

## **NUTRITION FOR YOUNG ATHLETES – FKK - 08.04.16**

- **What is the role of nutrition in young athletes?**
  - 'You're an athlete on the field. You're an athlete in the gym. You're an athlete in the kitchen.'
  - All the training in the world won't make up for poor nutrition
  - Often the missing link to take athletes from good to great
  - Setting up good fundamentals for life / overall health
- **What are signs of poor nutrition?**
  - Tiredness
  - Lack of Energy
  - Repeated Injuries
  - Suppressed Immune System
  - Long Recovery Times
  - Burn Out
  - Weight Gain/Loss
- **How should body composition be addressed?**
  - Kids don't want to feel singled out- speak about nutrition and health with the *whole team* as much as possible
  - Approach parents with individual concerns
  - Young athletes, especially girls, are very sensitive about body composition- be conscious of word choice and tone
- **What should the coach's involvement be?**
  - Lead the team by example
  - Ensure players are staying properly hydrated (Gatorade/ electrolyte replacements for practice 60+ min outside) and have healthy snacks
  - Seek out healthy options when travelling and prepare in advance as much as possible