

## Calling all parents to our parent workshops

*Free tea & coffee provided*



Sunday 5<sup>th</sup> May

9am – 10am

Studio 1 Coventry Sports & Leisure Centre

### *Developing and Supporting the Regional Age Group Swimmers*

**Speakers:** Lindsay Dunn (England Talent Team) and Mikey Hire (Head Coach of the Regional Development Camps and City of Hereford Head Coach).

This talk is aimed at parents/ guardians of 12 year old swimmers in their first official year of regional competition and any 13/ 14 year old swimmers who are also competing at regional level for the first time.

This workshop will look at the Youth Physical Development and the new Optimal Athlete Development framework to provide expert advice and guidance to those supporting the athletic journey of our talented young swimmers. We will also discuss various initiatives and opportunities being offered by Swim England to enhance the swimmer's sporting experience beyond their daily training environment

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**Saturday 11<sup>th</sup> May**

**8am – 9am**

**Studio 1 Coventry Sports & Leisure Centre**

***Practical Nutrition to Improve Performance***

**Speaker:** Andrew Shepherd – Swim England Zonal Nutritionist

This workshop is aimed at introducing sports nutrition to parents of young swimmers with a focus on a "food first" approach.

The talk will include information on:

- How we should approach nutrition
- What happens if we end up in a calorie deficit.
- Why we eat different macronutrients
- Recovery

The nutrition session is being led by Andrew Shepherd (Zonal Nutrition - North) who is a Sport and Exercise Nutritionist whose role is to help athletes improve their nutrition habits, technique and processes enabling them to perform at their best.

After retiring from swimming following a successful career which included national medals as well as international representation, Andrew set up Absolute Sports Nutrition. He is currently the Performance Nutrition Lead for Loughborough Sport as well as working for Swim England. In these roles, he works with athletes, parents and coaches of all ages to address day to day issues faced nutrition in training, competition and times of illness and injury. During this time Andrew has supported Amateur, Junior, World, Olympic, Para-Olympic and Commonwealth Games athletes