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Athletic Performance Program Overview

A Chef-Led Performance Nutrition Partnership for High School Athletics

Presented by Chef Rémy & Stephanie Carton

DC Culinary Club | South Orange County, California

dcculinaryclub.com

THE OPPORTUNITY

Every Athletic Program Has a Gap.

Your athletes train hard. Your coaching staff is committed. Your strength program is structured. But there is one foundational performance variable that almost no high school athletic program addresses with any real depth:

What athletes eat — and whether they actually understand why it matters.

Most schools offer a generic nutrition handout. A few bring in a dietitian for a one-time assembly. Almost none give athletes the hands-on food education they need to make better choices independently — in the cafeteria, at home, and in season.

The result: athletes who train at a high level but eat like children. Not because they don't care — because no one has ever taught them how food actually works in a performance context.

The DC Culinary Athletic Performance Program was built to close that gap.

THE PROGRAM

A Different Kind of Partnership.

This is not a workshop. Not a seminar. Not a vendor relationship.

It is a chef-led, educator-supported nutrition partnership embedded into your school's existing athletic structure. Chef Rémy works alongside your coaching staff — not around them — to make food intelligence a structural part of how your athletes train, recover, and perform.

THE TEAM

What Makes This Different.

Every school has strength coaches. Some have sports psychologists. None have what we bring:

Chef Rémy

CULINARY & NUTRITIONAL EDUCATION

Chef Rémy owns the culinary education — cooking with athletes, teaching technique and food science, and collaborating with coaches on nutrition frameworks built around your training calendar. French-trained, Meilleur Apprenti de France. 15+ years experience.

Stephanie Carton

FEMALE ATHLETE NUTRITION & HORMONAL HEALTH

Stephanie owns the conversation no one else in the building is equipped to have — what food does in a female athlete's body specifically, how the menstrual cycle affects training and recovery, and what unaddressed nutritional stress does to a young woman's hormonal health over time.

Together, we are a complete offer. Separately, neither is as strong.

THE ENTRY POINT

The Semester Pilot.

Every engagement starts with a clearly scoped semester pilot — eight to ten sessions structured around your school's existing athletic calendar. Designed to be straightforward to approve without a lengthy administrative process.

- Chef Rémy meets with your coaching staff first to map the training year.
- Sessions are designed around the calendar — not the other way around.
- Stephanie leads two dedicated sessions specifically with female athletes.
- Coaches are partners, not observers — collaboration is built into every session.

SESSION STRUCTURE

Sample 8-Session Pilot.

#	Session	Focus
1	Food as Fuel Chef Rémy	How macronutrients work in an athletic body — protein, carbs, and fats explained in real terms athletes can use.
2	The Pre-Training Plate Chef Rémy	Hands-on cooking: building meals that support energy, focus, and readiness before competition.
3	Recovery Nutrition Chef Rémy	What happens in the 30 minutes after training — and how to use food to accelerate it.
4	The Female Athlete Stephanie Carton	Dedicated session for female athletes: how the menstrual cycle affects training windows, recovery, and energy demands.
5	Real Ingredients, Real Performance Chef Rémy	Reading labels, understanding processed vs. whole food, and building grocery literacy that travels.
6	Hydration & Electrolytes Chef Rémy	Beyond water: what student athletes need before, during, and after training — especially in a warm climate.
7	Hormonal Health & Long-Term Wellbeing Stephanie Carton	What unaddressed nutritional stress does to a female athlete's hormonal health over time — and how to protect it.
8	Building Your System Chef Rémy	Each athlete builds a personal nutrition framework to take home. Coach debrief and year-two planning.

THE PROGRESSION

From Pilot to Partnership.

The semester pilot is designed to demonstrate value and build trust. The natural next step is a full annual partnership that makes the program a permanent part of your athletic culture.

Year One: The Pilot

Scoped, defined, and easy to approve.

8–10 sessions aligned to the athletic calendar. Proof of concept. Athletes and coaches experience the program firsthand. Stephanie’s female athlete sessions included. End-of-semester debrief with athletic director.

Year Two: The Residency

An institutional relationship.

Ongoing presence across the full athletic year. Monthly sessions, cross-sport coverage, and a co-branded nutrition framework the school owns. Chef Rémy integrated into pre-season and in-season programming.

INVESTMENT

Program Fees.

Fees are structured as a program fee — not per athlete — because schools budget in line items, not headcounts. All fees include Chef Rémy’s culinary sessions, Stephanie’s dedicated female athlete sessions, materials, and end-of-program reporting.

Program	Investment	What's Included
Semester Pilot	\$8,000 – \$12,000	8–10 sessions. Scaled to number of teams and session frequency.
Annual Residency	\$20,000 – \$30,000	Full athletic year. Monthly sessions, coach collaboration, co-branded framework.

Exact investment confirmed during scoping conversation. No hidden costs.

WHO WE ARE

Chef Rémy & Stephanie Carton.

Chef Rémy

Chef Rémy is a French-trained artisan chef and culinary educator based in South Orange County. He earned his credentials through the French CAP Boulangerie apprenticeship system, entering the professional culinary world at fifteen. His commitment to craft earned him the Meilleur Apprenti de France — one of the highest distinctions awarded to young artisans in France.

After expanding his experience in New York and building a broad multicultural culinary foundation, he now works directly with families, youth, and institutions through DC Culinary Club. His philosophy is rooted in a simple belief: food is not about perfection — it is about direction. And athletes who understand that are better performers and healthier people.

Stephanie Carton

Stephanie is a strategic advisor and a woman with over two decades of lived athletic and hormonal health experience. She brings to this program what no chef alone can deliver: a direct, informed, and empathetic conversation with female athletes about how their bodies actually work.

Her sessions address the specific intersection of female physiology, athletic performance, and nutritional health — a conversation that is urgently needed in high school athletics and almost never happens at the right depth.

DC Culinary Club

DC Culinary Club is a private culinary brand led by Chef Rémy, offering curated culinary education and personal chef services for families, youth athletes, and select institutions in South Orange County. The Athletic Performance Program is the flagship institutional offering.

NEXT STEPS

How to Move Forward.

We've designed this process to be straightforward for athletic directors working within real institutional timelines.

- 01 Scoping Conversation**
A 30-minute call with Chef Rémy and Stephanie to understand your athletic program, your teams, and what you want to achieve.
- 02 Custom Proposal**
We provide a scoped proposal with exact session count, calendar alignment, and confirmed program fee within five business days.
- 03 Program Launch**
Chef Rémy meets with your coaching staff to map the semester. Programming begins at a date that works for your athletic schedule.

To schedule your scoping conversation:

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A private culinary experience — South Orange County, California.

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“We don’t teach recipes. We teach understanding.”

— Chef Rémy

“Your body responds to what you repeat, not what you attempt.”

— Stephanie Carton