

# coaches

## they're depending on **you**



**parents want to know about good nutrition for their young athletes, and they depend on coaches to know.**

Ruth Litchfield, Iowa State University Extension nutrition specialist

### **eat to compete**

was developed by Iowa State University Extension food science and human nutrition and kinesiology specialists.

### **eat to compete**

is for teachers, coaches, and athletic directors, and can be used for teaching license recertification or graduate credit.

### **eat to compete**

is delivered by Adobe Connect (interactive audio-video webcast).

### **To register online visit:**

<https://prodev.aea11.k12.ia.us/4DCGI/AC000199990901>

registration deadline - June 1, 2008

### **two day program**

June 10 and 11, 2008

8:00 a.m. to 4:30 p.m.

### **training modules**

- training diet
- fluids
- supplements
- weight control/injury prevention
- current research in sport performance

### **costs**

\$90 registration fee (includes one license renewal credit through Heartland AEA). Drake graduate credit will be available for an additional \$90 at each class site.

## **attend at the following Iowa State University Extension Offices**

### **Des Moines County—Burlington**

900 Osborn Street  
(319) 754-7556

### **Kossuth County—Algona**

1121-B Highway 18 East  
(515) 295-2469

### **Linn County—Marion**

3279 7th Avenue, Suite 140  
(319) 377-9839

### **Lyon County—Rock Rapids**

710 North 2nd Avenue East, Suite 103  
(712) 472-2576

### **Mahaska County—Oskaloosa**

212 North I Street  
(641) 673-5841

### **Polk County—Des Moines**

5201 N.E. 14th Street, Suite A  
(515) 261-4230

### **Scott County—Bettendorf**

875 Tanglefoot Lane  
(563) 359-7577

### **Story County—Ames**

160 Scheman Building  
Iowa State University  
(515) 382-6551

### **Union County—Creston**

105 West Adams, Suite A  
(641) 782-8426

### **Webster County—Fort Dodge**

217 S. 25th Street, Suite C-12  
(515) 576-2119

### **West Pottawattamie County—Council Bluffs**

Iowa School for the Deaf Campus,  
Careers Building  
3501 Harry Langdon Blvd.  
(712) 366-7070

### **Woodbury County—Sioux City**

4301 Sergeant Road, #213  
(712) 276-2157

**IOWA STATE UNIVERSITY**  
University Extension

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