



SSC Nutrition Presentation

By Kim Larson RD, CD



SSC has hired Kim Larson RD, CD, dietician to the Seattle Mariners, to help both parents and swimmers understand how to eat appropriately for top performance. This is Kim's second presentation to our team and she is outstanding; we recommend you attend this presentation each year to get refreshed on this important information.

This is an extremely valuable opportunity and we would like **full participation from swimmers/parents in AG3 and Senior.** ALL parents from ALL groups are encouraged to attend. The information that will be provided will enhance our current training and provide each swimmer with a foundation in healthy eating specific to our unique nutritional requirements. Kim is a Registered Dietician in the State of WA, which means her information is based on science, peer review and held to the most professional and ethical standards.

For many, this talk will make the difference between staying healthy vs. getting sick, thriving vs. surviving and making time standards vs. missing them.

DATE: May 5th

PLACE: Explorer Middle School Cafeteria

TIME: 6:00 PM – 7:15 PM (arrive a little early so we can get started on time)

COST: \$10 per person or \$15 for Family (handouts included); no cash please, make check out to "SSC" with Nutrition Talk in memo line.

NOTE: AG3/Seniors will do a combined workout this day after the presentation going from 7:30-9:00 PM.

**Please RSVP to Coach Ben via email:
coachben11@yahoo.com.**

Don't miss this!!!!

-Coach Ben