

FUELING SUCCESS AND LEADERSHIP FOR YOUTH CYCLISTS

BOOGER

A C A D E M Y

& NUTRITION ROADMAP



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INTRODUCTION



What is Team Booger & Booger Academy?

Team Booger is a non-profit junior mountain bike and cyclocross race team. Built on a foundation of learning, sharing, and working together to make a positive impact in the lives of others, this philosophy is the heart of our annual scholarship, the focus of our August Team Camp, and the link between our spring mountain bike and fall cyclocross seasons.

In addition to riding, training, and racing together, Booger Academy is a program of studies fostering communication, empathy, self-awareness, and problem-solving skills. We promote personal growth in a positive, inclusive environment. We strive for a culture of trust, connection, empathy, and empowerment to affect change. We believe in everyone's ability to use their strengths, gifts, and interests to collaborate and advocate.

Booger Academy is a place for all riders to develop mindful intentions around their goals, encourage collaboration and teamwork, and inspire and support concrete actions through leadership and advocacy.

Materials for this course of learning are based on lessons from *Atomic Habits* by James Clear, *Genius of Athletes* by Noel Brick and Scott Douglas, and *The Mindful Athlete* by George Mumford. Nutritional guidance is provided under the direction of Monica Van Winkle MS, RD.

The Booger Academy is designed to be approachable and accessible to you. As we're all busy with school, family commitments, and other sports, these materials are designed to be as functional and efficient as possible through self-guided usage. The fullest experiential opportunities will come through in-person and collaborative learning opportunities, so each lesson will be offered as a guided experience for the group as well.

As described in the Roadmap herein, we are a team that is active outside of cycling. This part of our teamwork partnership is what makes our team special—your participation is important!

History: Where'd Ya Get That Name Anyway?

One of our most frequently asked questions by newcomers is: Where on Earth did you get the name Team Booger? Honestly, it all started as a joke when founder Steve Westover and his son Finn showed up to race cyclocross with no team to claim due to recent life changes. The two had to come up with something quick and reached back into the archives to resurrect one of Finn's Lil' Kickers soccer team names from kindergarten: Team Booger. Mind you, this was a name that a bunch of 5-year-old boys came up, until a few parents ultimately shut it down.

"It was such a buzz kill for those kids to lose the team name they picked themselves, kids just want to be kids," reflects Westover.

When father and son took this race as an opportunity to bring back Team Booger, little did they know what was about to transpire. At first, Team Booger was just a team of two. But wherever they went, other kids kept asking to join. During the pandemic, we turned it into a 501(c)(3) and before we knew it, Team Booger became a sought after juniors team with a sponsor, fundraiser, nutritionist, and its first employee—Miles Boucher. Now we have over 100 kids from five different states competing and it's bigger than we ever expected. But we haven't lost sight of our goal, thanks to the constant reminder of our memorable, offbeat team name which has truly set the tone for what we're all about.

"These kids are having a blast," explains Westover. "They want to hang out with their buddies and race, but not take things so seriously that they forget to have fun."

How to Use This Roadmap

The Booger Academy & Nutrition Roadmap is designed to serve as a resource for Team Booger parents and kids. It contains an introduction to our program (above), a section on Booger Academy (including curriculum, advocacy, outreach and leadership information), a section on Race Nutrition (from endurance food education and race nutrient timing to recipes), and a glossary of terms. This Roadmap will help you better understand what kids are learning as racers and advocates and give you a better idea of what it means to be part of Team Booger.

