

Lucozade Sport Science Team

With the new partnership between Lucozade Sport and City of Norwich AC, we are delighted to welcome Chris McManus, Lucozade Sport Scientist.

Throughout the year Chris will be working closely with athletes, coaches and parents to provide support to the club. This will include nutritional support; discussing performance nutrition, competition / training strategies to fuel performance and advice on if / when sport supplements should be used.

Furthermore, as the relationship continues to grow, there will be opportunities for event specific track testing to be undertaken, using state-of-the-art SmartSpeed light gates.

This initial series of drop-in clinics will take place at the Sportspark and will be a chance to meet with Chris and talk through any concerns or questions you may have regarding nutrition / hydration. It is hoped that from these three visits groups will be identified for continued support in greater detail.

These three clinics will be ran on an informal basis in which athletes / parents and coaches can drop in and talk with Chris throughout the evening, so please come along and say hi!

Workshop Dates: **Tuesday 11 May**
Wednesday 12 May
Thursday 20 May

Workshop Times: **6.30pm to 9pm**

Venue: **Trackside and the Sir Roger Bannister Room**

Sport Scientist: **Chris McManus**

FIND CHRIS ON FACEBOOK:
'CHRIS – LUCOZADE SPORT SCIENTIST'

We look forward to meeting you

