

Permission Letter to Parents and Guardians

Dear Parents and Guardians,

Raw now offers post-workout recovery shakes for high school athletes! As part of the program, each athlete must have his/her parents consent along with a credit card on file. Charges will apply at the end of each month. Post-recovery shakes are \$3.50.

Refueling the muscles after a workout is essential for any athlete looking to maximize gains and prepare for the next workout. If your muscles are not receiving the correct macro-nutrients, in the correct amounts, at the correct time, you are losing out on better performance.

My experience is that most high school athlete don't properly refuel after a workout. Usually one (if not more) of three things happens:

1. Nothing is consumed after a workout.
2. The wrong things are consumed after a workout.
3. The timing of the recovery is incorrect.

Sports foods and dietary supplements, when indicated and used as directed can assist to meet the needs of athletes. These, as well as ergogenic aids should be seen as the 'icing on the cake' rather than the main focus of any athlete's training. Talent, hard work and time, together with a well-planned dietary intake are what young athletes require to make substantial gains in performance. Ergogenic aids may have little or no effect if this fundamental base is not in place first.

Since, dietary supplements do not require U.S. Food and Drug Administration (FDA) approval before they come on the market, we only offer products affiliated with collegiate programs. If any additional questions, please feel free to call me.

Thank you for your continued support.
Raw Center for Strength (925) 930-0519

AUTOMATIC CREDIT CARD DEBIT



Card Holder Name: _____	VISA <input type="checkbox"/>	MASTERCARD <input type="checkbox"/>
Card Number: _____	Expiration Date: _____	Code: _____

This authorization is to remain in effect until Raw has received notification by the undersigned, or an authorized designee, of its termination in such time and such manner as to afford Raw a reasonable opportunity to act.

Signature: _____

Date: _____