

Who is Dawn Weatherwax RD, LD, ATC, CSCS



Dawn Weatherwax is a Registered/Licensed Dietitian with a specialty in Sports Nutrition and Founder of Sports Nutrition 2Go & Dawn Weatherwax's Sports Nutrition Academy. In addition, she is an Athletic Trainer with a Certification in Strength and Conditioning from The National Strength and Conditioning Association. Weatherwax brings a comprehensive and unique understanding of the athlete's body, and its nutritional needs, to those interested in achieving specific performance goals and optimal health. She is also the author of The Official Snack Guide for Beleaguered Sports Parents, The Complete Idiot's Guide to Sports Nutrition and The Sports Nutrition Guide for Young Athletes. She is the sports nutrition columnist for Swimming World, National Interscholastic Swim Coaches Association and American Swimming Coaches Association. She has also been featured on television and magazines including Good Morning America, MSNBC, Oxygen, Spark and Shape.

What is DWSNA:

“Building a better athlete through sports nutrition that optimizes every stage of growth, health & athleticism that best fits the athlete.

You have access to this academy for free from now until April 1, 2025

The academy includes:

Online Mini Courses

1. **What to Eat & Supplement for daily, all day swim meet and holiday training**
 - a. Supplement recommendations are **never** mandatory
 - b. Should **always** do food first whenever possible
 - c. **Examples** of items recommended: Vit D3, Fish oil, Calcium, Magnesium.....



- What to Eat & Supplement for a Swim Meet
 - Stay Healthy
 - Take out the stress and anxiety around fueling
 - Menus with actual ideas and links
- How to Nutritionally Taper for a Swim Competition
 - Takes out the guess work & maximizes all their hard work!
 - 10 Basic Nutrition Taper Tips
 - Advanced Sports Nutrition Taper protocols



Dawn Weatherwax's
**SPORTS NUTRITION
ACADEMY**



SN2Go
Sports Nutrition 2Go

Other Online Mini Courses

- [Gain Lean Weight \(Get Leaner\) sports nutrition program](#)

Protocols

1. [Daily Immune protocol](#)
 - a. [Stay healthy & get faster](#)
2. [Tart Cherry Protocol](#)
 - a. Aids in soreness
 - b. Aids in sleep
3. [24 Hour Emergency Immune Protocol](#)
 - a. Stay Healthy
 - b. Minimize duration & intensity of sickness
4. **More coming!**

College Recruiting Tool



Link will be in the welcome email you will receive when you sign up, in the Community and in the course.

Here are some items about The College Search Tool for Swimmers!

It streamlines and consolidates the recruiting process into one simple and easy to use platform for athletes and coaches.

For high school, JUCO, club, or any post-grad program...

Features

1. Contact info for thousands of college coaches
2. Direct links to sign up for summer camps
3. Immediately fill out recruiting questionnaires
4. Follow schools and coaches on Twitter!
5. Find a school for YOU!
6. (DM & Email Templates also included)

Demo:Video that anyone can watch! as well as a preview feature.

<https://www.athleticacademydynasty.com/college-search>



Dawn Weatherwax's
**SPORTS NUTRITION
ACADEMY**

Central Ohio Aquatics

DWSNA Sign up Directions

COUPON CODE: coanutrition

- Go to www.SN2G.com or [academy](#)
CEO Dawn
Weatherwax, RD, LD, ATC, CSCS
- Click on Academy
- Click on Join Now
- Click on Join Take out the guess work or any check out button
- Complete information
- [Coupon code: coanutrition](#)
 - Free Access Until March 1st, 2025
 - You will receive an email once you sign up
 - Get started!
 - Access to everything in the Dawn Weatherwax's Sports Nutrition Academy
 - Education Only. Doesn't Take place of Medical Advice



So much more to explore! So much more to come!



SN2Go
Sports Nutrition 2Go



Dawn Weatherwax's
**SPORTS NUTRITION
ACADEMY**