



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GAIN THE WINNING EDGE

Presented by the New Canaan YMCA

Athletes and parents are invited to join an expert panel in discussing the importance of and techniques for achieving a healthy, balanced, successful, and meaningful sports experience for all abilities and levels.

Experts will discuss:

- **Nutrition**
- **Motivation**
- **Fitness**
- **Sleep**

WHO: MIDDLE SCHOOL & HIGH SCHOOL ATHLETES & PARENTS

WHEN: JANUARY 10th 12:30 - 3:30 PM

WHERE: St. Luke's Black Box Theater New Canaan, CT

FEE: \$10 per ticket

HOW: Check www.ncyac.org click on "Winning Edge" or Call Mike F 203/448-7321



JILL CASTLE, MS, RDN
YOUTH SPORTS
NUTRITION EXPERT



CHRIS O'BRIEN
INSPIRATIONAL
SPEAKER



DR. SASHA CARR
SLEEP EXPERT
& PSYCHOLOGIST



LYNROY HENRY
FITNESS EXPERT