



Nutrition for athletes, for parents

Team Bath AC
and Avon Network

Renee McGregor, Sports Nutritionist will deliver a talk and lead a discussion on nutrition for parents of athletes. Topics will cover energy requirements, healthy eating, maturational issues, timing around training, recognizing any causes for concern.

6.45 for 7pm start until 8.30pm

Thursday 9th February

Lecture Rm, Above Dojo in Tennis Hall, Sport Training Village, University of Bath

There is a £3 entry charge

Please register with Tim Snowdon,
timothy.snowdon@uwe.ac.uk

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