

# PERFORMANCE NUTRITION

In athletic competition, as little as 2 percent dehydration can decrease performance by 10 percent, and improper nutrition can have similar effects. Led by our on-site sports dietitian, our Performance Nutrition program offers first-class services, including ongoing assessments, nutritional planning and education, to help athletes reach their fullest potential. By decreasing recovery time and increasing muscle generation, nutrition training is an essential part in our training program.



**St. Vincent Sports Performance is the proud sports nutrition provider for:**

- USA Diving
- USA Track & Field
- USA Synchro
- Guerin Catholic High School
- Portland Trailblazers
- Marian University Cycling
- Butler University Basketball

**St. Vincent Sports Performance is proud to be affiliated with Shamrock Farms Rockin' Refuel**



*"There is nothing easy about figuring out a nutrition plan for an Ironman, but with the help of St. Vincent Sports Performance Nutrition I was able to develop a plan I was confident would work and it did work. Using the plan, I am now much stronger in training, recover better, and know I can go forward with confidence that I can manage the cramping problems that have plagued me in the past."*

Mark Sanderson, Ironman Triathlete

*"Lindsay Langford is not only a 'technical expert' on diet and training, but she also has a terrific way of communicating to the members of our program. She has greatly affected the way that our players think about their diet. This will not only make them better suited to perform on the court, but will be great for them as they move forward after their time at Butler."*

Brad Stevens,  
Butler Men's Basketball Coach

*"Lindsay and the rest of the SVSP team are truly the best at what they do. Their expertise in nutrition has helped bring out the best in the Guerin Catholic athletes. We are thankful for this relationship, and excited to continue learning more about nutrition."*

Chris Buhler, Athletic Director,  
Guerin Catholic High School

*"Since 2004, I have incorporated SVSP programs into my year-round training, rehabilitation and education. I credit them as having had significant influence on my career's progression in the NFL, and will be a part of it going forward. They are the best at what they do."*

Jason Baker, Carolina Panthers punter

## SERVICES:

### Initial Consultation (\$175):

- Testing (45min): Receive a Bodpod (body composition) assessment that will provide us with your lean mass, fat mass and metabolic rate, along with reviewing paperwork including a three-day food journal.
- Analysis/Goals (60min): Food journal analysis is presented and a plan including your goals will be determined.

### Follow Up Consults (\$85):

- Addresses such topics as weight loss, weight gain, game day nutrition, hydration strategies, travel nutrition and portion control.
- 30-60min in length and are typically conducted after the initial consultation.

### Follow Up Package (\$375 or \$75 each):

- Includes five one-on-one sessions with our sports dietitian.
- Great for athletes who need continuous coaching throughout the year or season.



### Small Group Classes (\$299):

- Join our "Train to Fuel" classes for a big bang for your buck.
- This is a four-week class that teaches the foundations of sports nutrition to help athletes fuel their body for performance.
- Includes: Individual Consultation (\$175) + 5 subsequent classes (\$375): hydration, game day nutrition, grocery tour, eating out and a product sampling day.
- Weight gain and weight loss will also be addressed for athletes with these goals.
- You can also develop a group class of your own, catered to your friends'/ team needs.
- All classes have a minimum of four athletes and a maximum of 15.

### BodPod Assessments (1 for \$50, 2 for \$80):

- The gold standard for body composition assessments.
- Provides lean mass, fat mass, and metabolic rate.

### Group Workshops (\$225, 5 for \$199 each):

- Our sports dietitian will come to your choice of venue to present various topics from Sports Nutrition 101 to Game Day Nutrition.
- More than 20 different topics can be discussed, handouts are provided, and an educational exercise is usually implemented.



### Team/School Contracts:

- A team, school or organization can develop a contract for a full year of sports nutrition services for your athletes.
- Price upon request.