal exercise test. Annual Sport Science New Zealand Conference, Nelson, New Zealand. 20-22 November, Pg 164.
32. Kay, B., O'Brien, B. J. & Gill, N. (2003). Plasma volume expansion 24-hours post-exercise is unaffected by 1.5L and 3L Powerade, when subjects are re-hydrated immediately post-exercise. Annual Sport Science New Zealand Conference, Nelson, New Zealand. 20-22 November, Pg 157.
33. English, R., Gill, N. & O'Brien, B. (2003). A comparison of high intensity, short duration and low intensity, long duration heat acclimation protocols. Annual Sport Science New Zealand Conference, Nelson, New Zealand. 20-22 November, Pg 149.

## Curriculum Vitae

34. Cummins, R., Gill, N., Milne, C., Prosser, C. & Stelwagen, K. (2003). Can nutritional supplementation reduce 'Leaky Gut'? Annual Sport Science New Zealand Conference, Nelson, New Zealand. 20-22 November, Pg 52.
35. Gill, N. & Vaile, J. (2003). The rapid recovery recipe? Annual Sport Science New Zealand Conference, Nelson, New Zealand. 20-22 November, Pg 66.
36. Jannes, K. & Gill, N. (2003). The test-retest reliability of simple jump tests and the relationship to sprint performance in elite male rugby players. Annual Sport Science New Zealand Conference, Nelson, New Zealand. 20-22 November, Pg 155.
37. Harvey, S., Owen, G., Cronin, J. & Gill, N. (2003). The effect of whole body vibration training on concentric squat strength in concurrently training elite rugby players. Annual Sport Science New Zealand Conference, Nelson, New Zealand. 20-22 November, pg 152.
38. Gill, N., Vaile, J. & Coffey, V. (2002). The effect of contrast therapy on performance and lactate kinetics. Annual Rugby Union Conditioning Conference. Adidas Institute of Rugby, Palmerston North, New Zealand. November.
39. Tod, D., Iredale, F., McGuigan, M., Strange, D. & Gill, N. (2002). Psyching-up increases peak force production during the bench press exercise. Annual Sport Science New Zealand Conference, Wellington, New Zealand. November, pg 109.
40. Coffey, V., Leveritt, M.D. & Gill, N. (2002). Effect of recovery modality on treadmill running performance and changes in physiological variables. Annual Sport Science New Zealand Conference, Wellington, New Zealand. November, pg 58.
41. Coffey, V., Leveritt, M.D. & Gill, N. (2002). Effect of recovery modality on some physiological variables following treadmill running. Annual Sport Medicine Australia Conference, Melbourne, Australia. October. Conference proceedings in supplement to: Journal of Science and Medicine in Sport, 5 (4), pg 44.
42. Coffey, V., Leveritt, M.D. & Gill, N. (2002). Effect of recovery modality on 4-hour repeated treadmill running performance. Annual Sport Medicine Australia Conference, Melbourne, Australia. October. Conference proceedings in supplement to: Journal of Science and Medicine in Sport, 5 (4), pg 44.
43. Vaile, J., Coffey, V. & Gill, N. (2002). The effect of recovery strategy on symptoms of Delayed Onset Muscle Soreness (DOMS). Annual Sport Science New Zealand Conference, Wellington, New Zealand.
44. Dossall, W & Gill, N. (2002). The heart rate response of elite rugby union players during senior club games. Annual Sport Science New Zealand Conference, Wellington, New Zealand.
45. Kay, B. & Gill, N. (2001). The heart rate response of an NRL referee during a first grade: a case study. Annual Sport Science New Zealand Conference, Wellington, New Zealand. 28-30th September, pg 54.
46. Rabbitt, B. & Gill, N. (2001). The effect of zinc-magnesium supplementation on strength development and body weight. Annual Sport Science New Zealand Conference, Wellington, New Zealand. 28-30th September, pg 58. \*Best Research Project 2001.
47. Gill, N., O'Brien, B., Blazevich, A., & Leveritt, M. (2001). The effect of Glycemic index on anabolic hormone profile after an acute bout of resistance training. Annual Sport Science New Zealand Conference, Wellington, New Zealand. 28-30th September, pg 50.
48. Gill, N. (2001). Nasal Decongestant or Ergogenic Aid? Annual Sport Science New Zealand Conference, Wellington, New Zealand. 28-30th September, pg 42.
49. Kay, B. & Gill, N. (2001). Time and motion analysis of NRL referees. Annual Sport Science New Zealand Conference, Wellington, New Zealand. 28-30th September, pg 53.
50. Edge, J., Coffey, V., & Gill, N. (2001). The effect of five days creatine supplementation on repeated sprint ability of female athletes. Annual Sport Science New Zealand Conference, Wellington, New Zealand. 28-30th September, pg 47.
51. Prosser, C., Stelwagen, K., Arnold, E., Cummins, R., Guerin, P., Milne, C. & Gill, N. (2001). Intestinal permeability induced by heat stress. The Nutrition Society of New Zealand Annual Conference, Wellington, 17th-19th October.
52. Guerin, P.B., Cummins, R.A., Gill, N., Prosser, C., & Stelwagen, K. (2000). Rats in running wheels: the effects of colostrum. The New Zealand Behaviour Analysis Symposium, Ruakura Research Centre, Hamilton, NZ.
53. Gill, N.D., de Hedervary, D.G., Weatherby, R. (2000). Does caffeine counteract the ergogenic effect of creatine supplementation? In Book of abstracts International Congress on Sports Science, Sports Medicine and Physical Education Pre-Olympic Congress, Brisbane, Australia. 7-12th September, pg 275.
54. Hall, R. & Gill, N. (2000). (The effect of creatine serum and creatine powder on repeated maximal sprint cycling. Annual Sport Science New Zealand Conference, Wellington, New Zealand. October, pg 54. \*Best Research Project 2000.

