



Seton Catholic Central Athletics is pleased and excited to announce a partnership with SpNOD (Sports Nutrition on Demand) to present a new and exciting initiative called SpNOD Cares. The core focus of this program is to provide our athletes access to cutting edge sports performance nutrition information that will allow them to compete at peak performance. Sports performance nutrition is the next phase of athletic differentiation and will take our athletes to the next level.

SpNOD's Chief Nutritional Officer, Dr. Helen Battisti, PhD, RDN, CDN, CSNC will host virtual discussions every other week. The topics can range from: *How Nutrition can Heighten the Performance of Fast Twitch Muscles to Quicker Recovery from Injury.*

The duration of these discussions will be 15-20 minutes with additional time for Q&A so athletes can ask questions. They will be hosted via Zoom and there will be 20 seats available per session. Sign-ups will be on a first come first serve basis. Parents are welcome to join and we ask that they participate in conjunction with their athlete so not to take up a seat for others interested.

The first session will be on Monday, November 9<sup>th</sup> at 7:00pm. These sessions are completely free of charge. An email will be sent out in the upcoming days with a link to sign up for a seat.

Please feel free to contact me with any questions you may have regarding the program.

All the Best,

Chris Sinicki

Director of Athletics