



SPORTS PERFORMANCE PROGRAM

JANUARY NUTRITION EVENTS

ALL ABOUT HYDRATION

- RED BULL AND MONSTER—How can I get my athlete to understand what they are putting in their body??
- SPORTS DRINKS—Which ones are good, and which ones should I avoid?
- PROTEIN POWDERS—When are they appropriate and how do I use them?
- CAFFEINE—How much is ok??

JANUARY 5th, Balcony House Video Conference Room

11:30AM-12:30PM AND 3:30PM-4:30PM



JANUARY 12th, Balcony House Video Conference Room

11:30AM-12:30PM AND 3:30PM-4:30PM



BREAKFAST

- “I’m too nervous to eat before a competition” or “I don’t like to eat in the morning” ideas for starting your day off nutritionally
- Smoothie recipes!!!
- Timing of breakfast before training/competition
- The science behind fueling correctly for performance

RECIPE SAMPLING DAY

- Sample delicious, healthy, easy-to-prepare meal ideas
- Collect recipe cards to build a database of healthy foods to fuel for performance
- Sign-up REQUIRED:

INJURY DAY

- Discuss nutrition’s role in Injury Prevention
- Discuss the importance of fueling for healing in injury rehabilitation

Recipe Day—JANUARY 26th, Sack Lunch Zone in Moffatt, 3:30PM-4:30PM

Injury Day—JANUARY 27th, Balcony House Boardroom, 11:30AM-12:30PM

