



Consultations and  
Classes taught by:

**Nikki Ford, MA, RD, LMNT**

Registered Dietitian, Licensed  
Medical Nutrition Therapist

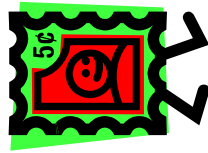
**Gary Bredehoff, CSCS, CPT**

Certified Strength & Conditioning  
Specialist

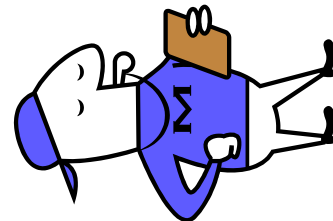
ACE Certified Personal Trainer

USA Triathlon Certified Coach

Sports Nutrition Coach



Tiger Coaching & Personal Training  
2110 Winthrop Rd. Suite 100B  
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**Sports  
Nutrition  
Consulting**



**Tel: 402-488-8280  
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# Why Sports Nutrition?

All kids need to eat balanced meals to ensure a healthy diet, so does it really make a difference if your child is on a sports team or working out? Sure it does! You may think that those long hours at the gym or the daily practices after school can only make your child healthier, and they certainly are a part of a healthy lifestyle - but only if your child is eating the right foods to support increased activity. Your child's involvement in sports is a great opportunity to communicate with them about the importance of healthy eating. An athlete's desire to perform well in sports can help your child focus on eating well for good performance throughout his life.



## Sports Nutrition Class

**Who:** Athletes Grades 5th - 12th and their parents, or age group competitors

**What:** This consultation or class is a designed for athletes wishing to improve performance through eating properly.

Learn how to mix the right foods to optimize performance and when to eat them. Learn how to balance protein, carbohydrate, and fat intake. Learn the importance of proper hydration, supplements, and much more. Minimum participants: 2 per class, Maximum participants: 12 per class at Tiger Fitness, unlimited at your facility

**Where:** Your Facility or Tiger Coaching & Personal Training, 2110 Winthrop Rd., Lincoln NE

**What:** Schedule individual consultation or Group classes for One - Three - 1 hour classes or One - 2 hour class.

**Tuition:** \$65 per person with textbook, \$50 per person without text, Team presentations \$95 at your facility, no textbook, handouts included. (outside City of Lincoln, 0.35 per mile charge)

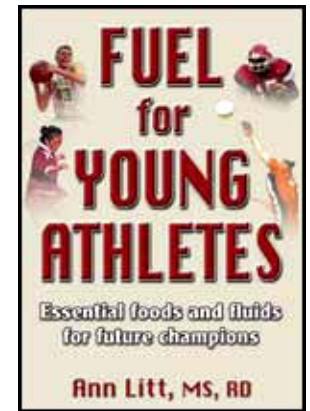
**How to Register:** Stop by to register or Call in to schedule your consultation or class time(s).



**Text:** Young athletes need more than practice to succeed in sport. They need a proper diet that will leave them energized and able to perform their best throughout the entire game. Author Ann Litt, a frequently consulted nutritionist, columnist, and mother of two teenage athletes, presents the most essential guidelines for athletes in middle school through high school. Litt provides a complete resource filled with practical advice that coaches, parents, and even athletes themselves can apply directly to the training table.

### More Information

Synopsis: Whether you're a coach, parent, or nutritionist, you can help young athletes fuel for energy, development, and performance through the sound nutritional guidelines presented in Fuel for Young Athletes.



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