

GBWR COMMUNITY WEEK

A week of webinars to support and inspire our wheelchair rugby family

1-5 February 2021



Match Day Nutrition in Wheelchair Rugby

**Delivered by Jordan Fenton, PhD Researcher
at Loughborough University in the Peter
Harrison Centre for Disability Sport.**

Thursday 4th February 2021 7pm to 8pm

Following an MSc in Sport and Exercise Nutrition Jordan started his PhD at Loughborough University in the Peter Harrison Centre for Disability Sport in 2020. Throughout this time, Jordan has worked with GBWR, and a number of other teams and athletes, offering his nutritional support. His research has a focus on nutrition and exercise in persons with spinal cord injury, having currently looking at appetite methods to increase muscle mass in the paralysed limbs. In his coming studies he will look to examine the effects of neuromuscular electrical stimulation in combination with protein supplementation on the effects of muscle growth and metabolic health.

In this nutrition workshop, Jordan will be focusing on the fundamentals of performance nutrition as well as how to optimise diet around competition. This will cover all aspects of the tournament weekend from pre-competition preparation to post-tournament recovery. Overall, the aim of this workshop is to help players and coaches understand how to think intuitively when it comes to their nutrition so that every individual can make the right choices to maximise performance.

