



## LEARN ABOUT ...

# Performance Nutrition

*Your Sport, Your Training – Fuelling your Performance*

Cumbernauld AAC would like to invite all Club athletes, parents and coaches to our education seminar on Performance Nutrition in Athletics.

On the back of the success of a similar event held by GAA, we have invited Sports Dietitian, **Cara Sloss**, to deliver an interactive session to discuss day to day nutrition to optimise athlete's health as well as training and competition.

Cara will aim to cover different energy systems across different athletics events, common issues and barriers to good nutrition, plus the consequences of under-fuelling, with tips for parents and coaches to support athletes.

Cara is a Clinical and Sports Dietitian, with an MSc in Sports and Exercise Nutrition and a graduate on the Sport and Exercise Nutrition Register (SENr), as well as a being a competitive runner herself.

To ensure we have a room big enough, to reserve please contact [cumbernauldaac.secretary@gmail.com](mailto:cumbernauldaac.secretary@gmail.com)



**Cumbernauld Academy – Assembly Hall, Wednesday 20<sup>th</sup> June**  
**19:30**