

## Middle School Performance Nutrition Camp

When: Spring Break | Tuesday, March 19 - Friday, March 22  
11:00a-1:00p daily

-or-

Monday's in February | 2/4, 2/11, 2/18, 2/25  
4:00pm-6:00pm

Where: Mills Civic Hy-Vee | 555 South 51<sup>st</sup> St., West Des Moines

What:

- Learn how to fuel your best performance and recovery efforts
- Understand how to choose the best foods to eat before and after practice or competition
- Prepare and sample several performance fuel recipes & foods
- Learn about the importance of hydration and make your own homemade sport drink
- Participate in a friendly (and supervised) cooking challenge competition

Who: Middle school athletes interested in learning more about how food provides energy for activity and competition. Be prepared to begin building healthy habits that will be beneficial for a lifetime of fun experiences.

Cost: \$80/student athlete | Camp water bottle and samples included!

Email Ellen at [HyVeeCSSD@gmail.com](mailto:HyVeeCSSD@gmail.com) to register. Space for each camp is limited to the first 16 registrants. Inquire about future camp dates available if this time and date does not work for you.

*Camp is hosted by Ellen Davis, Hy-Vee sports dietitian. A former high school and collegiate athlete, Ellen will be the first to admit 'fueling' was a foreign language until chronic injury and illness forced her to take a closer look at how food impacts performance and recovery efforts. Now as a sports dietitian Ellen helps athletes find fun with food while learning how to fuel successful experiences!*