Sports Medicine Advisory Committee
Athletic Trainer Workshop

SPONSORED BY
COLLINS SPORTS MEDICINE
AND
MAGNUS HEALTH

Fueling the Prep School Athlete: A Food First Initiative

7:45–8:30 A.M. REGISTRATION/VISIT VENDORS/CONTINENTAL BREAKFAST
8:30–8:45 A.M. OPENING REMARKS, CHAIR SPORTS MEDICINE ADVISORY COMMITTEE
8:45–9:00 A.M. PRESENTATION FROM MAGNUS HEALTH
9:00–10:00 A.M. SPORTS NUTRITION: CLARIFYING CONFUSION
    • Explain the science of fueling for energetic and effective workouts.
    • Outline the optimal balance of macronutrients for student athletes.
    • Analyze and confidently choose the latest sports nutrition strategies that can effectively enhance performance.
10:00–10:15 A.M. BREAK
10:15–11:15 A.M. FOOD NOT SUPPLEMENTS FIRST: HOW TO CREATE A DINING HALL PLAN TO FUEL OPTIMAL PERFORMANCE
    • Explain the current role of supplements at the prep school level and the need for a school wide supplement policy.
    • Outline strategies to create, implement and evaluate a school wide supplement policy.
    • Summarize the role that the dining hall plays in a food first initiative.
11:30–11:45 A.M. SPEAKER EVALUATIONS AND PARTICIPANT LEARNING ASSESSMENTS
11:45 P.M. RAFFLE  Collins Sports Medicine

Speaker and Facilitators
Nancy Clark, MS, RD, CSSD  Sports Nutritionist, Sports Nutrition Services, Newton, Ma.
Aggie Giglio Kip, MS, RD, CSSD  Nutrition Counselor and Performance Dietitian, Phillips Academy, Andover Ma.

Cancellation or Refund Policy
This is a free CEU opportunity however, for planning purposes we ask you contact Jeff Nadeau at jeff_nadeau@stgeorges.edu if you will no longer be able to attend so we can more appropriately plan the day.

BOC CEUs
The New England Prep School Athletic Conference (BOC AP #8640) is approved by the Board of Certification, Inc. to provide continuing education for Certified Athletic Trainers. This program is eligible for a maximum of 2.0 Category A CEU’s. AT’s should claim only those hours actually spent in the educational program.

NEPSAC does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. NEPSAC is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.