

LSC Coaching Notes Vol. 2, No. 3 - Dave Gosselin, LSC Coaching Director.

Parents Communicating with Coaches

I am sure we all encourage our parents to communicate with us. This communication becomes particularly important when it comes to players who have special challenges. These challenges may include such things as Attention Deficit-Hyperactivity Disorder (ADHD), or medication that they may be on that may alter their moods, or allergies, or athletically induced asthma. All of these challenges affect you and how you interact with the player. They also affect you in that you have responsibility for those players when they are in your charge. As coaches we need to know what these challenges are, especially as it relates to the players safety and health. You and your parents are on the same team and both of you want the player to be successful. . Please encourage your parents to keep you in the loop when it comes to these challenges.

Game Day Dining (Key points from a recent Soccer Journal Article by Dr. Don Kirkendall)

Nutrition plays a very important role in sports performance and recovery. When players eat is almost as important as what they eat so that they can have optimum energy levels in practices and games and so that they can recover quickly afterward.

Here are some nutritional guidelines for young athletes

Pre Exercise Nutrition – 3 hours prior to play.

Good food choices – Whole grain cereal, sandwich, fruit, energy bar, sports drink, water. Rolled oat cereal.

Poor food choices – eggs, whole milk, beans, soda, snack chips. Avoid fat and sugary foods.

During practice and games – Drink every 15 to 20 minutes

Good choices – sports drinks (with protein), water

Poor choices - fruit juice, any solid food, soda

After practice and games (immediately after exercise)

Good choices – sports drink (with protein), fruit, energy bar, water,

Sandwiches (bagels or English muffins instead of sliced bread) with jam/jellies and low fat energy bars

Poor choices – Snack chips, fast food, soda. Avoid high fat foods because they slow delivery of nutrients.