



FUEL YOUR PERFORMANCE with Dobeles Dzirnavnieks

Our sponsor has a gift for **every athlete**: a pack of premium
Wholegrain Oats!

Come and grab your pack to take this energy boost home.

WHY OATS?

- ⚡ **POWER:** Sustained energy for the ice
- 💪 **STRENGTH:** Plant-based protein for recovery
- 🕒 **SPEED:** Quick to prep, easy to digest

✨ THE "OVERNIGHT" HACK

- Mix 1/2 cup oats + 2/3 cup yogurt.
- Let it soak overnight.
- Top with fruit and crush your morning practice!

🔥 **WE CHALLENGE YOU!**

Make it teamwork, make it synchro!

Film a creative clip or a fun reel of your team's oat-prep routine.
Show the world your **oatstanding synchronization** off the ice!

#OATstandingSynchro

