

FOOTBALL PARENT MEETING

**FEBRUARY 26th @ 6:00 pm
FOOTBALL FIELDHOUSE**

FOR: Freshman - Varsity (2020-2021 Season)



WE WILL COVER THE FOLLOWING TOPICS:

Athlete Recovery Center (ARC) presents...

"Health & Wellness of our Athletes -- Dexascan, Mobility/Flexibility

Sports Nutritionist/Strength Conditioning Coach

**(Coriann MacNeill) presents... "Performance Nutrition for
Your Student-Athlete**

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