

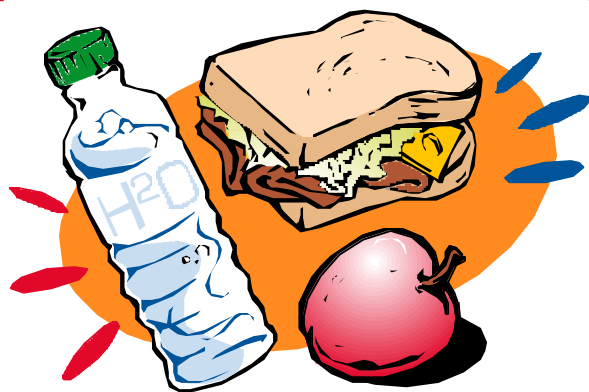


NUTRITION

EAT

TO FUEL

PERFORMANCE





SPORTS NUTRITION-

Eat to Fuel Performance

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INTRODUCTION

Good nutrition and optimal training spell success in athletic competition. Athletes who eat a healthy diet:

- ▲ *have the energy to perform at their best.*
- ▲ *heal better after injury*
- ▲ *improve their cognitive development and ability to learn.*

Encourage your athletes to eat well before the competitive part of their season begins. Emphasize that the foods they eat most of the time can help replenish muscle glycogen to delay the onset of fatigue.

This kit will help educate your athletes about nutrition to enhance athletic performance and prevent fatigue.

THIS KIT INCLUDES:

- **Sports Nutrition for Coaches**, providing background information, including suggested Talking Points, Glossary, and References.
- **18 reproducible Student Handouts**. They may be handed out individually once per week in season, or reproduced as a part of a preseason mailing sent out with practice schedule.
- **Parent / Booster Club handouts.**

This information was developed for student athletes, but it may be useful for other teens in need of nutrition information.

WHO WILL USE THIS KIT?

- Coaches and teen athletes
- Parents and teachers of teen athletes
- Health professionals such as school nurses, registered dietitians, physicians
- Extension Nutrition and Health specialists, Family and Consumer Science teachers, Health teachers

OVERALL PROGRAM GOALS:

- To help teen athletes improve the nutritional quality of their diets by improving food choices.
- To encourage teen athletes to practice good nutrition during both pre-season training and the competitive season to help meet their performance goals.

LEARNING OBJECTIVES:

Participants will:

- Understand that being well nourished and hydrated can improve athletic performance and delay fatigue.
- Learn why hydration is important for athletic success; be able to identify kinds and amounts of fluid to consume.
- Understand that eating before and after practice and competition can improve muscle glycogen replacement.
- Improve food choices at these times:
 - Breakfast
 - After morning practice
 - Lunch

- Before and after afternoon practice
- Traveling to games

- Understand the best ways to gain or lose weight.
- Recognize the importance of vitamins and minerals in athletic performance.
- Understand when nutrition supplements are safe and effective.

SUGGESTIONS FOR USE:

It is suggested that the coach review the coach's background information in the **Sports Nutrition for Coaches** booklet.

Opportunities to reach teen athletes:

1. Sponsor a nutrition seminar at the beginning of the practice season for teen athletes and parents.

Suggested speakers include:

- ISU Cooperative Extension Nutrition and Health Field Specialists; they have a prepared presentation to accompany this kit. Contact your local County Extension Office.

- A registered dietitian. Contact your school food service director or the dietary department of your local hospital. Ask if any Dietitians are members of SCAN, the Sports, Cardiovascular and Wellness Nutrition practice group of the American Dietetic Association. Or E-Mail milfleck@rmi.net and ask for the SCAN member nearest you.
 - Your team physician.
2. Reproduce student handouts and give to students one at a time before each practice session. Use Coach's Talking Points to introduce each topic.
 3. Reproduce all student handouts and staple together to make Sports Nutrition Booklet; hand out at the beginning of the season.
 4. Contact Parent Booster Club or interested parents and suggest they coordinate a Sports Nutrition Seminar for interested athletes and parents.
 5. Share information (*you may reproduce this kit for educational purposes*) with key people in your school:
 - Other coaches
 - School Nurse
 - Family and Consumer Science teacher
 - Cheerleader Sponsor
 - Drill Team Sponsor
 6. Provide this information to local physicians and/or medical clinic if they do team sports physicals.

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