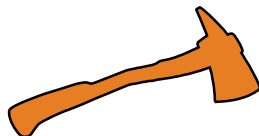




HYACKS

FOOTBALL



2019/2020

PARENT

HANDBOOK



SHARP

THE FUNDAMENTALS OF HYACKS FOOTBALL

SELFLESSNESS

HARD WORK

ACCOUNTABILITY

RESPECT

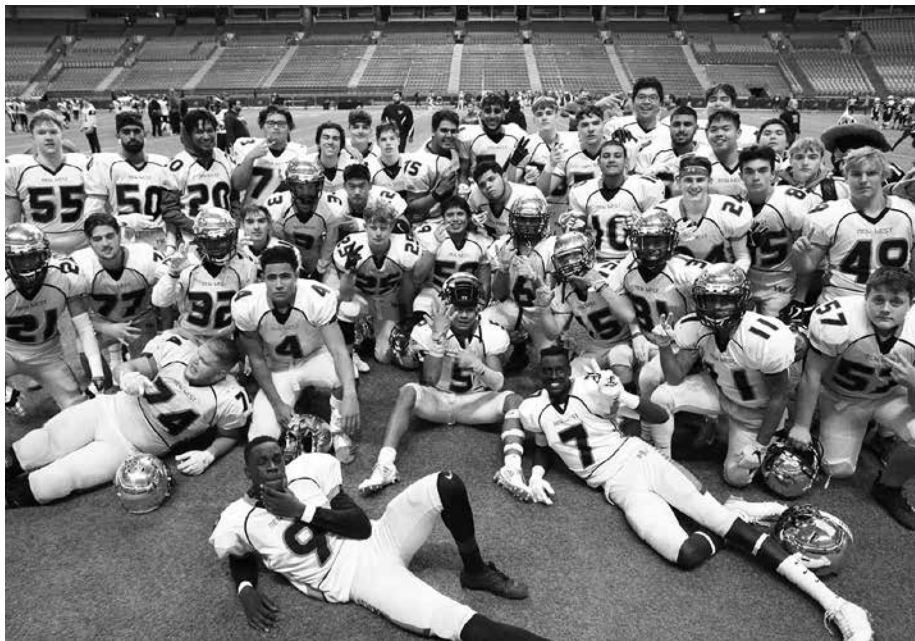
PRIDE, PASSION &
PERSISTENCE

HYACKS
FOOTBALL



WELCOME TO HYACKS FOOTBALL

The 2019 season is well underway for the football program at NWSS. Our players have been training and setting their goals for the fall. We are all expecting to build on the success of last few seasons and provide your sons with another positive experience that will stay with them forever. This will require a team effort: from players, coaches and parents. **Let's work together for another Provincial Championship win!**



The Hyacks Football program has received tremendous support from both the school and community since 2003. To be a member of this program, all players must commit to the following:

- Must adhere to the NWSS Athletic Policy and the Student-Athlete Code of Conduct.
- Commit to the classroom (all players will have an academic evaluation with coaches)
- Weight room and off-season conditioning

- Cost \$285
- Team Fundraising

The \$285 player registration is due in February. This fee includes a \$25 NWSS fall athletic fee and your \$30 BCSSFA fee. Our fee is among the lowest in BC high school football.

Football is far more expensive than any other high school sport and we need funds immediately to purchase additional equipment and upgrades for the upcoming season. Post-dated cheques will be accepted. If you are financially unable to pay some, or all, of this fee, please see Coach Lalji ASAP to make alternate (confidential) arrangements. These will include additional fundraising or a KidSport application.

All players will be expected to take part in at least 3 volunteer activities during the year. This is in lieu of actual fundraising. In addition, we need the help of all parents to help with 2 to 3 fund-raisers or game nights during the season.

Our weight program began in early January with players training 2 to 4 days per week. Most of our grade

10 and 11 players will do this within their class schedule. All players who are not currently playing on another school team will be expected to take part. Players are provided with a football specific program for each session plus supervision and instruction. If you are on another school team, you may participate with the permission of your coach.

