

## **SPORTS PERFORMANCE NUTRITION**

**I have watched the sports nutrition program presented by Lindsey Remmers, nutritionist for the University of Nebraska athletic department.**

**Parent Signature\_\_\_\_\_**

**\*\*Please sign and send this to the school with your son or daughter by Monday, April 3<sup>rd</sup>. Forms can be turned into the office.**

**\*\*If you would like Ms. Remmers' slide presentation, it can be downloaded from our website, [piercepublic.org](http://piercepublic.org).**

**Thank you for your time! Go Bluejays!**