

MEET SVY'S NEW SPORT NUTRITION COACH!

The SVY Nutrition Initiative is excited to be collaborating with **nutritionist, dryland/swim coach, and SVY alumni Casey Stahl, BS.** As an accomplished athlete herself, she understands the life and nutritional needs of the competitive youth swimmer. Her diverse background makes her uniquely qualified to share her fueling expertise.



Highlights from Casey's swim background:

- Began swim career at the age of 7 for Juniper Lane Swim Club in Bridgewater.
- At the age of 13, she joined SVY and quickly became a top performer, earning her first National cut in the 50 freestyle at age 14, and a place on the SVY National Team for four years.
- Top events included 50 free, 100 free, and relays
- Swam varsity all four years for Bridgewater-Raritan High School
- Coached swimming for Juniper Lane Swim Club

In addition to swim, she is accomplished at lacrosse, playing varsity in high school—no small feat while swimming! She helped her team in winning States, county champions, and conference champions.

Upon entering college at Arizona State University, Casey chose to take a break from competitive swimming and lacrosse and instead changed paths towards competitive bodybuilding. This decision sparked her passion in sport nutrition. She realized the vital role of food as fuel and how it affects athletic performance.



A few of Casey's recent nutritional and athletic achievements:

- Earned a Bachelors of Science from Arizona State University with a dual major of Nutrition and Food Management
- Worked for *My Fit Foods* in Arizona, a food business focused on healthy, natural, clean foods
- Assistant to Food Service Director for Estrella Care & Rehabilitation Center
- Intern at Art Institute of Phoenix, educating chefs about nutrition
- Started a youth lacrosse program for the city of Mesa, Arizona
- Actively trains for various body building competitions
- Currently works with private clients on various nutritional issues
- Sells individually prepared meals to meet her clients' needs

Casey is like no other coach at SVY—she has significant training in the team's three main disciplines--swimming, strength training, and nutrition. She is eager to teach our kids that when one works on all three together, incredible athletic advances can occur. She is especially excited to lead the SVY Nutrition Initiative because she believes that food choices are crucial in becoming a successful top performer.

Make sure to check about Casey's own nutrition and recipe Facebook page. Her goal is to help people make everyday simple meals healthy, reviewing products, and posting helpful articles. The page is www.facebook.com/FuelingFitness.