

DRINK UP BUTTERCUP

Keep fluids accessible and drink throughout your day
Drink a minimum of half your weight (lbs) in oz /day
Consume fluid-rich foods daily: fruit, dairy, veggies

Top up: 500ml approx. 60min pre training & games
During workouts: -drink early, be a sipper

Sports drinks are not warranted if activity is less than 90min in duration

MANAGING MESSAGES

Remember that "what we say to our child becomes their inner voice."

You don't need to be their coach, but rather their biggest supporter. Ensure they know that win or lose, your love and support is unconditional.

Be consistent with your messaging. Putting undue pressure on your child (even with your best intentions) can cause a lot of stress and anxiety.

Positive reinforcement is important. Praise attitude, effort and behavior, not results. Help your athlete to focus on things they can control.

CONCUSSIONS ARE REAL

The overall health and future of your athlete is more important than a game.



[WWW.PARACHUTE.CA](http://www.parachute.ca)

If you suspect a concussion the person should stop the activity right away.

Continuing increases their risk of more severe, longer-lasting concussion symptoms, as well as increases their risk of other injury.

Anyone with a suspected concussion should be checked out by a medical doctor.



This guide is a summary of key points to help you help your athlete succeed. It was created with the assistance from Consultants from the Sport Medicine and Science Council of Saskatchewan for the Sport, Culture and Recreation Districts.

NOTE: RESEARCH IS ALWAYS EVOLVING.

Please consult with your sport, medicine or science professional for further information. Remember each athlete and sport have different requirements.

Ensure your athlete is in a safe environment. Bullying, hazing and abuse of any kind have no space in sport.

Talk to your child about bullying (physical, emotional, verbal, social, cyber) and how to not only help others, but help themselves when faced with situations in which they recognize to be unsafe.

SAFETY IS #1



For more information on this guide and/or to learn more about the Districts and the Sport Medicine & Science Council of Saskatchewan, please connect.



www.smscs.ca



www.prairiecentral.ca



POCKET GUIDE

A GAME PLAN TO HELP YOUR ATHLETE SUCCEED.

BE A GOOD FAN & MENTOR

Speak and act respectfully to other teams, parents, officials and coaches. Lead by example. Children learn self-control when their role models and influencers also display self-control.

Actions speak louder than words. In other words, “if you talk the talk, you need to walk the walk”. Follow through on commitments. Say what you are going to do, and then do what you said you were going to do.

Volunteer when needed and offer your unique skill set to enhance the enjoyment of everyone involved. It is important to give back, offer support, and share the workload.

Understand what their brain and body need and take direction from them. Even if your young athlete is seemingly eating and sleeping well, they may show signs of exhaustion or burnout through their emotional control (or lack thereof). Sports don't just take a physical toll, they also take a mental toll. Listen to your athlete and be mindful of when they may need encouragement to take a break.

Give them space to make decisions and be independent even if it means they will make mistakes. Try to teach them to be responsible by avoiding doing everything for them. Teach them to be organized (pack their own gear, their pre/post activity nutrition and hydration supplies, etc.) and to take ownership and accountability for themselves and their schedules.

Your child needs to know that their self-worth shouldn't be reliant on sports. Your young athlete is more than just “a diver”, or a “runner” (etc). They have attributes that extend beyond their sporting environment. Help them recognize and build these traits and talents in order to build a strong and higher sense of self.

KEEP SPORT FUN.

The number one reason youth drop out of sport, is because it is no longer fun.

Other reasons they quit are; pressure to perform, injuries that can result from overtraining due to that pressure to perform, their own perceptions of their lack of competence at the sport, and time demands.

DREAM TEAM

Teach importance of being a good teammate and having fun.

Help your athlete be supportive, encouraging, empathic and to contribute to a culture of positivity.

All the triumphs and heartaches that are inherent in sport can provide learning experiences and lessons that help pave the road to adulthood.

Winners are bred from the inside out.

SLEEP. THE ULTIMATE PERFORMANCE ENHANCING DRUG

Most people need about 7 to 9 hours of sleep a night. If you're an athlete in training, you may need more. Just as athletes need more calories than most people when they're in training, they need more sleep, too. It is recommended that athletes get between 8-10 hrs sleep/night for ultimate rest and recovery.

Road trips and hotel rooms can be hard. Just because others can/will stay up later when away from home, doesn't mean your child should too. Consistency and routine are important. Encourage your child to stick to their bedtime habits, and reinforce that sleep and sleep patterns (ie: it is not just the number of hours, but the pattern of sleep hours) will enable them to mentally and physically perform their best.

FOOD IS YOUR BODY'S FUEL

CONSIDERATIONS FOR 'PRE' FUELING:

STORED ENERGY * PHYSICAL COMFORT * MENTALLY ALERT

- Foods that digest easily - grains and fruit
- Foods that are lower fat and moderate in protein
- Limit high fiber, spicy foods, lactose (milk)
 - Big meals take big time
- Mixed meals with fat and protein 3+ hrs
 - Adequate fluid ahead of time
- Establish an eating routine... but have a plan B

PROTEIN OPTIONS

Greek yogurt, protein powder, cottage cheese, soft tofu, seeds/nuts

CARB OPTIONS

Variety of fruit options (fresh or frozen), milk/soy/almond/rice milk, yogurt

EXTRA ADDITIONS

Spinach, kale, avocado, flax, hemp seed, turmeric, kefir, matcha, etc...

SMOOTHIES

SNACK ATTACK

PRE GAME TOP UPS & BREAKS

Fruit /Apple Sauce Whole Grain Crackers
Oatmeal/Baby Cookies Low Fat Granola Bar
Sports drink Smoothie (low protein)
Dried fruit/fig bars

RECOVERY AND 60-90 MINS PRE TRAINING

- Flakes of tuna/turkey etc on whole grain bread/wrap/crackers
 - Hummus with pita bread or fruit
 - Greek Yogurt and berries
- Peanut Butter & banana on whole grain
 - Baked tortilla chips and bean dip
 - Banana / date bread with nuts
 - Granola bar & cheese string
 - Nuts and dried fruit
 - Smoothie with protein

YOUR BODY KNOWS BEST