Spring training tentatively begins May 21st and ends on June 7th.

This consists of 10 practices in pads for each team plus a jamboree against other schools in early June. If your son chooses to quit the team prior to the first day of spring practice you will receive a full \$285 refund. If you chose to quit after the start of spring training you will receive a \$235 refund (minus \$75 in clothing costs).

Once the fall season starts there will be no refunds. The start of the fall season is defined as the first day in pads, August 19th.

Football season begins two weeks before the start of school. The first day of **fall camp begins Sunday, August 18th.** All practices will be in the evening so that all players who have summer jobs can continue to work.

All players will be expected to take part in fall camp and should make arrangements with parents and employers well in advance to ensure their attendance. Parents, please schedule vacations before Aug 18th. BCSSFA rules will not allow a player to participate in a game without at least 10 practices.

We look forward to working with all of you.

Farhan Lalji
Head Coach

Clint Uttley
Defensive Coordinator
& Teacher

Darnell Sikorski
JV Head Coach

NWSS HYACKS FOOTBALL

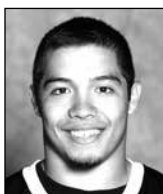
2018 COACHING STAFF

Varsity and Junior Varsity



Farhan Lalji

Head Coach, QBs
flalji@hyackfootball.com
604-340-3971



Darnell Sikorski

Junior Varsity
Head Coach & RBs
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Clint Uttley

Varsity
Def Co-ordinator & DL
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Neil Steffler

Special Team's
Co-ordinator
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Tyler Perkins

Defensive Line
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Andrew McKechnie

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Adam Senuik

Defensive backs
asenuik@ufcp.ca



Dimitri Golimbonis

Receivers
Soriano_dimitri@hotmail.com



Chenghao Cui

O & D Line coach,
chenghao0127@gmail.com

HYACKS FOOTBALL SPRING/SUMMER SCHEDULE

Key dates (Subject to Change) Exact weight room days will be listed in off-season calendar. Speed & Agility practices (twice weekly) begin on March 1st, along with weekly positional skills sessions.

Fri. April 26	7:00 – 10:00 pm	Hyacks Football Comedy Night
May 9, 14, and 15	3:30 – 5:00 pm	JV Equipment issue
Tues. May 21	3:30 – 5:30 pm	Spring Camp begins
Sat. May 25	7:30 - 3:00	Hyack Festival Parade (players to volunteer)
Thurs. June 6	3:30 - 5:30 pm	JV spring jamboree at Mercer Stadium
Fri. June 7	5:00 – 8:00 pm	Varsity spring jamboree at Civic Stadium (Bellingham, WA)
Mon. June 10	3:15 - 4:30 pm	Spring wrap up meeting and film
Mon .June 24	10:00 - 12:00	Summer workout program begins (3 days per week)
Sat. July 27	All day	Lakewood 7 on 7 tourney (selected Varsity players)
Sun. Aug. 18	6:00 - 8:00 pm	Fall camp begins (testing, pictures & walk through)
Mon. Aug. 19	5:30 - 9:30 pm	First day in Full Pads
Fri. Aug. 30	TBA	Varsity jamboree in Washington (tentative)
Tues. Sept. 3	8:40 am	School begins, full practice at 3:30 pm
Fri. Sept. 13	HOMEcoming	
Sat. Oct. 29	TAILGATE AUCTION	
Sun. Dec. 8	YEAR END BANQUET	

For the complete Spring Training schedule, please see the attached off-season calendar