BOOGER ACADEMY

SELF-AWARENESS & INTENTION

Setting "Smart" Goals

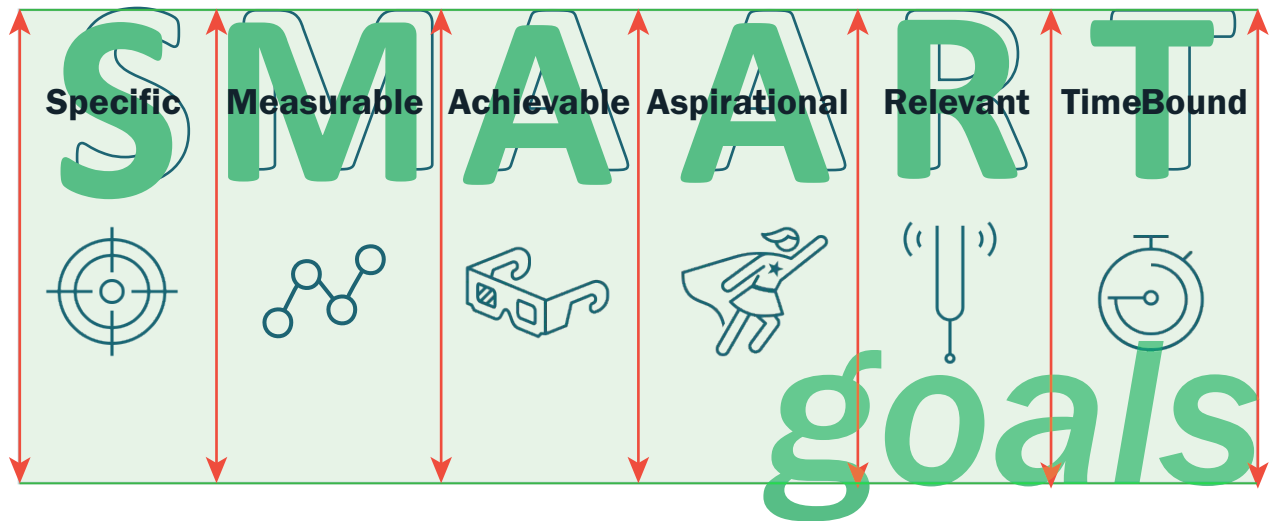
Self-Awareness & Intention is the first phase of Booger Academy. Throughout the year, whether riding, training or racing, it's important to consider your goals.

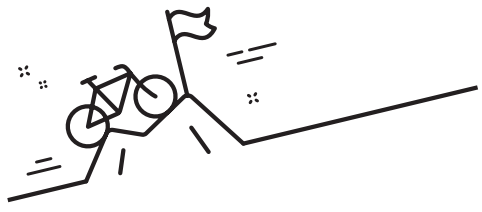
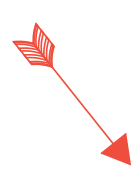
First, think about quantifiable goals: finishing a series in the top 10, getting over 'that' jump, or completing a certain number of races you enter. In order to get to that big goal, what are the intermediate or stepping stone goals that you'll cross along the way? Progression milestones are a great way to take a big objective and make it more approachable.

Next, using the space below, write your goals down where you can revisit them. You could also use a journal, notebook, or just a note typed on your phone—wherever you chose to record your goals, it should also be a place to update your progress throughout the season as your goals change. *Note: In the Appendix on pages 27-30 you'll find extra pages to jot down more goals as they change and evolve.*"

Main Goal: _____

Intermediate Goals: _____





The following four activities will help the process as you continue with these goals in mind:

1. Write a letter to future yourself AFTER you've achieved your goal. Be kind and honest in this letter. For example, it could say:

"You've just achieved your goal of finishing in the top three at StarCrossed, congratulations! You've worked hard despite the setbacks, and you've learned about your ability to make it through tough times."

Date: ____ / ____ / ____

Dear Self,

Sincerely,

_____ (name)

2. Answer the following questions by generating a list of qualities for success:

- *How do you measure success? How will you know you've achieved your goal?*
- *Who is a role model or mentor that exemplifies these qualities?*
- *How do they interact with others?*
- *What are the strengths you possess to achieve your goal?*
- *What are weaknesses that get in the way?*
- *What are your motivating factors?*
- *Once you've achieved your goal, who will you tell?*
- *What are the sensations/emotions you feel now that you've checked off that box?*

Using your choice of five qualities for success, complete your own Strengths Assessment using the following template (see Appendix, page 31 for blank template).

