



SPORTS PERFORMANCE NUTRITION

- Pre game fuel
- Game day food
- After match refuelling
- How & what to eat on the road
- Nutrition timing to optimise sports performance
- Label reading

**2 HOUR
WORKSHOP
\$160**

Alison Storey of Storey Sport

- Graduate Diploma in Business Studies in Sport Management (Massey University)
- Exercise Science (AUT Dept of Health and Sport Sciences)
- Registered Personal Trainer (REPS NZ)
- Human Bio Science and Nutrition for Sport (Massey University)



- New Zealand Rhythmic Gymnastics Team 1984-1988
 - New Zealand Rowing Team & High Performance Squad 2002 – 2004
- Beach Volleyball Waikato Regional Champion 2008, 10th NZ Pro Tour 2010

CLIENTS INCLUDE:

- Northern Districts Cricket – Northern Knights
- Diving NZ
- Waikato Water polo
- Concept Motorsport NZ V8 team
- NZ Barefoot Water-ski Champion and World Champs Bronze Medallist
- Bronze Junior Medallist tournament water skier
- Cooney Insurance

***To enquire about booking your workshop
Contact Storey Sport at info@storeysport.co.nz or call Alison on
0274824460***