3 PLAYS FOR A HEALTHY TEAM

There are 3 simple things you can do during lacrosse practices and games to keep youth athletes healthy and performing their best!

1. Boost active time by 10-15 minutes.
   - Keep all players moving by using station-based group activities or by playing small-sided games.
   - Try adapting well-known children’s games to your sport (e.g. Red Light, Green Light).
   - Teach players light-intensity movements that they can do while waiting to enter an activity.
   **Why it’s important**
   Practice may last an hour, but studies show that children are typically moving for less than half the time.*
   Keeping players moving for an additional 10-15 minutes improves fitness and keeps players engaged.

2. Make water the easy choice.
   - Remind players to bring 1-2 full water bottles to practices and games.
   - At the beginning of the season, let parents and players know that doctors recommend water, not sports drinks or other sugary drinks.
   - Consider a “water only” policy for your team.
   **Why it’s important**
   Players who drink water and eat a healthy diet will perform their best.
   Sticking to water also helps players avoid the added sugar in beverages like sports drinks, which contain almost 9 teaspoons of sugar in a 20 oz bottle!

3. Make snacks fruits or vegetables.
   - If your team has a snack, ask parents to rotate bringing fruits or vegetables like sliced oranges, apples, or carrot sticks.
   - For tournaments, encourage players to pack a healthy lunch.
   - If players eat a healthy meal before practice, they probably don’t even need a snack!
   **Why it’s important**
   Unhealthy treats can add up since children often have them outside of sports, too. Desserts, soda, and pizza are the top three sources of calories in a typical child’s diet.
   Have fruits or vegetables for snacks and save the treats for special occasions.


Find more nutritional resources for lacrosse players at:
www.uslacrosse.org/safety/nutrition-heat-hydration