



# WINNING EDGE SEMINAR SERIES

Monday February 6th,  
2012, 5:30pm-7:30pm

Mental Skills & Sports Nutrition for Athletes

Presented by:

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Head Mental Skills Coach

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Head Sports Dietitian



## Mental Skills : Energy Management

Do you know how to control your nerves? Can you get yourself 'pumped up' when you need to? Do you know the best energy level for your performance? This presentation will focus on understanding and controlling your energy so you can be composed and in control of your performance

## Sports Nutrition: Athlete Accountability in the Kitchen

Although it may often feel easier and save time to prepare meals and snacks for our young athletes, it is important to help them develop the skills to care for themselves as they get older. At this session learn tips on how to include your young athlete in food planning and preparation. This session is geared toward the parents of child and adolescent athletes.

Room #4, Terwillegar Community Recreation Centre  
Please register @ [dpsavoie@ualberta.ca](mailto:dpsavoie@ualberta.ca) or 780-492-6879

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