2019 HYACKS VARSITY SCHEDULE

Schedules are Tentative

DATE	OPPONENT	FIELD	TIME
Fri. Sept. 6	Lord Tweedsmuir	Mercer Stadium	7:30 pm
Fri. Sept. 13	GW Graham (Homecoming)	Mercer Stadium	7:30 pm
Fri. Sept. 20	* Mt Douglas	Victoria, BC	2:00 pm
Fri. Sept. 27	* Notre Dame	Mercer Stadium	7:30 pm
Fri. Oct. 4	* Carson Graham	Carson Graham	3:30 pm
Fri. Oct. 11	* Handsworth	Mercer Stadium	7:30 pm
Sat. Oct. 19	* Vancouver College	O'Hagan Field (VC)	1:30 pm
Fri. Oct. 25	* Belmont	Mercer Stadium	2:00 pm
Fri. Nov. 1	* South Delta (Srs Night)	Mercer Stadium	7:30 pm
Fri. Nov. 8	Wildcard Playoffs	TBA	TBA
Fri. Nov. 16	Quarter Finals	BC Place	TBA
Sat. Nov. 23	Semi Finals	BC Place	TBA
Sat. Nov. 30	BC 'AAA' Championship	BC Place	7:00 pm

* Conference Games (AAA Western Conference)

**Saturday, October 19 – Hyacks Football Tailgate Auction
- presented by River Market, 7:00 pm at LaPerla Ballroom.**



Evan Nolli (SFU), Broxx Comia (U of Manitoba) and Kinsale Philip (U of Toronto) all sign their scholarship letter of intent in March.

HOMECOMING

THE HOMECOMING GAME has become a staple on the New Westminster sports calendar. Played in honour of New West football grads from past and present, it is the ultimate tradition in a town that loves its history. Mercer Stadium is always full for the game, in fact the 11th Homecoming game in 2015 drew over 2000 fans.

Presenting partner Key West Ford and media partner CTV Vancouver, have taken the event to a new level. Along with the game itself, there is an alumni football tourney, a pre-game party and reception for grads of all ages. The game ball is flown in by parachute and the night is capped off by a post-game fireworks show. There should be even more surprises in store in 2019.



KEY WEST
NEW WESTMINSTER

Save the date for our 15th Homecoming event September 13, 2019!



TAILGATE AUCTION

THIS FALL, OUR 17TH ANNUAL HYACK Football Tailgate Auction will host nearly 200 business and community leaders to raise more than \$23,000 for our Hyacks high school and community football programs.

The Tailgate Auction is sponsored by River Market at Westminster Quay, the gala evening features dinner, live and silent auctions and entertainment provided by our talented NWSS students.

All proceeds help to train coaches, purchase equipment, provide team transportation and offer specialized training seminars.

Want to help with the Auction? We need donations of products and/or services to auction to the highest bidder, and event volunteers and sponsors. For more information, visit our website: www.hyackfootballtailgateauction.com



PARENT COMMITTEE STRUCTURE

Treasurer Marilyn Davis	Game Set Up & Security Ed King	Game Presentation Vacant
Registrar Barb Drake	Sponsorship Chairperson James Young	(coordinating gate staff, promotions, concerts, etc.)

Individual Programs / Fund-Raisers:

All of these need additional assistance!

Auction Coordinators Pam Dixon	Comedy Night Jayne Adetola Kelly Freeland	Football 101 for moms Vacant
Homecoming Coordinator Vacant	Pre-Game Meals Tamara Vining	Communications Vacant
Banquet Coordinator Kim Planinsic	Training Camp Meals Shelley Kastelein	Souvenir sales Vacant
Website Coordinator Nora Sabau	Parent Volunteer Coordinator Tamara Vining	Other volunteers needed: Community Volunteer (players) Coordinator
Equipment Manager Brendon Vining	Uniform washing Angela Galbraith (Sr) Vacant (JV)	Poster Distribution Coordinator
Newsletter Coordinator Colby Fackler	Seniors Letter writing event Vacant	Spirit Coordinator / Pre-game rallies
Concession Coordinator Willow Gray		Concession staff

Fundraising is vital to the success of our program.

