

## EAT TO COMPETE

## Increase Energy & Enhance Recovery with Fuel PACs

Softball is the game of the "slow grind." Staying sharp for long innings, double headers, and the 5+ game weekend is tough. Whether you are putting in the innings as a pitcher or need to stay explosive as a field player, the nutritional fuel a player consumes will have huge impact on game day performance and the ability to compete throughout a long weekend. Proper selection and timing of when fuel is consumed during events is the key to competing at the highest levels.

At FlyWheel we combine our experience with competitive events and our expertise in nutritional science to ensure players are supplied with the premium fuel specific to the demands of softball competition. Our Fuel PACs (Performance Aligned Collections) are free of artificial colors, sugar, and flavors. We promote a whole food approach, allowing you to achieve your best performance on and off the field.

### Data Driven Game-day Sports Nutrition

- Premium fuel for optimal performance
- Meet the specific energy demands of softball
- Instructions on what to eat & when: (pre-game, in-game, post-game & recovery)
- Promotes a whole food approach
- Doesn't require refrigeration
- Allergen-free (peanut/dairy/gluten/soy/egg) options available



Create a custom  
Fuel PAC  
for your next  
competitive event

	Pre-Game	Mid Game	Post-Game
Tournament PAC	✓	✓	✓
Weekend PAC	✓	✓	✓
Game Day PAC (Double Header)	✓	✓	✓
Post-Game PAC			✓

Pre-Game | Mid Game | Post-Game



### Our Performance Nutrition Expert

Kylene Bogden, MS, RDN, CSSD, LDN, CLT is the first Board Certified Sports Dietitian in the United States to have advanced training in Functional Medicine and extensive experience with a Functional Sports Nutrition approach. Kylene is currently the performance dietitian for the Cleveland Cavaliers.

### CONTACT US

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