Qualities for Success	My Current Rating (1-10)	My Goal Rating (1-10)	How & Where Can I Improve?
1 Preparation (example)	5 (example)	10 (example)	double check my gear bag the night before (example)
2 Motivation (example)			
3 Concentration (example)			
4			
5			

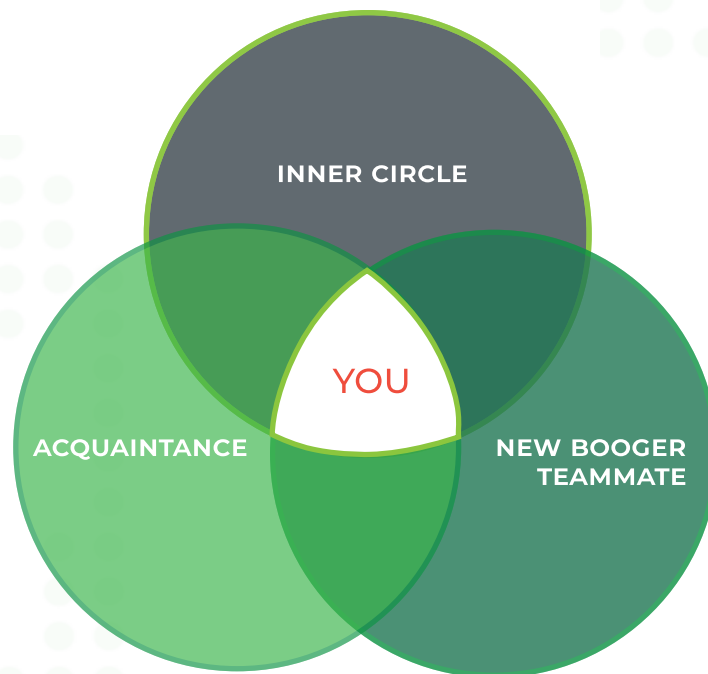
3. Consider the groups you are a part of: family, siblings, friends and classmates, etc.

- *Where are your strongest connections when it comes to sharing openly and honestly?*
- *What are the relationships that support your best communication, and where do you struggle to be candid?*
- *What are you most excited about for the year ahead with Team Booger?*
- *What are you nervous about?*

These can be related to your goals and obstacles or completely different.

Write these thoughts in your journal and share these highs and lows with three groups: someone in your 'inner circle' of community, someone outside of that circle, and a new Booger teammate (see Appendix, page 29 for blank journal pages).

Try your best to use the same honesty with everyone. Make time to ask each person about something upcoming that they're excited about, and practice active listening.



4. Leadership Goal Setting

How do you see being a better person modeled, and how can you try it yourself?

First, write down some key characteristics of a mentor or role model. Examples could be: responsible, aware, supportive, kind, relatable, decisive, inclusive, or good listening skills. Think about the characteristics of mentors or peers in your life who you wish to emulate.

What does this person do and say to people around them to create a positive and effective environment?

Next, choose three of the most important qualities from your list, and put them in the worksheet below as your "Leadership Qualities." For each quality, define three ways to practice that skill in your daily life. For example, kindness is easy to practice, but pick a specific way to show kindness, like holding open the door for someone or introducing yourself to someone new at practice. Specificity here is key, even if it's something small.

Quality 1: _____

Quality 2: _____

Quality 3: _____

Finally, write down an obstacle or two you might encounter when practicing the above qualities. Examples could be: my schedule, my motivation, or my patience. Knowing these obstacles will help you to recognize the roadblocks that come up more easily.

Obstacle(s): _____



Resilience

Self-Talk & Situation Re-Appraisal

On the path to achieving our goals, we will encounter difficulty. There are lots of tools that can help overcome these challenges, and one of the most effective ways is to be mindful of when and how you talk to yourself. The internal monologue of day-to-day life doesn't disappear when training or racing; and with practice, it can become an asset to achieve your goals.

“Effective self-talk strategies can give us a greater sense of control over our doubts, worries, and fears.”

-The Genius of Athletes, Chapter 4

Think about a recent or memorable effort that pushed you out of your comfort zone and into a challenge zone. In that moment, what were you feeling about your ability to succeed? Consider the following questions in this instance:

- *What do I say to myself when things get tough?*
- *What words or phrases consistently pop up when I'm challenged?*
- *Either positive or negative, what patterns do you notice?*
- *How does my self-talk make me feel?*
- *Is it helpful or unhelpful at that moment?*

In your journal, write about a few setbacks that have interfered with your goal process so far.

