



Diet & Nutrition Education series

The Club Committee are delighted to announce that we are hosting a 3 Lecture Series to assist parents and athletes in understanding the importance of appropriate diet and nutrition on coping with the demands of training and competition.

The 3 lecture Series will take place in Templeogue College on the following dates



Lecture 1: Tuesday - January 12th 2010 @ 7:00pm to 8:30pm

Lecture 2: Tuesday - February 2nd 2010 @ 7:00pm to 8:30pm



Lecture 3: Tuesday - March 6th 2010 @ 7:00pm to 8:30pm

The series is designed to be interactive and each lecture will lead to a new theme relevant to both athletes and parents. Attendance at ALL lectures would be hugely beneficial to all families.



The Speaker:

Mary Finn : Mary has worked as a Registered Dietician since qualifying in 2002. Since 2005 she has been working with a wide variety of athletes and sports, promoting the role of nutrition in contributing to optimal performance. She is currently undertaking the International Olympic Council diploma in Sports Nutrition and is presently based in Tallaght Hospital.

Who should attend:

The Lecture series is open to ALL families.



Parents: of athletes in ALL squads should attend.

Athletes: The content of the lectures has been designed to be relevant to **ALL 1A** athletes and 1B athletes who are either currently doing early morning training or are likely to be in the coming 12 months.

Please confirm your attendance by return for the series and in order to manage numbers and space, please identify how many from your family will attend.

Any Queries please contact Brian Sweeney on teamtsccoach@eircom.net