



NUTRITION COACHING FOR PLAYERS & FAMILIES!



foodfirst

EMILY MARDELL, RD

REGISTERED DIETITIAN
NUTRITION COACH

“ This year Strudwick Hockey Camp is rink ready with a top-line of sports nutrition services & supports. From stocked snack stations to game-changing webinars; athlete cooking challenges, plus more! Arrive hungry to build healthier habits and to power-up play! **-EMILY-** ”

FUELLED BY FAMILY FARMS:



CHICKEN.AB.CA

CAMP INFO & REGISTRATION:
JASONSTRUDWICK.COM

FUEL YOUR GAME

Meet & greet coach Emily at the "Breakaway Bites" station! Score energizing snacks, hockey nutrition hints & winning recipes!

LEVEL-UP LEARNING

Level-up learning to power-up play! Enjoy free access to coach Emily's online sports nutrition learning library. Unlock a playbook of athlete handouts, tools and webinars!

COOK TO COMPETE

Grow your game in a different arena... the kitchen! Take on a series of fast, fun athlete cooking challenges to foster food skills and competition confidence!

TEAM-UP TO GIVE

Join a team of Alberta farmers and hockey families who care in the "Face-off Against Community Hunger!" Bring a non-perishable food donation to camp and enter for a chance to win an epic prize pack & practice with Jason!