## Curriculum Vitae

55. Blazeovich, A.J., Newton, R.U., Sharman, M., Bronks, R. & Gill, N. (1999). Specificity of strength training exercises to the vertical jump and 20 m sprint tests. Australian and New Zealand Society of Biomechanics Conference, Gold Coast Australia, 31st January, pg 9.
56. Gill, N. (1999). "Pseudoephedrine and Exercise". Invited Speaker at "Frontiers in Sports Medicine 1999", Sports Medicine Service, St George Hospital Campus, Sydney, 16 June.
57. Gill, N., Shield, A., Weatherby, R. & Zhou, S. (1999). The power of suggestion in athletic performance: Pseudoephedrine and Maximal exercise. In Proceeding of Symposium on the Olympic Athlete, Sydney, Australia. 23-24 June, pg 36.
58. Gill, N., Shield, A., Weatherby, R., Zhou, S., & Blazeovich, A. (1999). Performance enhancement and changes in blood constituents from pseudoephedrine ingestion (180mg). In Book of Abstracts, Fifth IOC World Congress on Sport Sciences, Sydney, Australia. 1-5 November, pg 169.
59. Gill, N., Weatherby, R., Zhou, S., & Blazeovich, A. (1999). Important considerations in drug testing: hydration state, sample volume, sample concentration and individual variation. In Book of Abstracts, Fifth IOC World Congress on Sport Sciences, Sydney, Australia. 1-5 November, pg 92.
60. Blazeovich, A.J., Newton, R.U., Bronks, R. & Gill, N.D. (1999). Influence of movement pattern of resistance training on athletic performance during concurrent resistance and task training. In Book of Abstracts, Fifth IOC World Congress on Sport Sciences, Sydney, Australia. 1-5 November, pg 18.
61. Blazeovich, A.J., Newton, R.U., Sharman, M., Bronks, R. & Gill, N.D. (1999). Specificity of strength training exercises to the sprint run and vertical jump tests. In Book of Abstracts, Fifth IOC World Congress on Sport Sciences, Sydney, Australia. 1-5 November, pg 191.
62. Gill, N., Shield, A., Weatherby, R. & Zhou, S. (1998). Effects of 180 mg of Pseudoephedrine on muscle strength, muscle power, lung function, lactate response and heart rate. In Proceedings of Australian Conference of Science and Medicine in Sport, Adelaide Convention Centre, Australia. 13-16 Oct., pg 122.
63. Gill, N. & Shield, A. (1997). Effects of 180 mg of Pseudoephedrine on muscle strength and activation. In Proceedings of International Conference in Weightlifting and Strength, Finland, 1-3 November.
64. Gill, N. & Sleivert, G. (1996). Is intermittent heat exposure as effective as daily heat exposure for heat acclimation? *Medicine and Science in Sports and Exercise*, 29(5), S563.
65. Gill, N., & Sleivert, G. (1996). Is intermittent heat exposure as effective as daily heat exposure for heat acclimation? In Proceedings of Partners in Performance, National Conference, Wellington, New Zealand. 11-13 Oct., pg 148.

