

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 5:30-6:15 Session 1 6:45-7:30 Session 1	5 5-5:45 Session 1	6	7	8
9	10	11 5:30-6:15 Session 2 6:45-7:30 Session 1	12 5-5:45 Session 2	13	14	15
16	17	18 5:30-6:15 Session 3 6:45-7:30 Session 2	19 5-5:45 Session 3	20	21	22
23	24	25 5:30-6:15 Session 1 6:45-7:30 Session 3	26 5-5:45 Session 1	27	28	1

Group Nutrition Classes

- Youth athletes ages 11-18 years old
- They will complete 3 nutrition sessions in order ("session 1-3" *see calendar)
- Athletes will learn basic nutrition principles for healthy eating on + off the field
- Athletes will participate in creating their own fueling plates for performance
- Athletes will understand how to make food choices to improve their performance at home and while traveling
- All nutrition sessions must be completed by March 26th.

Contact Coach Liv for any questions,

Phone: 717 - 679-7297

Email: olivia@livbeyondthetable.com

2025

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 5:30-6:15 Session 2 6:45-7:30 Session 1	5 5-5:45 Session 3	6	7	8
9	10	11 5:30-6:15 Session 3 6:45-7:30 Session 2	12 5-5:45 Session 1	13	14	15
16	17	18 5:30-6:15 Session 1 6:45-7:30 Session 3	19 5-5:45 Session 2	20	21	22
23	24	25 5:30-6:15 Session 2 6:45-7:30 Session 3	26 5-5:45 Session 3	27	28	29
30	31					

Group Nutrition Classes

- Youth athletes ages 11-18 years old
- They will complete 3 nutrition sessions in order ("session 1-3" *see calendar)
- Athletes will learn basic nutrition principles for healthy eating on + off the field
- Athletes will participate in creating their own fueling plates for performance
- Athletes will understand how to make food choices to improve their performance at home and while traveling
- All nutrition sessions must be completed by March 26th.

Contact Coach Liv for any questions,

Phone: 717 - 679-7297

Email: olivia@livbeyonddthetable.com

2025