

Week 1 – Nutrition Basics for Young Athletes

HTML/Blog Version (for website)

Title: Week 1: Building a Nutrition Foundation for Student Athletes

Intro:

Strong performance starts with strong fuel. In this first week, coaches can help athletes understand that food is not just about taste - it's about energy, growth, and recovery.

Coach Script (say to your team):

"Food is like fuel for a car. Without the right fuel, your performance will stall. Every meal is a chance to build strength and energy for your sport."

Discussion Prompt:

Ask: *"What are some foods you eat before training? Do you think they give you energy or slow you down?"*

Quick Activity:

- Have athletes write down or share one food they ate before practice.
- Group foods into "Energy Builders" (rice, bread, fruit, chicken) vs "Energy Blockers" (sugary drinks, chips, fried snacks).

Tips for Coaches:

- Encourage athletes to bring a banana, sandwich, or fruit instead of chips before training.
 - Model good behavior: if coaches eat well, athletes notice.
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Week 2 – Hydration & Performance

HTML/Blog Version (for website)

Title: Week 2: Hydration and Performance

Intro:

Even small levels of dehydration can slow an athlete down, increase risk of injury, and cause fatigue. This week, focus on water as a key part of training success.

Coach Script (say to your team):

"Water is like oil in an engine - it keeps everything running smoothly. Without it, your muscles and joints don't work their best."

Discussion Prompt:

Ask: *"How many bottles of water do you drink before, during, and after practice?"*

Quick Activity:

- Line up 3 empty bottles (small, medium, large). Ask athletes which size they usually drink per day.
- Show how much more water athletes need when training (at least 1–2 L).

Tips for Coaches:

- Encourage water breaks every 15–20 minutes in practice.
- Teach athletes to look at their urine color: light = hydrated, dark = dehydrated.