### Dissertations / Thesis

- Gill, N. (1996). Is intermittent heat exposure more effective than continuous heat exposure for heat acclimation? Honours Thesis, University of Otago, New Zealand (First Class)
- Gill, N. (2001). Pseudoephedrine and exercise: Performance enhancement, elimination and possible mechanisms of action. Doctoral Thesis, Southern Cross University, Lismore, Australia (submitted 12/12/01)

## Research Awards & Recognition

- 2007 Waikato Institute of Technology Meritorious Research Award
- 2005 Waikato Institute of Technology Meritorious Research Award
- 2005 New Zealand Sports Medicine and Science Conference Award for Best Poster
- 2002 Sport Science New Zealand Conference Award for Best Poster
- 2001 Sport Science New Zealand Conference Award for Best Poster

## Invited Presentations

### Industry / Community

1. NZRU Coaching Workshop - The reliability and validity of a rugby specific fitness test. New Zealand Rugby Union Coaching and Medical Annual Workshop. Wellington, New Zealand (2006).

## Curriculum Vitae

2. Coca Cola Asia Pacific – consulted and presented to work place factory staff regarding injury prevention Hamilton Boys High School – presented to athletes and parents on the importance of school, life, sport balance and nutritional needs of the growing boy. Hamilton, New Zealand (2008).
3. and safe work practices. Auckland, New Zealand (2010).
4. Coca Cola Asia Pacific – invited to present to well being staff on methods of injury prevention, lifting, movement preparation and warm up concepts. Auckland, New Zealand (2011).
5. High Performance Strength & Conditioning Lecture – BOP Polytechnic, (2012).
6. Unilever – Invited to talk with all senior marketing managers regarding high performance and motivating staff. Auckland, New Zealand (2012).
7. Hamilton Boys High School – presented to school on the “marginal gain” and “little things” that make the All Blacks successful. Hamilton, New Zealand (2012).
8. Bintang Rugby - Strength & Power Development. Bintang Rugby Development Programme. Kuala Lumpa, Malaysia (2012).
9. Graduation Address – CPIT, Christchurch, New Zealand (2012).
10. Graduation Address – BOP Polytechnic, Bay of Plenty, New Zealand (2012).
11. High Performance Strength & Conditioning Lecture – BOP Polytechnic, New Zealand (2012).
12. Bricks & Mortar – Otago Polytechnic and Otago University, New Zealand (2012)
13. Performance Analysis Lecture – BOP Polytechnic, New Zealand (2013).
14. Athlete Development – MISH, New Zealand (2013)
15. Air New Zealand Pilot Wellbeing – Air New Zealand Medical Unit, Auckland, New Zealand (2014).
16. High Performance Strength & Conditioning Lecture – BOP Polytechnic, New Zealand (2014).