Fundraising projects are planned by the Parent Committee under the direction of individual coordinators (see above). We need your support and involvement, please say yes when asked to help or volunteer to be part of the Parent Committee. **Help make NWSS FOOTBALL the best!**

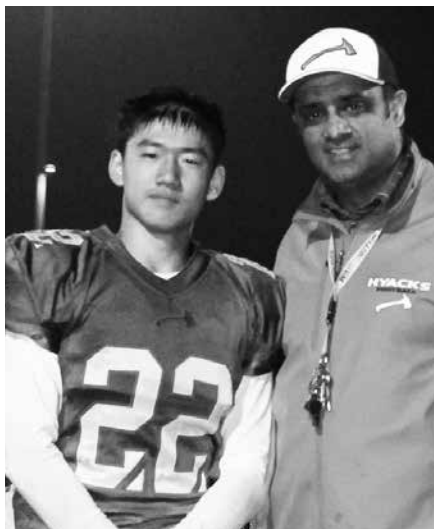
COMMITMENT TO THE CLASSROOM

YOU'LL NOTICE THAT WE NEVER USE THE TERM “ATHLETE-STUDENT”. It is always “student-athlete” because your first priority is to fulfill your obligations as a student. However, it is not acceptable to miss football practice because of homework.

Players who tell coaches, “I can’t be at practice today because I’ve got three tests and 2 major assignments tomorrow,” are in a difficult situation because they have put off doing their homework and studying until the last minute. No teachers assign major tests and major assignments the day before they are due. If you find yourself in this situation we will have no choice but to allow you to miss practice to get caught up, but it will effect your playing time.

Being a student-athlete makes you special. What makes you special is that are organized enough to meet all of your obligations without letting any of them suffer. Studies have shown that on average, student-athletes usually carry higher GPA's than the rest of the student population. This is because of a schedule that usually includes: Going to class, going to practice, going home and having dinner, studying and going to bed early. This type of structure lends itself to success in the classroom and on the field.


However, having success in the classroom and on the field usually means sacrificing in a number of other areas: socializing, watching TV, talking on the phone, the internet, playing video games, etc, all have to fall lower on your priority list.



4-time NWSS Scholar-Athlete Michael Kingsley graduated with a 3.9 GPA in the International Baccalaureate Honors program. He scored 1480 (out of 1600) on his SAT, top 1% in North America and received an academic scholarship to the University of Rochester.

ACADEMIC APPROACH REPORT

- Every two weeks you must fill out an Academic Approach Report, have it initialed by your teachers and turn it into the head coach before practice (on the dates listed on the following page).
 - This report focuses on your attendance, attitude and effort (i.e. completion of assignments). We will not ask you about your percentage and/or letter grades.
 - You will be ranked with either a “1” (never a problem), “2” (Satisfactory, but could improve), or “3” (unacceptable) in each of the categories for each of your classes.
 - Receiving a “3” in any category, for any class, will jeopardize your participation in the football program until there is improvement.
 - **First offense:** Warning, meet with player and teacher(s) – 1 week to improve. There will also be mandatory lunch-hour Study Hall for players receiving a “3” in any class.
 - **Second offense:** 1-game suspension
 - **Third offense:** Possible dismissal from team
- Academic Reports are due on the following Wednesdays:**
- September 25
 - October 9
 - October 23
 - November 6
 - November 20



Hyacks Football Academic Approach Report

Date: _____

	BLOCK A	BLOCK B	BLOCK C	BLOCK D
COURSE	Course: _____	Course: _____	Course: _____	Course: _____
TEACHER	Initial: _____	Initial: _____	Initial: _____	Initial: _____
Has the Student been attending class and on time?	Yes or No (please circle one) If yes how many: Absences: _____ Lates: _____	Yes or No (please circle one) If yes how many: Absences: _____ Lates: _____	Yes or No (please circle one) If yes how many: Absences: _____ Lates: _____	Yes or No (please circle one) If yes how many: Absences: _____ Lates: _____
Is the student missing or failing to complete assignments?	Yes or No (please circle one) How many if applicable: _____	Yes or No (please circle one) How many if applicable: _____	Yes or No (please circle one) How many if applicable: _____	Yes or No (please circle one) How many if applicable: _____
Attitude, effort, & on task in class? Scale of 1, 2, 3	1 or 2 or 3 (please circle one) (1 is the best)	1 or 2 or 3 (please circle one) (1 is the best)	1 or 2 or 3 (please circle one) (1 is the best)	1 or 2 or 3 (please circle one) (1 is the best)
Comments, concerns, and/or grade if applicable:				

Hand in your form to each teacher at the beginning of each class on the Monday prior to the above days. Failure to turn in reports on time will result in additional running.

