

Sports nutrition conference to feature dieticians for pro teams

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CORPUS CHRISTI — Sports dieticians for the Dallas Cowboys and Houston Astros will be among the lineup of speakers addressing coaches and other professionals who influence student athletes at the Sports Nutrition Conference July 18 in Corpus Christi.

The conference, presented by the Texas A&M AgriLife Extension Service, will be held from 8 a.m. to 5 p.m. at the Holiday Inn Corpus Christi, Emerald Beach, 1102 South Shoreline Dr.

The speakers include Roberta Anding, sports dietician for the Houston Texans, Houston Astros and the Rice Owls, and Amy Goodson, sports dietician for the Dallas Cowboys, Texas Rangers and the Ben Hogan Sports Medicine Center.

“With so many of our youth participating in a variety of competitive sports activities, it’s important to make sure they are able to make sound nutrition and hydration decisions that will affect not only their performance, but their overall health and well-being,” said Dr. Elaine Fries, AgriLife Extension regional program director for family and consumer sciences in Corpus Christi.

Anding’s talk is titled, “Dietary supplements: Keeping your athletes clean, safe and legal; Pre- and post-game day nutrition.” Goodson’s talk is “Sports nutrition and the competitive edge.”

Other speakers and their topics include:

- Gloria Fernandez-VanZante, registered dietician, the relevance of nutrition in sports today.
- Dr. Jay Dawes, assistant professor, Texas A&M University-Corpus Christi department of kinesiology, sports nutrition: the coaches’ role.
- Dr. Don Melrose, assistant professor, Texas A&M University-Corpus Christi’s department of kinesiology, steroids and the Internet.
- Shelby Killion, registered dietician, eating out and shopping for nutrition.

A closing panel of speakers will include Darrell Andrus, athletic director and head coach at Flour

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Bluff High School.

The conference is sponsored by Prairie View A&M University's Cooperative Extension Program, Texas A&M University-Corpus Christi's department of kinesiology and the Gatorade Sports Science Institute.

The fee prior to the June 17 early registration deadline is \$60 for educators and \$40 for students. Late registration is \$70 for educators and \$50 for students.

Registration and reservation information can be found at online at: <http://agrilife.org/coastalben/d/2013-sports-nutrition-conference/>

For more information, contact Fries at 361-265-9203.