



Greenwich YWCA Dolphins Swim Team
259 East Putnam Avenue
Greenwich, CT 06830
www.greenwichdolphins.com

Announcing an exclusive seminar for Greenwich YWCA Dolphins swimmers and parents

Fueling for Performance Presented by Charlene Boudreau, MS

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**Thursday, September 17
5:00pm-6:00pm in the
YWCA Meeting Room**

We are pleased to announce that The Greenwich YWCA Dolphins Swim Team in association with the YWCA of Greenwich and a grant from the Hal and Ruth Lauenders Educational Trust are pleased to present an educational seminar for our team members and parents.

Charlene Boudreau is the past Director of USA Swimming, Inc. Performance Research and Nutrition Department and presently holds a similar position with USA Figure Skating and is a professor with University of Colorado.