

Day of Distance



St. Croix Central High School July 8, 2019

Rasa Troup



Come to learn more about fueling your body from Olympian and sports dietitian Rasa Troup. This talk will help you to learn how your food can elevate your physical and mental performance, what nutrition can do for helping you heal your injuries and to recover faster after workout. Rasa Troup is a former Gopher track and field and cross country athlete — she has worked with high school, NCAA, NFL, MBL, and Olympic sports athletes to enhance their performance via nutrition.

Lucas Trapp - University of Minnesota

Member of the Cross Country and Track Team Talking about Racing Strategy and Taking Running to the next level

Schedule: (subject to change)

- 8:30 Registration
- 9:00 Practice clinic begins
- 9:45 Coaches sharing session
- Snack Break
- 11:00 Lucas Trapp - Racing Strategy
- 11:30 Lunch
- 12:00 Presentation by Rasa Troup
- 2:00 Head for home

Cost:
Coaches \$30
Athletes \$15

Please make reservations for attending so we can get a close to accurate account of numbers. We are having a Chef for professional athletes cater the event.

For more information or directions to the St. Croix Central High School contact Bill Emery at: bemery@scc.k12.wi.us