**Task: Dietary considerations for a specific sport**

You are a Sports Nutritionist working at the Australian Institute of Sport in Canberra. You have been asked by the head coach of a sport (your choice) to make a 5 minute presentation to a group of young athletes who have been invited to attend a talented athlete camp in Canberra. Your role is to engage, inform and guide the athletes on the specific nutritional requirements needed to be successful in their chosen sport.

* Relevant nutritional information for a variety of sports can be found on the [AIS Website](http://www.ausport.gov.au/ais/nutrition/factsheets/sports)
* You can complete this task in pairs if you wish.
* You can use any form of technology to create your presentation, however, remember that it needs to includes Pre, During & Post Performance nutrition (don’t forget about fluids!!)
* Your presentation is to be shared with your teacher.