



GOLDEN PLAINS AREA
COLORADO STATE UNIVERSITY
EXTENSION

HIGH SCHOOL SPORTS NUTRITION WEBINAR



**LEARN ABOUT THE IMPACT NUTRITION
HAS ON SPORTS PERFORMANCE**

AUGUST 14TH, 2020

5 PM

ZOOM WEBINAR

REGISTER AT

**[HTTPS://WWW.EVENTBRITE.COM/X/
HIGH-SCHOOL-SPORTS-NUTRITION-
WEBINAR-TICKETS-114484927500](https://www.eventbrite.com/x/high-school-sports-nutrition-webinar-tickets-114484927500)**



- Gain knowledge on basic nutrition practices focusing on sports performance
- Learn how to determine how much you should be eating or drinking
- Discuss common nutrition practices. Could they be hurting your performance?



Extension programs are available to all without discrimination. Contact Deeona Johnston at deeona.johnstone@colostate.edu for more information.