I. Introduction

II. Presentation outline/objectives

III. Defining the Strength Power Athlete
   A. Sport
   B. Body Composition
   C. Seasonality
   D. Nutritional Needs
      1) Fuel
      2) Recovery
      3) Adaptation

IV. Kilocalories
   A. Common Intake
B. Need

V. Carbohydrate
   A. Common Intake
   B. Need
   C. Consequences of too little

VI. Fat
   A. Common Intake
   B. Need
   C. Consequences of too much

VII. Protein
   A. Common Intake
   B. Need

VIII. Water
   A. Hypohydration from sport
   B. Consequences of hypohydration

IX. Dietary Supplements
   A. Creatine Monohydrate
   B. Beta Alanine
   C. Sodium Bicarbonate

X. Four Take Away Messages
   A. Strength power athletes are very difficult to define
   B. Most strength power athletes achieve adequate kilocalorie and protein intake
   C. Some strength power athletes are overeating fat and underrating carbohydrate
D. Only a few dietary supplements may benefit strength power athletes

XI. Selected References


