Nutrition
Competition stream

Master
Additional training and evaluation

Advanced
Additional training and evaluation

Certified
Competence demonstrated and evaluated

Trained
While taking workshops, prospective coaches are "in Training".

Coaches who have completed training, but have not been evaluated are "Trained".

Certified/Master
Providing an initial sport experience to participants

Introduction
Introducing athletes to competition

Development
Working with development stage athletes

High Performance
Working with high performance athletes

Community Sport stream

Initiation
Organizing participation

Instruction stream

Advanced
Working with advanced athletes

Master
Working with high performance athletes

Coach.ca
Reach Higher
LONG-TERM ATHLETE DEVELOPMENT INFORMATION FOR PARENTS
The Five NCCP Core Competencies

Valuing
Problem-solving
Interacting
Leading
Critical Thinking
Learning Outcomes

Provide guidance to athletes or parents on pre-competition nutrition

Provide guidance to athletes or parents on post-competition nutrition

Take appropriate measures to ensure that athletes stay hydrated during training and competition

Educate athletes about the use of nutritional supplements
Module Outline

• Provide general information on nutrition

• Eating well before, during, and after activity

• Keeping athletes and their parents informed
Introduction

• Maintaining good dietary habits plays an important role in establishing a healthy lifestyle.

• The involvement of athletes’ parents is essential.

• Your comments or actions can have an enormous impact on the behaviours and attitudes of others.

• This module is not trying to make you an expert in sport nutrition
Providing General Information on Nutrition

What do you say?

During a pre-season session with parents, someone asks you whether athletes should eat differently from other people. Someone else asks you what you should eat to be in the best possible condition to practise and compete.
Athletes should:

• Eat a variety of foods;
• Eat enough food to meet the energy demands of the sport;
• Eat carbohydrates – athletes use them as their main source of energy;
• Drink enough fluids;
• Eat enough protein – athletes require slightly more protein to maintain muscle mass and repair tissues.
### Eating Well Before, During, and After Activity

<table>
<thead>
<tr>
<th>3.1.2 Our first suggestions</th>
<th>3.1.3 Our suggestions after checking the reference material</th>
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CW, p. 4 - 5
Eating Well Before, During, and After Activity

- **Scenario A** – review sections 2 & 3.4
- **Scenario B** – review sections 4, 2.3, 2.4, 2.5 & 3.5
- **Scenario C** – review sections 4, 2.4, 2.5 & 2.6
Personal Reflection: Ideas I’ll Put into Practice

• Nutrition before competition.

• Nutrition between competitions.

• Recovering from strenuous activity in the heat.
## Keeping Athletes and Parents Informed

Getting the message across…

<table>
<thead>
<tr>
<th>Keeping athletes informed</th>
<th>Keeping parents informed</th>
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Keeping Athletes and their Parents Informed

- Role model;
- Encourage desirable behaviours;
- Integrate dietary or hydration strategies into your practice routine;
- Water bottle encouragement;
- Information sessions on sport nutrition;
- Guest speakers;
- Handouts to parents/athletes.
Action Card

I will START...

I will STOP...

I will CONTINUE...