

Taylor Hooton Foundation & Wallenpaupack Athletic Department

Present

All Me Assembly: Nutrition and Supplement Safety

Monday, March 18, 2019

Wallenpaupack High School Auditorium

7:00 PM – 8:00 PM

Target Audience: Parents, Coaches, & Student Athletes (free admission)



**TAYLOR HOOTON
FOUNDATION**

What are the risks?

Do I need supplements?

Challenges & Influences of Society

Nutritional Habits for Peak Performance

What are dietary supplements?

Protein, Creatine, Pre-workout Supplements, & Energy Drinks

Tavis Piattoly, MS, RD, & LDN is the Sports Dietician and Nutrition Consultant for Tulane University's Athletic Department, Tulane Institute of Sports Medicine's NFL Players Association Brain & Body Program, Fairchild Sports Performance in Houston, Traction Center for Sports Excellence and Covington Orthopedics. He was the Sports Dietician for the New Orleans Saints from 2006 – 2013 and the New Orleans Pelicans from 2008 – 2013. He has worked with Olympic, NFL, MLB, & NBA athletes as well as many high school and college athletic programs.