

FUELING MIDWEST TWISTERS GYMNASTS

NOVEMBER 13th – 5pm

**Gymnastics asks more of a young body than almost any other sport.
Power, precision, impact, and recovery are built on FUEL!**

WHAT WE'LL COVER:

- Why fueling strategy sets the pace of progression in gymnastics
- What meet season actually demands from your athlete's body
- The focus of every age: 6-year-old developing athletes through 17-year-old serious competitors
- What home looks like when nutrition is supporting the sport
- How to recognize when your athlete needs individualized support



Meet Hailey Schim

Founder, First Play Nutrition | Former Professional Athlete | Registered Dietitian

I'm a Registered Dietitian with a Master's in Nutrition and Physical Performance, a background in personal training, and a specific focus on athlete physiology, hormonal health, and GI performance. I founded First Play Nutrition because youth sports is where nutrition habits are born, and there is an enormous gap between what young athletes need to grow and perform and the resources available to support them.

As both an athlete and a mom, my approach is performance focused but family-centered! I'm not handing athletes a meal plan and walking away or expecting families to carve out time for follow-up office appointments. Nutrition happens in real life and nutrition is dynamic. I build support that fits into a real schedule, works with the family, and follows the athlete through the challenges that show up on the mat, into their next chapter in sport, and into their life beyond gymnastics.