

Do You...

Drink water or sports beverages before you feel thirsty?

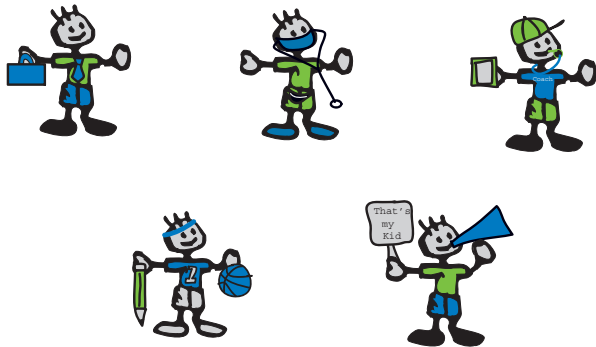
Get most of your calories from carbohydrates?

Include at least 20 percent fat in your diet?

Rely on food rather than supplements for your daily nutrition?

If you answered **NO** to any of these questions -**YOUR PERFORMANCE MAY BE SUFFERING!**

For more information, visit:
www.ncaa.org/nutritionandperformance.html
to get the correct answers for peak performance.



NCAA RESOURCES

NCAA Sports Medicine Handbook
www.ncaa.org/sports_sciences/sports_med_handbook

NCAA Educational Resources
www.ncaa.org/sports_sciences/education

NCAA CHAMPS/Life Skills Program
http://www1.ncaa.org/membership/ed_outreach/champs-life_skills/index.html

Dietary Supplement Resource
Exchange Center
www.drugfreesport.com/rec

NCAA CHOICES in Sports
www.drugfreesport.com/choices



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this project, contact:

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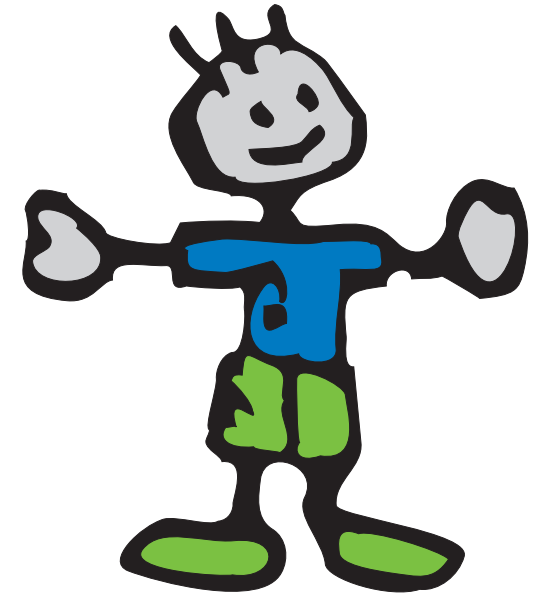
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ARE YOU A PEAK PERFORMER?



NCAA[®]
**NUTRITION AND
PERFORMANCE**

www.ncaa.org/nutritionandperformance.html

HISTORY

The NCAA Nutrition and Performance Web site was developed by NCAA national office interns with an understanding of the tough demands on student-athletes in the classroom and on the playing field, as well as the impact of nutrition on peak performance. The Web site is maintained by current interns and reviewed by experts in the field of sports nutrition.

MISSION

The mission of this Web site is to promote a healthy and safe environment for student-athletes regarding optimal nutrition, positive body image and peak performance by providing education and awareness.

INTRODUCTION TO WEB SITE SECTIONS

The following information is located on the Web site and is intended for student-athletes and those who significantly impact their daily lives: athletic trainers, coaches, athletics administrators and parents. This site provides resources to ensure the presence of a strong support system for student-athletes. For more information on the NCAA Nutrition and Performance Web site, visit:

[www.ncaa.org/
nutritionandperformance.html](http://www.ncaa.org/nutritionandperformance.html)

HOW TO BE A PEAK PERFORMER:

STUDENT-ATHLETES



- Maintain a balanced diet consisting of the recommended amounts of carbohydrates, proteins and fats.
- Do not ignore symptoms such as fatigue, irregular or no menstrual cycle, sluggishness or chronic pain. These are medical issues that may undermine training and performance.

Q: Why is it important to eat nutritious snacks between early morning workouts, classes, weight lifting and practice?



ATHLETIC TRAINERS

- Stay current on issues involving nutrition, performance and body image.
- Emphasize that student-athlete welfare and health is a priority within the athletics program.
- Recognize body composition differences among student-athletes and help them maintain appropriate fitness levels.

Q: How do you educate your student-athletes on healthy choices in the campus dining facilities?



COACHES

- Select restaurants that offer healthy food choices when traveling on team road trips.
- Support an environment that allows for open discussion on nutrition, performance and body image issues.

Q: Why is it important for student-athletes to eat a high-performance meal at least three hours before each contest?



ATHLETICS ADMINISTRATORS

- Provide staff and student-athletes with educational resources on nutrition, performance and disordered eating from the NCAA, campus, or local organizations.
- Support policies that empower student-athletes to make healthy food choices.

Q: How can the NCAA CHAMPS/Life Skills program assist with nutrition and performance issues on campus?



PARENTS

- Stay informed of your family members' nutritional habits and training behaviors.
- Use caution with messages sent about weight, dieting, beauty and body image.

Q: What should you do if you are concerned or suspect that your son or daughter has an eating disorder?

A: The answer to these and other nutrition and performance questions can be found at:

[www.ncaa.org/
nutritionandperformance.html](http://www.ncaa.org/nutritionandperformance.html)

