

What are the Baltimore Ravens and Orioles' Players Eating???



MD-DHCC Networking Event!

(Back by Popular Demand)

Wednesday, January 21, 2015

(Snow Date January 28th)

Location: Dempsey's Brew Pub, 333 W. Camden St. Baltimore MD 21230
Speaker: Sue A. James, MS, RDN, LDN – RD for the Ravens and Orioles teams
Time: 5:30-6pm - Registration/Networking/Appetizers
6-7pm - The Care and Feeding of Professional Athletes in Baltimore
7:15pm - 8:00pm - Tour of Camden Yards
Parking: North Warehouse Lot off of North Conway by Sports Legends Museum. Parking will be validated.
Contact: Joyce Rowley jrowley82@verizon.net, Cell 443-866-1868

Professional Affiliation

RD# _____

DTR# _____

Register by: January 6, 2015

1 CEU approved for RD's, DTRs

Registration Fee:

MD DHCC Members - \$15.00

RD's, DTR's - \$25.00

Full Time Students - \$10.00

Register by check/ mail or online with credit card

Make Checks Payable to MD-DHCC

Mail Fee and the bottom half of this Form To:

MD-DHCC, C/O 1224 Cedar Croft Road

Baltimore, MD 21239

Access online credit card registration at:

<http://tinyurl.com/mddhccnetwork>

Registration Information

Name _____

Address _____

Phone Number _____

Email _____

Attending: (please circle)

Talk

Tour

Both

Networking at the Orioles Stadium - January 21, 2015 - Back by Popular Demand

We are repeating last year's networking event for several reasons.

- **First**, some of our members were unable to attend this event last year.
- **Second**, Sue James, RD, LDN dietitian for the Orioles and Ravens has made some changes in their program, following last years input from an external (very positive) site visit from a representative of the US Olympic training center.
- **Third**, this is an area of dietetic practice of interest to many dietetic interns, but there is NO joint class day lecture scheduled to address this area of practice (and we hope to attract dietetic interns). There is a small fee, CEU for RD(s) and DTR(s) and parking is free. Light appetizers and non-alcoholic beverages will be served for free. **Please see first attachment for registration.**

Objectives:

1. Participants will be able to identify the macronutrient percentages for football player (strength and power athletes) and the foods served to meet them.
2. Participants will be able to name nutrients that are served at the Ravens cafeterias that are necessary for injury prevention in football players.
3. Participants will understand the quantity of food needed to adequately serve a professional football team.

