

JUNIORS AND SENIORS IN HIGH SCHOOL ATHLETE EXIT COUNSELING



May 19, 2013 @ 2-3:30pm

SPORTS NUTRITION FOR THE FUTURE COLLEGE ATHLETE

Allow your student athlete the chance to be trained on how to succeed and stay fueled for high performance in a college or university setting.

Our student athletes are equipped with the knowledge and physical skills to get accepted into elite college and university athletic programs, but not the knowledge to stay successful and get better once they are there. This program offers student athletes the ability to learn what their needs are as college athletes, what to expect from their dining halls and meal plans, and what is expected of them by their coaches and professors as a student athlete when they arrive on any college campus. They will be given tangible ways to succeed in their new found independence as a college student athlete. There will be a Q+A time after the presentation when student athletes and parents can ask any pertinent questions.



Presenter: Jennifer Brunelli, MS RD LDN is a 7 time All American swimmer from the University of South Carolina. She was runner-up National Champion in both the 100 and 200 frees at the 2004 Div 1 NCAA Championships and competed in the 2004 Olympic Trials in the 50, 100, and 200 freestyles. Jenn holds a Masters degree in Human Nutrition, her clinical registered dietitians license, and specializes in sports nutrition. In 2011-2012 she was the Director of Sports Nutrition for NC State Univ. overseeing all teams (800 athletes) and currently is the Director of Sports Nutrition at the US Performance Center, consults with Carolinas Medical Center and the Charlotte YMCA System while running her private practice for pro and amateur athletes called RDpro,LLC.

United States Performance Center
9209 Baybrook Lane
Charlotte, NC 28227

\$40 registration fee per athlete, space is limited
To register please fill out the reverse side of this form and return by 5/12/2013.


Sports RDpro, LLC

Jennifer can be contacted at
SportsRDpro@gmail.com

Registration form

Please fill in the information below and include a check made out to RDpro,LLC for \$40 per athlete* attending.

*2 parents attending are included in cost.

Athlete Name: _____

High School attending: _____

College attending (if known): _____

Sport(s): _____

Number of Parents attending: _____

Email address: _____

Phone number: _____

Year in high school: Junior OR Senior (please circle)

Contact info will only be used to contact you if even information is changed or updated.

Please mail this form and check to:

United States Performance Center
c/o Jennifer Brunelli
9209 Baybrook Lane
Charlotte, NC 28227