THE Performance COLLECTIVE

PERFORMANCE FUELING

ENHANCE PERFORMANCE. OPTIMIZE RECOVERY. REDUCE INJURY RISK

What We'll Cover:

- WHAT is performance nutrition?
- WHY is performance fueling important?
- WHEN is performance fueling beneficial?
- HOW do you foster a positive fueling culture

Practical Strategies for Success:

- How to fuel before training
- How to fuel after training
- How parents/caregivers can support student-athletes
- How to reach your goals



Ellen Davis
RD CSSD LD

Sports Nutrition Kick-Off

August 19th
High School Gymnasium
6:30-7:30 pm

Athletes & Parents Encouraged to Attend!

****Fueling Samples for athletes provided****

Who We Are

The Performance Collective is a team of sport dietitians supporting athletes in all complexities of training - nutrition, recovery, and injury prevention. We partner with sports physicians, sports psychologists, mental performance specialists, physical therapists, and coaches to treat the athlete as a whole. We support teams, clubs, and athletic departments to enhance individual athletic performance and cultivate a positive fueling culture.

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