

From: Kylie Walker <kylie.walker@british-gymnastics.org>

Date: 10 March 2016 at 08:05:05 GMT

Subject: More delicious snacks and recipes from Mhairi Keil

Dear Parent / Guardians,

Last month we sent out some healthy main meal & snack recipes from Mhairi Keil. We have received some great feedback from you regarding those recipes so please find attached the second instalment of snacks and recipes.

Message from Jay Scouler, Head Performance Pathway Coach:

Mhairi Keil is the English Institute of Sports Nutritionist. She works closely with the gymnasts and coaches on the GB National Squads in our 3 funded Olympic disciplines (TRA, WAG, MAG). As a parent / guardian to an up and coming elite gymnast, these recipes will come in useful.

Nutrition is a key ingredient in building a competitive performance athlete. A common misconception around nutrition is that it is only concerned with body composition. Much to the contrary, what and when a gymnast eats has an impact on many areas of their training and performance. Eating the right foods in the right amounts at the right time, helps with injury prevention, tissue repair post training, concentration levels during training and throughout the day, and of course their metabolism which will directly affect their body composition.

On behalf British Gymnastics and the Performance Pathway team I would like to take this opportunity to thank you for your ongoing support. If you wish to discuss the contents of this email please do not hesitate to contact myself or your child's lead pathway coach.

Kind Regards,

Jay Scouler,
Head Coach, Performance Pathway TRA

Kylie Walker Performance Pathway Coordinator - Trampoline

