



REGISTRATION FORM - WEBINARS

Calling all ATHLETES - Age 12 & up!

Please attend the following FREE webinar presented by:

Heather Hynes MSc, RD, CSSD of the
Sport Medicine and Science Council of Saskatchewan, Inc.

Heather works with the PSO's (Provincial Sport Organizations) in Saskatchewan to give athletes the most recent evidence-based knowledge about training and performance.

**Sport Nutrition - Wednesday, October 7
7:00pm - 8:00pm**

Workshop Summary: Learn about performance nutrition, fueling for training and sport performance, the importance of hydration planning and timing of food intake for multi-day tournaments.

You must be registered in advance to attend. Webinars will take place over Zoom. To ensure the online safety of our participants, only registrants will be allowed access to participate in the webinar and the meeting will be locked 2 minutes after the start time. Your access link and code to the meeting will be emailed to the email address provided below 1 day before the course date.

Deadline to register: 24 hours before the start time.

Name: _____ Sport Representing: _____

Mailing Address: _____ Postal Code: _____

Phone: _____ Email: _____

Parent's Permission (Parent fills out): I, _____ (Parent's Name),

give permission for my child, _____ (Child's Name), to attend the Sport

Nutrition Webinar on Wed, Oct 8 from 7-8pm. *Priority given to Parkland Valley District communities.*

Email registrations to: esobkow@parklandvalley.ca

As per Parkland Valley's Program & Service Policy, the course will be cancelled if there is not an adequate number of registrations received by the deadline date.

For more information contact Erin Sobkow at 306 786 6585 or esobkow@parklandvalley.ca.

Together...building healthy communities through sport, culture and recreation.

