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IFMA ATHLETES’ COMMISSION CHAIR
OUTLINE

Items to Discuss

Importance of a Healthy Environment
Importance of Nutrition
Importance of Water
Dangers of Weight Cutting and Dehydration
Importance of a Healthy Environment
• Make friends by talking to other youth from other countries.
• Learn about their cultures, the foods they eat, what do they have in common with you? What's different?
Studies show that this improves your athleticism, coordination, agility and reaction time.
Too much pressure can actually hinder your performance.

POSITIVE ENVIRONMENTS ARE GOOD FOR YOUR BRAIN!

Too much pressure can actually hinder your performance.
IMPORTANCE OF NUTRITION
Energy

Nutrition provides energy for daily activities
Nutrition provides the essential vitamins and minerals to sustain growth.
Nutrition provides the building blocks for hormones which are essential for communication between cells in the body.

DEVELOPMENT
AVERAGE BMR IN GIRLS 10-17 YEARS OLD

1000-1500 kcal/day
AVERAGE BMR IN BOYS 10-17 YEARS OLD

1200-2000 kcal/day
Proper Nutrition Becomes Increasingly Important for Elite Youth Athletes

**Energy**
To carry out daily activities

**Development**
Hormones are the body's communication tools

**Growth/Repair**
Elite youth are still growing. Repair is essential to prevent injury. Rest and recovery is essential to high performance athletes.

**Additional Energy Requirements for Athletic Performance**
Can be up to 6X BMR!!
Failure to meet energy requirements may result in:

- Fatigue
- Injury
- Weightloss
- Failure to perform mentally and physically
Nutritional Macronutrient Requirements:
IMPORTANCE OF WATER

- Removes toxins from body
- Regulates body temperature
- Protects tissues, spinal cord, joints
- Improves blood oxygen circulation
- Affects strength, power, endurance
- Mental performance, your brain is 80% water
PRACTICE EATING HEALTHY!
FOOD SHOULD BE COLORFUL!
FOOD SHOULD BE TASTY
LEARN HOW TO COOK
EAT MORE FRESH FOOD
DANGERS OF WEIGHT CUTTING IN YOUTH

- Stunted growth
- Improper development
- Hormonal issues
- Weak bones and teeth
- Stomach problems
- Mental health (eating disorders)
AFFECTS OF DEHYDRATION

- Susceptibility to concussion, brain damage
- Kidney damage
- Overheating
- Decreased athletic performance
- Death