



U.S. Fencing National Championships: Free Nutrition Clinics

1) Performance Nutrition: For the up and coming and elite Fencing athlete they need to be able to bounce back for more---the next training session, the semi-final, the next match, the next day in the tournament. Ultimately their sporting success will depend on their ability to manage their recovery needs. This session will focus on refueling, hydration and managing recovery on a day-to-day basis. Questions that will be addressed include: What needs to be recovered after an exercise session? What nutrients will promote recovery, and help maintain a healthy immune system? And what foods and drinks are suitable to provide these nutrients?

(Room B214, Tuesday, July 6, 11 a.m. – 12 p.m.; Wednesday, July 7, 2 p.m. – 3 p.m.)

2) Travel Nutrition: Today's athlete is a national and global traveler! This session will focus on travel nutrition education that is important for prevention of nutrition related illness when traveling for a competition. Topic discussions include: Suitable snacks for traveling, tips for maintaining dietary goals when traveling, dietary strategies to help prevent jet lag, and tips for treating diarrhea and vomiting when travelers' diarrhea strikes. Also this session will include how to use a hot pot for your own meal preparation when necessary.

(Room B214, Tuesday, July 6, 2 p.m. – 2:45 p.m.; Thursday, July 8, 11 a.m. – 11:45 a.m.)

3) The Fuel Stop: Going from the practice strip to the kitchen! This will be a fun light-hearted session for the athletes or parents and coaches or anyone wanting to talk about meal planning. This session focuses on the day-to-day teaching of preparing balanced plates, and meals that will prevent a nutritional deficiency, and aid in recovery. A variety of cooking methods (roasted, grilled, stir-fries etc) will be discussed, recipes exchanged, and organization tips to help increase variety and prevent boredom with daily eating.

(Room B214, Wednesday, July 7, 11 a.m. – 11:45 a.m.)



Laura Anderson, MS, RD, CSSD is a sport dietitian with the United States Olympic Committee (USOC), working primarily with Acrobat & Combat Sports. This includes men's and women's wrestling, judo, boxing, fencing, tae kwon do, synchronized swimming, and diving. She has also spent time working with the United States Ski and Snowboard team (USSA), most recently for the alpine athletes at the Winter Games in Vancouver, Canada. Laura earned her bachelor's degree in Health and Exercise Science at the University of Wisconsin La Crosse and a Master's degree in an Interdisciplinary Health and Exercise Science and Nutrition program at Colorado State University. She has been a certified health / fitness instructor through the American College of Sports Medicine since 2001 and instructs personal training clients outside of the USOC. Laura is a certified level one anthropometrist through the International Society for Advancement in Kinanthropometry (ISAK). Laura also likes to stay involved in sports and participates in running, rock

climbing, mtn. biking, mountaineering, and snowboarding. She is a competitive age group road and trail racer and participates in adventure races most notably the Mt. Taylor Quadrathlon, The Pikes Peak Ascent, and the Leadville 100 mountain bike race.