



EXCELLENCE IN ACTION
Sports And Special Events

December 1, 2009

Lisa Tartamella Kimmel Signs On as Resident Nutritionist - SFH Nutrition Seminar Scheduled for 12/6

Sono Field House has partnered with Lisa Tartamella Kimmel, Yale University's Resident Dietitian, to create a nutrition and healthy lifestyle curriculum for the new sports and special events facility.

"Lisa is another outstanding addition to our staff, supporting our vision to provide our athletes with unsurpassed resources," noted James P. Quinn, CEO and Founder of Sono Field House. Lisa has signed on to act as a resource to staff and athletes regarding proper sports nutrition. A Registered Dietitian for Yale University, Lisa will lead seminars to educate interested players, parents and coaches on the benefits of a sports-based nutrition plan. Lisa will be an excellent resource for team conditioning programs and one on one counseling.

Lisa is a Board Certified Specialist in Sports Dietetics as well as an acclaimed published author of various nutrition-based pieces. Lisa attended Southern Connecticut State University, receiving her MS in Exercise Physiology in 1999. She also graduated Summa cum Laude from James Madison University, where she earned her BS in Dietetics. Lisa also held a Dietetic Internship at the Yale-New Haven Hospital from 1992-1993. She has been recognized in Business Weekly in 2006 for the "40 under 40" Award for New Haven, CT, and was awarded a Masters Scholarship from the American College of Sports Medicine in 1998. Lisa was also recognized as Young Dietitian of the Year in 1997, and Outstanding Dietetics Student Award, 1994.

"Lisa will provide nutritional assessments for our Sono Field House athletic teams," explained Assistant General Manager and Train D1 Director Jake Myers. "There is tremendous value in having Lisa as a resource to teach athletes how to optimize their performance based upon their diet. We plan to utilize her expertise in conjunction with our entire sports curriculum and Train D1 elite team training and conditioning program to create powerful, well-rounded athletes." Lisa will host her first seminar on December 6th, *Fueling for Peak Performance: Tips and Techniques for Developing a Strategic Game Plan for Good Nutrition*; attendance is open for all current individual and family members of Sono Field House. An SFH Membership is \$49 per year or \$150 for a family of three or more.

Sono Field House's Winter Session begins in early January, and registration has already opened for winter lacrosse, soccer, football, and field hockey skills clinics and competitive league play. Programs are offered at youth, high school, and adult levels. Sign up for clinics and league teams is on a first-come, first-served basis.

Information is available upon request regarding customized team nutrition and TrainD1 programs. *Fueling for Peak Performance* begins Sunday, December 6th, from 11:30 am to 1:00 pm. More information regarding Lisa Tartamella Kimmel's seminar series for members is available online at www.sonofieldhouse.com. For general inquiries, please email info@sonofieldhouse.com or call 203-523-5875.