

Young Athlete Nutrition-Coaches Education Series

Tune into three upcoming virtual opportunities with Children's Hospital Colorado Sports Medicine Center's experts on the health and wellbeing of the athlete for coaches of all sports.

Best Diet for Young Athletes

Presented by:

Amanda Turner, MS, RDN, CSSD, Sports Dietitian

Wednesday, October 13, 2021

7:00PM-8:00PM

Supplement Use in Young Athletes

Presented by:

Amanda Turner, MS, RDN, CSSD, Sports Dietitian

Wednesday, January 5, 2022

7:00PM-8:00PM

Is Your Athlete Under Fueling?

Presented by:

Amanda Turner, MS, RDN, CSSD, Sports Dietitian

Aubrey Armento, MD, CAQSM

Wednesday, April 27, 2022

7:00PM-8:00PM

Virtual via Zoom:

- URL: <https://zoom.us/j/99816712169>
- Phone number: 1-669-900-6833
- Zoom Meeting ID number: 99816712169

SPORTS MEDICINE
CENTER



Best Diet for Young Athletes

From keto to plant-based to 75 hard, diet rules are easy to find for both adults and youth athletes. Learn what diet is really the best for athletes, why, and how to best support your athlete's nutrition.

Supplement Use in Young Athletes

The CDC reports that 1/3 of all children and adolescents take supplements. Our dietitian will discuss common supplements for health, muscle gain, weight loss, and sports performance

Is Your Athlete Under Fueling?

Relative Energy Deficiency in Sport (RED-s) is estimated to be prevalent in 30% or more of all athletes. Learn about RED-s, identifying concerning behaviors in athletes, and how it impacts health and performance.

SPORTS MEDICINE
CENTER

