

From: National Wrestling Coaches Association (NWCA) newsletter@nwca.cc
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Cutting edge information on Sports Nutrition.

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Eat 2 Win
Nutrition



PROTEIN?

[Free Live Webinar]
Protein Use, Timing, and Supplementation for Athletes
Wednesday March 27th
12pm or 7pm CST
[Register Here](#)

Popular Sports Nutrition News This Week

- [How Should Wrestlers Calculate Their Target Weight?](#)
- [What should I eat for a pre-workout snack?](#)
- [What are Signs of Dehydration in Athletes?](#)
- [What's your Plan for Nutrition?](#)
- [What is an All-time Favorite Snack to Develop an Athlete's Bone Health?](#)

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Your Wrestlers Will Improve Their...

Eating Habits | Energy | Weight | Strength | Focus | Recovery | Endurance



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Empowering Dietitians, Athletic Trainers, Strength and Conditioning Specialists, Coaches, Personal Trainers, Health Coaches or Administrators for Wellness, Fitness or Sports Performance Centers



Out-of-Season

Pre-Season

In-Season

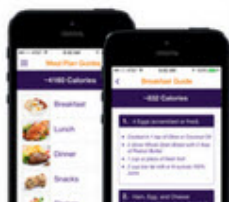
Challenges	
Weeks	Theme
3	Post-Workout Nutrition
3	Importance of Breakfast
2	Snacks for Energy
2	Strategies for Eating Out
2	Benefits of Meal Timing
1	Hydration for Performance
1	Role of Fruits & Vegetables
1	Sleep & Muscle Recovery

Sample Game Plan

[Learn More](#)

Request to Join our [Private Facebook Group](#)

We discuss all things related to our Eat 2 Win Nutrition App





Thanks,

Tavis Piattoly MS, RD, LDN
My Sports Dietitian



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Manheim, PA 17545

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