If you choose not to attend classes, you will not play!!!

TIPS ON BEING SUCCESSFUL IN THE CLASSROOM

1. **Enough rest:** In order to be alert throughout the day you must get enough rest. Eight (8) hours sleep is the minimum for most people. During the season, the emotional and physical intensity of football does not make things easier. A consistent rest pattern will help you in all areas of your life. By getting enough rest, your mind will be refreshed and you will be more eager to learn.
2. **Proper Diet:** Lose the fast food. For more information, please see the nutrition section.
3. **Time management:** Staying organized allows you to stay in control. Carry a day-timer or student organizer. Write down when you plan on studying for each subject and for how long. List your studying priorities in order of importance and cross them off when you are finished. If you write down your goals you will have a much better chance of accomplishing them. Good time management also means avoiding distractions (in class and while studying). You will have to effectively manage your time throughout your life so you might as well start developing good habits now.
4. **Consistent attendance:** “You can’t learn how to swim if you don’t get in the water.” In other words, if you don’t go to class, you can’t absorb what’s going on and half the battle is lost. Your physical interaction forces you to get involved, which is the best way to learn (just like a football practice). Attending every class and paying close attention will allow you to anticipate the type of questions that will be asked on an exam.
5. **Sit up front:** Would you rather watch an NFL game from the front row or in the “cheap seats?” It’s a lot easier to stay focused and be personally involved in the action up front. It also signals to the teachers that you mean business. There is no point in coming to class and hiding in the back.
6. **Know your teachers** Don’t be a stranger. After all, doesn’t it make sense to communicate with someone as potentially helpful as your teacher? They are there to provide you with all the help you need. And much like your football coaches, they genuinely enjoy their subjects and respond favourably to students who show an interest in knowing more about it. Part of your obligation as a student should be to ask your teacher for help long before he/she realizes that you need it.

There will be a study skills seminar during fall training camp this August.

POLICIES AND EXPECTATIONS

DRESS CODE: All Varsity and Junior Varsity players will be required to wear a dress shirt and tie to school on game days. You will wear this underneath your game jersey.

OTHER SPORTS: If a player is playing for another contact football team during the fall season, they will not be able to participate on the Varsity football team at NWSS at the same time.

PERSONAL ELECTRONIC

DEVICES: Turn off all cell phones, ipods, etc, in classes, meetings and any other football functions. Please remove all ear buds and headphones in any setting where a coach (or teacher) is providing instruction.

PRACTICE EVERYDAY: If you don't attend practices, you won't play!!! It doesn't get much simpler than that. Some of you have grown up playing sports that allow you to come and go as you please. If you are a great athlete some previous coaches may have let you play even if you didn't go to practice. That will not happen here. Look around you, there will be close to 90 players who have signed up to play Hyacks Football. If you are not at practice there will be an adequate replacement for you.

THE FOLLOWING ARE LEGITIMATE REASONS FOR MISSING PRACTICE:

Legitimate emergency, illness (not injury), any individual case discussed with the Head Coach.

It is up to you to inform the coaching staff about any emergencies or illness, in advance. Do not have a friend or teammate do it for you. You have all of the coaches contact info so there is no excuse not to communicate.

THE FOLLOWING ARE NOT ACCEPTABLE REASONS FOR MISSING PRACTICE:

Girlfriend or date, birthdays, work, injuries, babysitting, dentist or doctors appointment (unless scheduled by coaches), etc.



