



## Athletic Excellence 24/7

### Teaching Young Athletes How To Reach Higher

Saturday Sept 28 9 AM – 12 PM

Join us for a day of learning what it takes to play your best and keep improving. This symposium will provide young athletes with detailed and impactful insight into how they can improve their performance on the field/court through training, nutrition and other factors that influence performance. Young athletes will be up-close and personal with MSU experts in youth sports performance and nutrition, Michigan State University Coaches, and former Spartans and professional athletes. Our goal is for the young athlete to understand the importance of setting goals and doing the right things to reach higher.

#### PROGRAM

**TRAINING & THINKING RIGHT FOR ATHLETIC EXCELLENCE** - Dr. Joe Eisenmann, co-director of Spartan Nutrition & Performance Program

**EAT LIKE A SPARTAN: NUTRITION FOR OPTIMAL PERFORMANCE & HEALTH** - Dr. Joe Carlson, co-director of Spartan Nutrition & Performance Program

**WHAT COLLEGE COACHES LOOK FOR** - members of the MSU coaching staff

**KEYNOTE ADDRESS: WHAT IT TAKES** - Mateen Cleaves

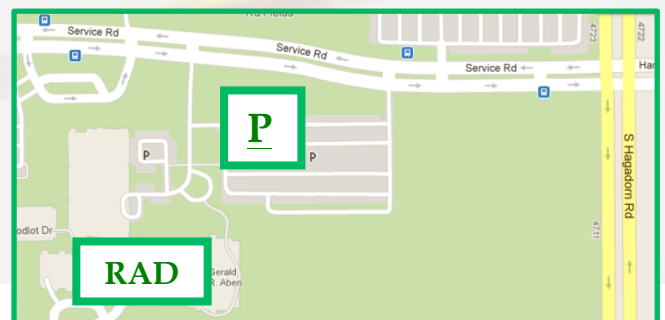
**Discussants:** former Spartan and pro athletes TJ Duckett, Tim Bograkos, Andre Hutson

**Audience:** Young athletes, parents, coaches

**Cost:** \$50 per person

Call today and reserve your spot  
**517-884-6133**

**Location:** MSU Radiology Bldg  
846 Service Road  
East Lansing, MI 48824



**SNAPP.msu.edu**