

NMBC SIG Newsletter

What's Happening in 2008?

Nutrition Seminar and Upcoming Deadlines!

For more information about contacting the officers or any of the upcoming events go to the NSCA web site.
<http://nsca-lift.org/>

Also please go to this web link and look at the information about laws and contacts that you may need to know concerning nutrition for your state.

<http://www.super-super.com/nsca/>



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Upcoming Nutrition Seminar

The NSCA Sports Nutrition Summit: July 9, 2008

When it comes to nutrition and supplements, what works? What doesn't? And what strategies are efficacious for the specific population you coach and train?

If you are looking for the answers to these questions, come hear Jose Antonio, PhD, CSCS and Marie Spano, MS, RD talk about the latest research and practical applications of nutrition and supplement strategies for everyone from the pro athlete to the active senior citizen. In this pre-conference workshop, sponsored by **EAS**, you will learn which foods and supplements can help your athletes achieve maximum performance gains, recover quickly and minimize inflammation, maintain their sport-specific physique, maximize joint health and maintain a healthy body.

Dr. Antonio and Ms. Spano will cut through the marketing hype and give you the information you need to steer your athletes in the right direction. Join us to hear about Functional Foods in Sports and Practical Applications of Sports Supplements and Nutrition Strategies at the NSCA National Meeting pre-conference on July 9th, 2008.

Deadlines for Presentations and Articles

The deadline for submitting presentations for 2009 SSTC and National Conference is May 15th. You will need to submit online at <http://www.nsca-lift.org/conferences/presentationapp.asp>.

Also there is a Sports Nutrition issue NSCA's Performance Training Journal this year. The writer guidelines are online at http://www.nsca-lift.org/Perform/PTJ_Writers_Guide.pdf and submissions need to be made by September 1st.



Marie Spano, MS, RD

