

Lifestyles of the Fit and Fabulous Athlete

The Situation

Athletics very competitive and performance is important to teens. A prime factor in optimum performance is good nutrition. To reach one's highest potential all body systems must be in tune. Eating the right food, maintaining desirable body weight, and keeping physically fit are key to performance. Without proper nutrition, physical conditioning and expert coaching are not enough to help athletes do their best. Good nutrition is vital in training programs for athletes if they are to succeed in the game.

There are no miracle foods or supplements that can supply all of an athlete's nutritional needs. Sound nutrition and eating a variety of foods are significant. Certain foods supply mainly proteins, while others supply vitamins and minerals. The key to balancing one's diet is to combine different foods so that nutrient deficiencies in some foods are off set by nutrient surpluses in others.

Our Response

The Owyhee County Extension System, the Marsing High School and the University of Idaho Extension Nutrition Program cooperated and to offer sports nutrition programs to the athletic teams at Marsing High School. The coaches of the teams required that student athletes complete the sport nutrition workshop because they recognized that good nutrition was vital to good performance.



Kate Stancliff, Extension Nutrition Advisor, instructed the student athletes in a workshop. Topics included:

- ?? fueling your muscles for competition
- ?? pre-event foods to avoid
- ?? pre-competition meal
- ?? snack ideas
- ?? fueling up with fluids during competition
- ?? handling thirst
- ?? recharging the fit and fabulous athlete

Achievements

“Lifestyles of the Fit and Fabulous Athlete” workshop reached 86 youth in sports teams at the Marsing High School. Fifty-seven percent were Caucasian, forty-two percent Hispanic, and one percent Asian. Teams reached included:

- ?? Track
- ?? Softball
- ?? Wrestling
- ?? Boys Basketball
- ?? Girls basketball

Envirosafe Services of Idaho, Inc., provided funds for nutritious snacks of fruits, trail mix, fruit bars, and crackers. The Owyhee County Extension office and the Extension Nutrition Program provided the program curriculum and instructors.

Cooperators

Envirosafe Services of Idaho, Inc.
Marsing High School Family and Consumer Science Program
USDA Food and Nutrition Services in cooperation with the Idaho Food Stamp Program, Department of Health and Welfare provide funding in support of the Extension Nutrition Program

The Future

Because of the popularity of the program both with students and coaches, sports nutrition will continue. Plans are being made to offer the sports nutrition program to Homedale High School and Rimrock Junior/Senior High.

For More Information

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