POLICIES AND EXPECTATIONS

PRACTICE ATTENDANCE POLICY

- First unexplained (in advance) absence = Warning
- Second unexplained absence = 1 game suspension
- Third unexplained absence = Possible dismissal from team

In-season practices begin at 3:30 pm sharp everyday. There will be some position groups (QB, C, P, KR) that will begin at 3:25 pm. The Varsity team will have 4 practices per week, the JV's will have 3. Practice ends at 5:45 pm.

Under BCSSFA rules, you not eligible to play in your first game unless you have taken part in at least 10 practice days in the fall.

Varsity players can expect to have at least 2 film sessions during the week, usually at lunch, along with in-season weight lifting. **There will always be a team function (film, weights) every Monday at lunch.**

LATENESS: Players, who are late for practice, meetings, or any other in-season activity, will have additional running. Players who are repeatedly late will be suspended from play for a time period appropriate with their conduct (e.g. one quarter, half, entire game). If several players are late, the entire team will do additional running.

If you need taping for practice, get to the locker room early. A detention is not an acceptable reason for being late.

SCHEDULING YOUR TIME: It is your responsibility to tell employers and parents in advance not to schedule you at times that will interfere with anything related to football. All of the previous items can be scheduled on weekends or in a way that allows you to do both, provided that you are organized. Our season is very short, but intense. It is difficult to develop as a team when individuals are constantly absent. It forces us to repeatedly cover aspects of the game for absentees. It also disrupts the timing and preparation of all other players and position groups. This holds us back as a team.

INJURIES: Football is a physical sport and players will be expected to play and practice with some pain. However, there is a difference between pain and injury. You will not be expected to practice if you are injured.

All injured players are still expected to attend all practices and team related functions.

POLICIES AND EXPECTATIONS

We will have fully qualified trainers at all practices and games. If you have an injury, report it to them, not the coaches. The coaches will consult with the trainers and doctor regarding any injuries that occur during practice or games. All members of the medical staff are to be treated with the utmost respect. **Please do not use family physicians for follow up on any injuries related to football — please use our medical staff:**

Trailside Physiotherapy:

604-522-6319 (secretary: Tatiana)

You will be asked to sign a release form so that medical information can be provided to the football staff.

Injured players are not excused from practice unless they have a scheduled physiotherapy appointment (reported in advance to the head coach). Injured players are to report to the field on time for practice wearing athletic clothing (sweats), their practice jersey and helmet. They are to stay with their position group and pay attention to the position coaches for any new information and corrections. No exceptions.

On Aug 18-19 we will conduct concussion baseline testing for all of our players. In the event of a suspected head injury during the season, players will receive an “after injury test” The results from this test will be compared to the baseline by our medical staff. These results will be used as a part of the return to play protocol.

WEIGHT ROOM AND CONDITIONING

While all out of season activities are voluntary, all members of the football program are expected to weight train regularly if they are not participating in another organized sport. If you are participating in another sport, please let us know.

All varsity players will also be required to weight train twice a week during the season. These will be short, specific workouts and they are essential to help keep strength and weight up, along with reducing the risk of injury. Our weight training program consists of four phases:

- 1. Growth phase (Jan-Feb):**
High volume, low intensity, work technique.
- 2. Strength phase — Strength / Power (March to mid-May):**
Add running and agilities to above.
- 3. Power phase (mid-June to mid-August):** Lower volume, increased intensity.
- 4. Maintenance phase (in-season):**
Maintain strength and maxes.

All players will receive an Olympic-based strength program, specific to football, and a log book. We will be rewarding strength, attendance and improvement throughout the spring.

POLICIES AND EXPECTATIONS

TEAM FEES (\$285), FUNDRAISING AND VOLUNTEERING

As mentioned, the \$285 player registration fee is due ASAP. Team clothing and equipment will not be issued until this fee has been paid in full (or a completed KidSport application has been received). Spring training begins on May 21st. If a player chooses to quit the team prior to that date he will receive a full refund*. After May 21st, we will refund \$235*. Once the fall season starts there will be no refunds. If you are dismissed from the team there will be no refunds. The season starts the first day of fall camp on Aug 18th.