Explore where the 'failure' takes place, and the gap between your expectation and your achievement. Identifying habits and becoming aware of your thoughts is a powerful practice! The goal is not to eliminate doubts or negative thoughts, but rather to notice when those thoughts lead to unhelpful emotional responses and impact performance. Strengthening the tools we have available for when those situations arise gives us ready-made actions to take in the moment.

Self-Talk, Success & Failure

Use this framework as a guide to reflect on your reaction to common or memorable situations in your challenge zone.

Situation	Automatic Thoughts	Emotions	Alternative Thoughts	Emotions
<p>↓</p> <p><i>Long climb in the sun, hungry and thirsty, race only halfway done</i></p>	<p>What did you think at the time?</p> <p><i>"I can't do this, I shouldn't have gone out so fast, I don't train enough, I'm slow, what am I doing here?"</i></p>	<p>What did you feel at the time?</p> <p><i>Anxious, ashamed, discouraged, self-doubt</i></p>	<p>What more helpful thoughts might you have instead?</p> <p><i>"Slow down, you've done tough things before, you can do this."</i></p>	<p>How might those new thoughts make you feel?</p> <p><i>Grounded, encouraged, excited to race again</i></p>



Routines & Habits

Goal setting is just the beginning of the journey. The routines and habits you develop in order to move toward a goal every day is where the real work comes in so that magic can happen. Setting a goal and then just waiting for it to materialize simply doesn't work. So it's important to understand that you're always able to move closer to your goal throughout your days and weeks, little by little with consistent hard work.

Whether you realize it or not, you're always preparing for your next event. Physically and mentally, you need to be aware of the conscious and unconscious choices you're making, day in and day out, and how these choices affect attaining your goal. What you eat, how you sleep, and how you maintain your bike are all examples of how each step you take can contribute to achieving your goal.

Goal _____

What daily, weekly and monthly activities will you do achieve your goal?

Daily _____

Weekly _____

Monthly _____

Visualization

Visualization is a powerful tool to help you “see” the possibilities and what meeting your goal would actually look like. You can practice using visualization on your next training session, exam prep or race. This activity will help you to connect the dots between your starts and your finishes, keep your momentum going, and stay on track with your goals.

Visualization is mental rehearsal, since our brain cannot differentiate between what we think and what we experience. What we experience is processed as thoughts. Imagine someone standing in front of a green classroom chalkboard, they reach up and drag their nails down the surface, creating a horrible screeching sound! Now let’s assume that the inverse is true, and visualizing pleasant things happening can create a meaningful experience in real life.

Pre-Routine: Ready, Image, Focus

In addition to physically preparing for a ride (checking your tire pressure, filling water bottles, and watching the weather), it’s important to get mentally ready as well. Are you present, open, and ready to learn? Or are you distracted by something that happened yesterday or maybe worried about something that’s happening next week?

Activity: Poise = Intention + Concentration

Mentally prepare with 3 minutes of mindfulness, then visualize the training exercise with a focus on the sensory memory of feeling and movement. How does it feel to be agile, to dismount and remount, to bunnyhop, to practice shouldering, or a barrier carry?

Be Here Now

When things are tough, we have a tool called the Trigger Phrase: A motivational word or mantra that you consciously say while visualizing success. By connecting a verbalization with poise (mental preparation), you can create a ‘switch’ in your body to dial in, activate, and keep going.

For example, your mantra could be something like, “Don’t give up, don’t give up” or “Just keep pedaling.” You could say to yourself, “I don’t have to do this perfectly, I just have to stay present,” or something short and more direct. It’s up to you.



Building Confidence & Resilience

After a ride, training, or a race, evaluate what went well and what was difficult. Making a journal entry about one positive and one negative can help identify patterns. Additionally, this will allow you to move forward and plan future steps. Getting stuck on what went wrong doesn't help, but acknowledging areas for improvement will create positive feedback. Confidence and resilience are learnable, practicable skills, not just innate talents that remain static.

Habits

Every event, training day, and race day brings different challenges which are impossible to predict. Diving into these hypothetical situations beforehand is another way to prepare ourselves for success.

