

HERE IS MY INFO FOR THE TALKS

[Fueling Swim for a Personal Best!](#)

Dive into our 4-part series and uncover the golden secrets to unlocking your swimmer's full potential! To be a top-performing swimmer, both the body and mind need the right fuel. As a coach or parent, it's crucial to learn the ins and outs of this process and how to help your swimmer reach the finish line.

- **MUST PRE-REGISTER** for ALL 4 Separately
- **ONLY 100 CAN ATTEND LIVE!**
- Replay will be available for a minimum of **30 days** for those who register.

PART I: November 8th, 2023 @ 1pm EST

[Get Pumped to Eat Like a Champ! Nailing Their Fuel \(calorie\) Needs](#)

No matter how dedicated an athlete is, they can't reach their full potential without properly fueling their body and mind.

- Shockingly, many athletes don't eat enough to support their endeavors. But fear not, we're here to help you understand just how much fuel they need to swim circles around the competition.
- We'll dive into calculating their individual fuel needs, and even dish out some post-training fuel tips and yummy team snack & meal ideas.
- Plus, we're starting things off with a Cheerio's Team Challenge that's perfect for recovering from those early morning practices. Let's get ready to chow down and dominate!

[REGISTER HERE](#)

<https://us02web.zoom.us/meeting/register/tZUpd-mgrj8jHtVOxx6iDdhwqUC20Lz4D6EQ>

PART II: November 15th, 2023 @ 1pm EST

[Quench Your Thirst with a Daily and Performance Hydration Review](#) - Ideal for Swim Coaches and Sports Moms and Dads.

- Dive into our Daily Hydration Review for young swimmers and explore how keeping hydrated can send their performance skyrocketing!
- We'll uncover how many athletes hit the pool parched, how much hydration they need, and when to drink up.
- Plus, we'll spill the tea on what counts as fluids and sodium sources and share some product options.
- And, the cherry on top? We'll dish out a hydration challenge you won't want to miss!

[REGISTER NOW!](#)

<https://us02web.zoom.us/meeting/register/tZUkce2spj4jHtTsI6YDwnRBaC2JvT05GXST>

PART III: November 29th, 2023 @ 1pm EST

[Swim Coaches and Parents, Dive into the Deep End of Nutritional Guidelines](#) for Your Champions!

- Let's take the plunge into the important topic of nutrition for young swimmers! We need to fuel their bodies for growth, training, and energy while reducing inflammation and promoting recovery.
- Did you know that a whopping percentage of Americans, starting from the age of 1, are missing out on essential fruits, veggies, and whole grains?
- Yikes! That's why it's crucial to discuss nutritional guidelines with coaches and parents to ensure our student athletes are getting the right nutrients.
- So, how many times a day should they be chowing down? And how much protein is needed to keep them swimming strong?
- We'll cover all that and more, including the ultimate food goals to hit daily and weekly.
- Plus, we've got a fun challenge to pump up the energy before practice. Let's get those swimmers swimming like champions!

[REGISTER NOW!](#)

<https://us02web.zoom.us/meeting/register/tZAvdO6urDsuGdPcgLirumaLenn1YOtzIjRE>

PART IV: December 6th, 2023 @ 1pm EST

[The Ultimate Recovery and Immunity Guide](#) for Swim Coaches and Parents

(Please note, this guide is not a substitute for medical advice)

- Say goodbye to those pesky sick days or worst yet, getting ill at the most crucial moments.
- Supercharge their Immunity daily and Combat Sniffles in a Flash
- Our guide is packed with top-notch strategies and trustworthy resources that will keep you and your swimmers healthy and strong.
- Finish with a team challenge to promote recovery

REGISTER NOW!

<https://us02web.zoom.us/meeting/register/tZclceigqDI5EtAu-DZf9Ty7Nqp97OWVMl5C>

Get ready for a four-part series that's going to rock your world!

- Parents and coaches, it's your chance to fire away at a youth sports and swimming guru.
- Dive headfirst into the deep end of the pool and ask all your burning questions.
- No more guesswork, no more wasted time.
- Trust us, you'll want to hear what this expert has to say!
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Congrats! Extra Goodies for Showing Up!

Get your game face on and get ready to be a sports nutrition superstar!

- **Join** a single ***live*** session of the 4-Part Nutrition Series and earn a full month of ***free*** access to her Dawn Weatherwax's Sports Nutrition Academy. This allows you to plunge into the world of sports nutrition to understand how to build up your student athletes with the perfect balance of nutrition and testing. You can earn up to 4 complimentary months. It CAN'T be transferred to any other individual.
- Not only that, but you could ***win*** a Zoom presentation to your swim team, all about fueling up for top-notch performance by Dawn Weatherwax herself! You get one entry for every session you attend live (video on at all times and present). A person can only win one per individual.
- And, if you're feeling extra competitive, ***attend all four live sessions*** and be present (video on and present) throughout for a chance to ***win*** a whole year of unlimited access to Dawn Weatherwax's Sports Nutrition Academy for your swim team, plus a free Zoom presentation by Dawn Weatherwax to really supercharge their swim performances.

www.SN2G.com or www.dawnweatherwax.com



By Dawn Weatherwax, RD, LD, ATC, CSCS

Meet the mastermind behind this four-part series, Dawn Weatherwax! As a licensed dietitian with a passion for sports nutrition, she's been helping athletes crush their goals for over two decades. With her own businesses, Sports Nutrition 2Go and Dawn Weatherwax Sports Nutrition Academy, she's the go-to guru for anyone looking to fuel their body for peak performance. Plus, as an athletic trainer with a certification in strength and conditioning from The National Strength and Conditioning Association, she's the ultimate triple threat. Her wise words have graced the pages of *Swimming World*, ASCA, and NISCA.