***An additional \$75 clothing charge will be deducted from all refunds (if clothing has been received).**

Along with fundraising, players will be asked to participate in a number of volunteer activities throughout the year: May Day, the Hyack parade and International Reading Day, just to name a few. Learning social responsibility and supporting the community that supports us are key components of our program. These events also allow our players to become role models in the community and develop leadership skills.

SUMMER WORKOUT FEE

There will be a \$100 summer workout fee that is due before the first summer workout on June 24th. This will be used to provide professional instruction for 20 workouts, from June 24 to Aug 8. Prorated or partial fees for this service will not be offered.

SHOWING RESPECT

All players must adhere to NWSS Athletic Policy and the Student-Athlete's Code of Conduct.

This code of conduct has one underlying principle — respect:

- Respect your parents
- Respect your teachers
- Respect the coaching staff
- Respect managers, medical and support staff
- Respect the school and it's property
- Respect your teammates
- Respect the program
- Respect the room (locker or weight room)

Team policies regarding drugs, smoking, alcohol and criminal activity will also be consistent with the NWSS Student-Athlete code of conduct and will be discussed in greater detail before the season.

POLICIES AND EXPECTATIONS

There are a number of hard working people that have volunteered their time to make this program a reality. The coaches put in long hours over and above what you see in practice. Many of them even sacrifice aspects of their paying jobs to work with you. There is no pleasure in coaching unappreciative people. You can say thank you by paying attention and showing respect. All coaches want for their time is that it not be wasted.

We are all here to make you better and to give you a positive experience. Do not take any form of instruction personally. When a coach gives you a pointer or comment, your response as a player should be, **“yes coach”**.

All coaches are to be addressed as “Coach (surname).” No coaches are to be addressed by their first name during any in-season football activity.

For some of you, swearing is a show of frustration. For others, it is simply a part of your language. As far as the coaches are concerned, swearing is a sign of lack of discipline.

We appreciate that many of you are not “choir boys”, but constant swearing will not be acceptable when you get out in the “real world” and it will not be acceptable in our program. Repeated offenses will result in additional running.

We are creating a very high profile program. High school football offers a level of exposure unmatched by any

other sport in BC. The community here in New Westminster is extremely excited that this program has started and has contributed greatly to our success. There are plenty of donations and sponsorships from businesses throughout the area. Quite frankly, the support is incredible.

That is often a “double-edged sword” because it means that a lot of people will be watching every move we make. Remember, you are always representing the program and the community. Do not feel that because you are part of this program that you are above anything or anyone. We want to show the public that our program is filled with positive leaders.

THE ROOM

The NWSS maintenance staff has done an outstanding job getting the locker rooms ready for our program, and there have been a number of donations to improve both the locker room and weight room. Treat both rooms and any equipment with respect. Keep your own equipment in your own stall and **KEEP THE ROOM CLEAN!** We are not here to clean up after you. ***All game pants and socks are not to be left in the locker room between games.** They are to be taken home and washed until the next game. **Turn in your game jersey after each game.**

NUTRITION

COMMON NUTRITION MISTAKES

- Not Eating Breakfast
- Not drinking enough fluids
- Not eating at regular intervals
- Eating too much protein and short-changing carbohydrates

TIPS FOR WEIGHT GAIN

To gain 1 to 2 pounds per week, you must add 500 to 1000 calories per day to equal 3,500 extra calories a week. Simply put: you must take in more calories than you burn off!

- Eat 4 to 5 meals plus 2 to 3 snacks a day.
- Start a meal with food, not liquids, so have the sandwich first, and then the shake.
- Replace low-or no-calorie beverages with juice, lemonade, milk, and sports drinks instead of water.
- Try to eat one-quarter more at every meal and snack.
- Keep snack food around to nibble on.
- Add higher calorie foods to every meal: granola instead of sugared cereal.
- Add nuts to cereal or snacks.
- Eat bagels instead of bread.
- Add more protein, but only four ounces more a day, through food, not supplements. Choose cheese, low-fat lunch meats, and an extra piece of chicken, milk and yogurt.



