



MONDAY 10 AUGUST

NUTRITION & HYDRATION IN SPORTS

7PM – SARAH ULMER LOUNGE – SIT ZERO FEES VELODROME

How nutrition and hydration impact a young athlete's physical and mental performance

An introduction to Performance Nutrition

Topics to include:

- Observations of young athletes' nutritional habits
- Important nutrients and food groups for young athletes
- Meal timings and frequency
- Intro to training nutrition, hydration and recovery nutrition

[CLICK HERE](#) to register now – this a free workshop for those involved in Sport Southland's Connecting Coaches group.

LEARN FROM THE BEST!

AIMEE HALL

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Sports and Health
Dietitian

Aimee Hall (nee Burns) is a NZ Registered Dietitian. Aimee works part-time as a Performance Nutritionist with Rugby Southland and Academy Southland.

She also consults at her private practice - Human Performance Consultants - a business which she runs with her husband who is a physiotherapist.

CONNECTING COACHES

To find out more about this workshop or any others, please contact Sport Southland Coach

Development Advisor

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E: [CLICK HERE](#)