

Beyond the Training Room:

FUELING YOUR STUDENT ATHLETE!

August 20th, 8:30 a.m. - 2:00 p.m.
Ford Field, Detroit, MI

AGENDA*

8:30 - 9:00 a.m.

Registration

9:00 - 9:10 a.m.

Welcome and Opening Remarks

9:10 - 9:45 a.m.

Fueling for Sport

Caroline Mandel, Director of Performance Nutrition, University of Michigan

9:45 - 10:15 a.m.

Feeding Students after School

Carolyn Thomas, Consultant for Macomb County

10:15 - 10:45 a.m.

Break with Food

10:45 - 11:15 a.m.

Mental Health in Adolescent Athletes

Geffrey Colón, Ph.D., Professor of Motor Behavior and Physical Education, Eastern Michigan University

11:15 - 11:30 a.m.

Lessons Learned

Lindsay Tarpley, Two-time US Olympic Gold Medalist Soccer Player

11:30 a.m. - 12:15 p.m.

Panel Discussion

- *Lindsay Tarpley*
- *Holly Fields, Assistant Foodservice Director, Birmingham Schools*
- *Tyrone Spencer, Head Football Coach, Martin Luther King High School*

12:15 - 1:15 p.m.

Culinary Demonstration: Preparing Food for Fueling Stations

Tim Hendren, Ford Field Sous Chef

1:15 - 1:45 p.m.

Lunch

1:45 - 2:00 p.m.

Optional-Tour of Ford Field

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*Speakers and topics subject to change