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* **Cost: $40 for 4 week session, $8.00 Drop In, $70.00 for 2 sessions (limited to 20 students a session)**
* **Session 1: June 6th-July 1st, Session 2: July 11th- August 5th**
* **Monday and Wednesday, 8:30-9:30 a.m.**
* **at 1992 W 5th St (Grace Anglican Church)**
* **INSTRUCTORS:**
* **Georgia Boley MS,RD,LD,CFSP, and Madison Farr, with special guest Dr. Erin Nitschke**
* **Tailored Nutrition LLC tailorednutritionllc@gmail.com**
* **37 South Main Sheridan WY 82801** **Phone-** 675-1865
* **DESCRIPTION:**
* Individualized sports nutrition planning and goal development for athletes age 14 or older.
* **INCLUDES:**
* 8 Hours of Sports Nutrition Education
  + Week 1 – Goals Setting, Planning Meals
  + Week 2 – Carbs and Nutrient Dense Foods, Snack Building
  + Week 3 – Hydration, Sweat Loss, Muscle Cramps, and Alcohol
  + Week 4 – Performance Day Nutrition, Sports Nutrition Jeopardy
* Healthy snacks at each session – With Recipes Available
* Pre and post program knowledge assessment of sports nutrition concepts (assessment adapted from Georgia Tech Athletic Association)
* **OUTCOMES:**
* Through this program, the athlete will:
* Demonstrate ability to make SMART goals
* Develop own sports nutrition goals
* Identify food rich in protein, fat, and carbohydrate needs in the diet
* Know appropriate kilocalorie distribution for carbs, fat, and protein in the athletic diet
* Explain in general how macronutrients should be distributed on a plate
* Discuss how macronutrient distribution might change in-season versus out of season
* Explain what the term nutrient rich, or ‘nutrient dense’ means
* Explain what types and amounts of carbohydrates are appropriate to eat before, during, and after competition
* Describe at least 3 examples of good everyday snacks for athletes
* Identify appropriate frequency of snacking in between meals
* Identify appropriate snacks pre workout
* Identify appropriate snacks post workout
* Explain when it may be appropriate to snack during workout/training/performance
* Develop an Individualized Hydration Plan:
  + Identify what fluid sources are appropriate before, during, and after their individual sport
  + Identify appropriate amounts of fluid to consume
  + Explain how hydration impacts performance
* Explain what environmental and biological factors impact sweat
* Identify how sweat rate impacts hydration status
* Learn how to make a fluid replacement plan based on sweat rate
* Identify the negative impact alcohol has on athletic performance
* Learn at least 3 effective nutrition interventions that help prevent and/or treat muscle cramps
* Know how nutrition can help with recovery
* Confidently implement performance day nutrition strategies
* Identify how effectively they met their initial goals for the class
* Identify what specific knowledge they gained during this class
* **Sign-Up:**
* **Sign-Up at** [**www.tailorednutritionllc.com**](http://www.tailorednutritionllc.com)**, or complete and mail below with payment (full payment and registration due at first class) and Georgia will contact you to confirm registration.**
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**Athlete’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Session (1, 2, or both):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Food Allergies or other concerns for Instructor to be aware of:**

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**Parent’s Name/s\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone Number\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Make Checks Payable to: Tailored Nutrition LLC**

**Mail to: Tailored Nutrition LLC, 37 South Main, Sheridan WY 82801**