

## **Practical Nutrition to Improve Performance**

Andrew Shepherd from Absolute Sports Nutrition will deliver a presentation on nutrition at the West Midland Championships.

The presentation will include good nutrition practices and ways that parents can support their swimmers with their nutrition.

The presentation is open to all parents and will take place as follows:

Date: Monday 7<sup>th</sup> May 2018  
Time: After morning heats session  
Place: Studio 1, Coventry Sports Centre  
Cost: FREE!