

Pine Crest School Swim Team PRIME & RECOVER PROGRAM



FUELED BY **G**SERIES®



Prime Energy Chews

The Prime Energy Chews are a pre-workout fuel that will provide energy from a concentrated blend of carbohydrates. Designed to be used shortly before training, they will help prepare an athlete for an intense workout. With 25 grams of carbohydrates, in addition to B-Vitamins, the Prime Energy Chews provide the right amount of energy without any caffeine.

Recover Protein Shake

The Recover Protein Shake delivers an effective amount of protein that contains essential amino acids needed to help support muscle rebuilding after training or competition. With 20 grams of protein and 270 calories, the Recover Protein Shake should be consumed as soon as possible after exercise to maximum muscle benefit.



12 Weeks of Prime and/or Recover

Pine Crest School Swimmers will receive Prime Energy Chews to properly fuel before each practice and/or a Recover Protein Shake following each practice. In total, each athlete will be given 60 Energy Chews and/or 60 Protein Shakes by participating in this Prime & Recover program.

Prime Energy Chews for 60 Meets/Practices—\$80
Recover Protein Shakes for 60 Meets/Practices — \$85

Retail pricing on Chews and Protein Shakes is 20% higher in stores



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Athlete Name: _____

Team: _____

Circle Age

Freshman

Sophomore

Junior

Senior

*Please initial 1 or both options if you would like to participate and mark what flavors you would like. You receive a total of 4 cases of the Chews and 5 cases of the Shakes

_____ **Yes, I will be participating in the Gatorade Prime and Recover Program and purchase 64 Prime Energy Chews for \$80. __Strawberry __Cool Blue __Fruit Punch __Orange**

_____ **Yes, I will be participating in the Gatorade Prime and Recover Program and purchase 60 Recover Protein Shakes for \$85. __Chocolate __Vanilla**

*in addition to the products listed, the first 20 players who sign up will receive a free Gatorade Squeeze Bottle and Gatorade Towel while supplies last.
A \$15 value



Pine Crest School Swim Team



PRIME & RECOVER PROGRAM Order Form



Name: _____

Address: _____

Preferred Payment (circle one): Cash, Check or Credit Card

Phone Number or Email address: _____

Email forms to Patrick Quinn (Patrick.Quinn@pepsico.com) or call (305) 281-7302

Please mark the number of cases you would like to order next to each product and flavor option

Prime Energy Chews (\$20 per case of 16)

_____ Cool Blue

_____ Fruit Punch

_____ Strawberry

_____ Orange



Recover Protein Shake (\$17 per case of 12)

_____ Chocolate

_____ Vanilla

Over 30% Savings Compared
To Retail Pricing!