### Academic

1. Keynote – at Australian Strength and Conditioning Association (ASCA) International Conference, Gold Coast, Australia (2007)
2. Invited Speaker at the United States Olympic Committee (USOC) Conference in Colorado Springs, USA (2010).
3. Keynote at World Congress on Science and Football. Japan (2011).

## Grants

### Summary — Research Grants/Funding

1. Cook, C. et al. (2010-2016). Esprit with Pervasive Sensing. Engineering and Physical Sciences Research Council Programme. (£6.12 million over 6 years).
2. Gill, N. (2014). GPS: Rugby and Coal face development. Adidas Global. (\$45k).
3. Gill, N. & Martyn Beaven. NZRU Research funding for PhD studies. (\$45k).
4. Gill, N. & Smart, D. NZRU Research funding for PhD studies. (\$45k).
5. Gill, N. & Argus, C. Rugby Union Performance funding & PhD. (\$45k).
6. Gill, N. (2005). Rugby Research. New Zealand Rugby Union. (\$20,000).
7. Gill, N. (2005). Physiological monitoring of Rugby Union players. HortResearch, Hamilton. (\$40,000).
8. Vaile, J., Gill, N., et al. (2005). Recovery interventions in athletes. Australian Institute of Sport, Canberra, Australia. (\$7,000).
9. Gill, N., Vaile, J., Smart, D., Beaven, M. (2004). Recovery Interventions. Contestable Research Fund, Waikato Institute of Technology. (\$23,000).
10. Gill, N., Blazeovich, A., & Cronin, J. (2003). Muscle stiffness and vibration and the effects on functional performance. Contestable Research Fund, Waikato Institute of Technology. (\$7,000).
11. Gill, N., & Coffey, V. (2002). The effect of recovery modality on same day and 24-hour repeated treadmill tests. Contestable Research Fund, Waikato Institute of Technology. (\$7,000).
12. Gill N.D. (2001). The effect of Glycemic index on anabolic hormone profile after and acute bout of resistance training. Contestable Research Fund, Waikato Institute of Technology. (\$20,000).

## Curriculum Vitae

13. Cummins R., Gill N., & Guerin P. (2001). Can cow's colostrum prevent 'leaky gut' in humans who run in the heat? Contestable Research Fund, The Waikato Polytechnic. (\$21,311).
14. Edge Y. & Gill N.D. (2000). The effect of five days creatine supplementation on repeated sprint ability of female athletes. Sport Science New Zealand. (\$1000).
15. Paton C., & Gill N.D. (2000). Placebo effect associated with creatine supplementation. Contestable Research Fund, The Waikato Polytechnic.
16. Cummins R., Gill N.D., Guerin P., Milne C., Prosser C., & Stelwagen K. (2000). Can cow's colostrum prevent 'leaky gut' in humans who run in the heat? Waikato Medical Board. (\$3000).
17. Guerin P., Cummins R., Gill N.D., Prosser C., & Stelwagen K. The effect of dietary colostrum on activity-stress procedures in rats. Health Research Council. Applied for \$238,550 but was not successful.
18. Guerin P., Cummins R., Gill N.D., Prosser C., & Stelwagen K. Can cow's colostrum prevent 'leaky gut' in humans who run in the heat. Health Research Council. Applied for \$250,550 but was not successful.

## Professional Service

### Manuscript Reviewer

Sports Medicine

Medicine and Science in Sports and Exercise

Strength and Conditioning Journal

Journal of Science and Medicine in Sport

Journal of Sports Science and Medicine

International Journal of Sports Physiology and Performance

International Journal of Sports Medicine

European Journal of Applied Physiology

British Journal of Sports Medicine

Journal of Strength and Conditioning Research

Journal of Sport Sciences

## Expert Evaluation of Academic Theses

### Total Examination

PhD = 3

Masters = 2

Honours = 1

2006: Marcus Agnew (Masters). AUT University, New Zealand.

