

# Lindbergh Football

*Presentation by Coach Timlin, Varsity Asst Football Coach*

## Sports Nutrition

# Basics

Personalized nutrition components for the  
middle/high school athlete  
that will make you a better athlete now!

**Monday, March 1st**

**7:00 p.m.**

**Lindbergh Room at Lindbergh High School**

*only* **\$10** pre-registered by Feb 26th *Parents*  
**\$15** at the door *Are free!*

Questions: Rhonda Miller 314.842.6842 or  
rhondamiller@themillergroup.com

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Phone number: \_\_\_\_\_ email: \_\_\_\_\_

Number of: Players: \_\_\_\_\_ Parents: \_\_\_\_\_

Please make checks payable to LFA and mail with registration to  
Rhonda Miller, 12214 Mentz Hill, 63128