NUTRITION

EATING ON THE RUN

BREAKFASTS:

- Pancakes, waffles, or French toast with syrup — no butter
- Egg sandwich — no cheese
- Unbuttered English muffin, bran muffin, bagels or toast with preserves, jelly or apple butter
- Low-fat milk or yogurt w/fresh fruit and a bagel
- Low-fat granola bars — Kellogg's or Nature Valley
- Dry or cooked cereals w/o w/o milk w/fresh or dried fruit
- Pita bread stuffed with peanut butter (high in calories) and raisins and cottage cheese, or veggies and low fat cheese.



LUNCHES:

- Vegetables or chili stuffed potatoes
- Salad bars: use low fat dressings, veggies, dried beans, beets, carrots, pasta, and add crackers, rolls, or bread
- Pack lunches: Sandwich whole grain bread, fruit, fig bars, and vegetables or soup
- Pastas with meat or meatless sauce
- Tacos without sour cream
- Baked or broiled meats instead of fried
- Fantastic soups or pasta meals that can be reconstituted water
- Fast Food restaurants: Grilled chicken sandwiches, grilled hamburgers, roast beef sandwiches, baked potatoes, or salad bars (no mayonnaise, special sauce, butter, sour cream, etc.)
- Thick crust pizzas with veggies — no extra cheese

Watch the caffeine — It lowers blood sugar and can make your hungrier. It is also a diuretic and can be dehydrating.

NUTRITION

DINNERS:

- Meats should be baked, broiled, or grilled instead of fried
- Pasta with clam sauce or marinara sauce
- Shellfish in tomato sauce or steamed without butter
- Chicken breast without the skin with rice and vegetables
- Stir fry dishes with lean meats and lots of vegetables in minimal oil
- Grilled salmon, tuna, swordfish, or mackerel

SNACKS:

- Whole grain crackers
- Bread sticks
- Graham crackers
- Pretzels
- String cheese
- Dry cereal
- Low-fat yogurt
- Fresh fruits
- Dry-roasted nuts
- Dried fruits
- Fruit juices
- Bagels

ADDITIONAL HEALTHY CHOICES

- Bread, bagels, pita, muffins, biscuits or rolls with less than 2g of fat
- Cold cereal with less than 2g of fat
- Hot cereals
- Corn tortillas
- Air popcorn — unbuttered
- Pretzels, rice cakes
- Pasta, rice, barley
- Crackers with 1g of fat
- Fresh vegetables
- All fresh fruit
- 1% low fat or skim milk
- 1% low fat yogurt
- Cheeses with 2 or fewer grams of fat/oz.
- Frozen dairy desserts with 2g of fat or less 1/2 cup
- Beef: Top Round
- Beef: Eye of Round
- Pork: Tenderloin
- Chicken breast without skin
- Egg whites
- All dried beans, peas
- Canned fish packed in water

NUTRITION

SETTING NUTRITION GOALS

With a little education, football players can make changes that will be felt both on and off the field. The team should set nutrition goals together, such as:

- Drinking on a schedule
- Refueling at half-time
- Eating immediately after practices or games

WHAT TO EAT:

Football players need carbohydrates to fuel hard-working muscles. Bread, pasta, rice, potatoes, fruits and should be the bulk of a football player's diet filling up 2/3 of the plate at every meal. Protein foods, such as meat, poultry, fish, eggs, dairy foods, nuts, soy products and beans, are essential for good health, but are not the primary fuel source for exercise, and so should occupy only 1/3 of the plate.

ALL DAY FUELING:

Unlike professional football players who practice during the day, younger athletes don't take the field or hit the gym until after school. Since bodies don't run well on empty, eating every 3 to 4 hours is necessary to properly fuel both the body and mind. Encourage your athletes to:

- Eat within 1 hour of waking up.
- Eat something at lunch.
- Snack before practice on a sports drink, energy bar, cereal or granola bar.
- Bring a post-exercise snack to eat before leaving the locker room.
- Good choices include an energy bar, bagel, crackers or fruit with a sports drink.





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