2007: Dean Phelps (Honours). Southern Cross University, Australia.

2007: Daniel Baker (PhD). Edith Cowan University, Australia.

2009: Trevor Higgins (PhD), Australian Catholic University, Australia.

2012: Mitchell Mooney (PhD). University of Technology Sydney, Australia.

2013: Stephen Kara (Masters). AUT University, New Zealand.

## Curriculum Vitae

### Committee Involvement

- 2014 – present Editorial Board of the IRB Rugby Science Network
- 2013 - present Rugby Codes Research Group Co-ordinator
- 2012 - present SPRINZ Strength and Conditioning Conference Organising Committee
- 2003 - 2006 Curriculum Development Committee, Centre for Sports and Exercise Science (Wintec)
- 2004 - 2007 Member of Wintec Research Committee (Contestable Research Funds)

### Consultancy With High Performance Athletes

- NRL Referees 1999 - 2001 Fitness Coach
- NSW Country Rugby Union 2000 - 2001 Strength & Conditioning Advisor
- Waikato Womens Hockey 2001 - 2003 Performance Coach
- New Zealand Rowing 2001 - 2008 Strength Coach
- Waikato Boxing 2003 - 2005 Strength/Power Advisor
- Waikato Rugby Union 2001 - 2008 Head of Physical Performance
- Chiefs Super Rugby Franchise 2004 - 2008 Head of Physical Performance
- Junior All Blacks 2005 - 2007 Strength & Conditioning Coach
- All Blacks Assistant 2004 - 2005 Strength & Conditioning Coach
- Coca Cola Rugby Club (Japan) 2014 - present Performance Coach
- Team Kuala Lumpur (U16) 2012 - present Performance Coach
- Conditioning Coach for many individual athletes nationally & internationally
  - Coast to Coast Sam Manson 3rd Place 2014
  - NZ Ironman, 2x First time finishers 2014
  - Tae Kwon Do National Champion 2012, 2013
  - UK premiership rugby players, 2014
  - Argentinian Club player 2012 – 2014

### Teaching

#### **Wintec (2000-2008):**

Physiology (Year 1, 2, 3 Degree), Advanced Concepts in Physiology (Post-Graduate), Strength & Conditioning (Year 2, 3 Degree), Exercise Prescription (Year 1, 2, 3 Degree), Exercise Prescription (Diploma / Certificate)

#### **Southern Cross University (1998-2000):**

Statistics, Anatomy and Physiology (Year 1 Degree)

# Dr Nicholas Gill

+64 274 888 699

nicholas.gill@nzrugby.co.nz

## Referees

### 1. Professor Christian Cook, PhD

Professor in Athlete Performance  
School of Sport, Health and Exercise Sciences  
Bangor University  
Padarn 0007.6  
George Building  
Bangor, Gwynedd  
Wales, UK LL57 2PZ

**Phone:** +44 (0)1248 382343

**Email:** [c.cook@bangor.ac.uk](mailto:c.cook@bangor.ac.uk)

### 2. Associate Professor Anthony Blazevich, PhD

Associate Professor in Biomechanics,  
Director of Centre for Exercise and Sports Science Research (CESSR)  
School of Exercise and Health Sciences  
Edith Cowan University  
270 Joondalup Drive, Bldg 19.3101, Joondalup  
Western Australia, 6027

**Phone:** +61 8 6304 5472

**Email:** [a.blazevich@ecu.edu.au](mailto:a.blazevich@ecu.edu.au)

### 3. Professor Aaron Coutts, PhD

Professor in Sport & Exercise Science  
Leisure, Sport & Tourism  
Faculty of Business  
University of Technology Sydney  
Kuring-gai Campus  
PO Box 222, Lindfield, NSW 2070  
Room No 1.678

**Phone:** +61 2 9514 5188

**Email:** [aaron.coutts@uts.edu.au](mailto:aaron.coutts@uts.edu.au)