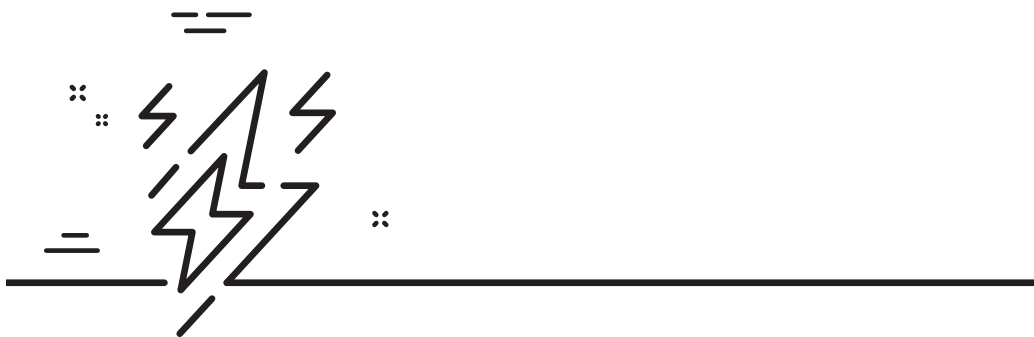
For example, you can create different scenarios and decide what you would do in each situation. Use these two prompts to build the schedule of an ideal day. How can you set yourself up for success in small ways that will add up to consistent improvement?

If _____ happens,

then I will _____.

I am the type of person who would _____,

but I want to be the type of person who can _____.



COLLABORATION & TEAMWORK



Water1st International

Collaboration & Teamwork is the second phase of Booger Academy. Working together builds trust and camaraderie among teammates and coaches while giving back to causes that are important to us.

Team Booger is about giving back to the community in both small and large ways. For example, we partner with organizations like Seattle's own Water1st International to ensure everyone has access to clean water.

Water1st International is a water equity organization working to implement piped-water systems in communities lacking readily available and clean household water. The water crisis affects billions every day, perpetuating a cycle of poverty, and gender inequality, not to mention chronic health issues.

As a team, we are able to make a meaningful difference by spreading awareness, advocating for those without a voice, and raising money to support the construction and management of long-term solutions.

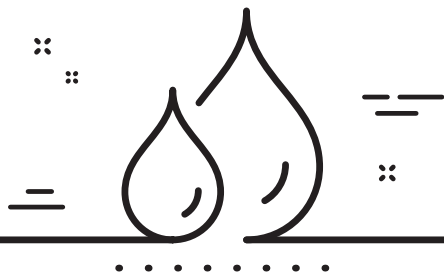
“It can take up to 5 hours each day to collect water for a household. With water available at the turn of a tap, women and girls in our project communities have gained 100 million more hours for school, income generation, food production, and spending time with friends and family.

We are committed to true equity in water access. With each project, water is piped to every home, school, clinic, and gathering place in the community. This comprehensive approach ensures our project participants have 24/7 access to safe water, a toilet, and a shower, preventing disease transmission and unlocking their potential.”

[-Water1st.org](https://www.water1st.org)

The following exercises are designed to give you a sense of the effort involved in providing a necessary amount of water for your household. In part one, calculate roughly how much water you use in a day, a week, and a month. Then, answer some questions about prioritization of usage and time.

Water Usage	Amount per Use <i>average</i>	Number of Uses Daily <i>times per day times people</i>
Flushing Toilet		
Washing Hands		
Drinking Water		
Cooking (washing/boiling)		
Shower		
Washing machine		
Dishwasher		
Washing Dishes by Hand		
Leaks/Other		
Total Gallons/Day:		Total Gallons/Week:



Water Collection Considerations:



1. If your walk for water took 1 hour round trip (including collection time) and you could collect 4 gallons of water each time, how many trips would you need to make to meet your daily needs? _____

2. If you only had 2 hours to collect water each day, what would you prioritize the usage of your 8 gallons for? _____

3. If you needed to collect water for 3 hours each day, what activities would you not be able to do? _____

4. Since you don't spend time collecting water, what activities are you able to pursue and focus on? _____

In the spring, we will gather together with our teammates to do a hands-on activity collecting and carrying water.

Reflection & Elevator Pitch

After the Water Usage & Collection activity, and carrying water activity, reflect on the experience. How do these exercises impact your head, your heart and your gut?

Head: Intellectual/Logical

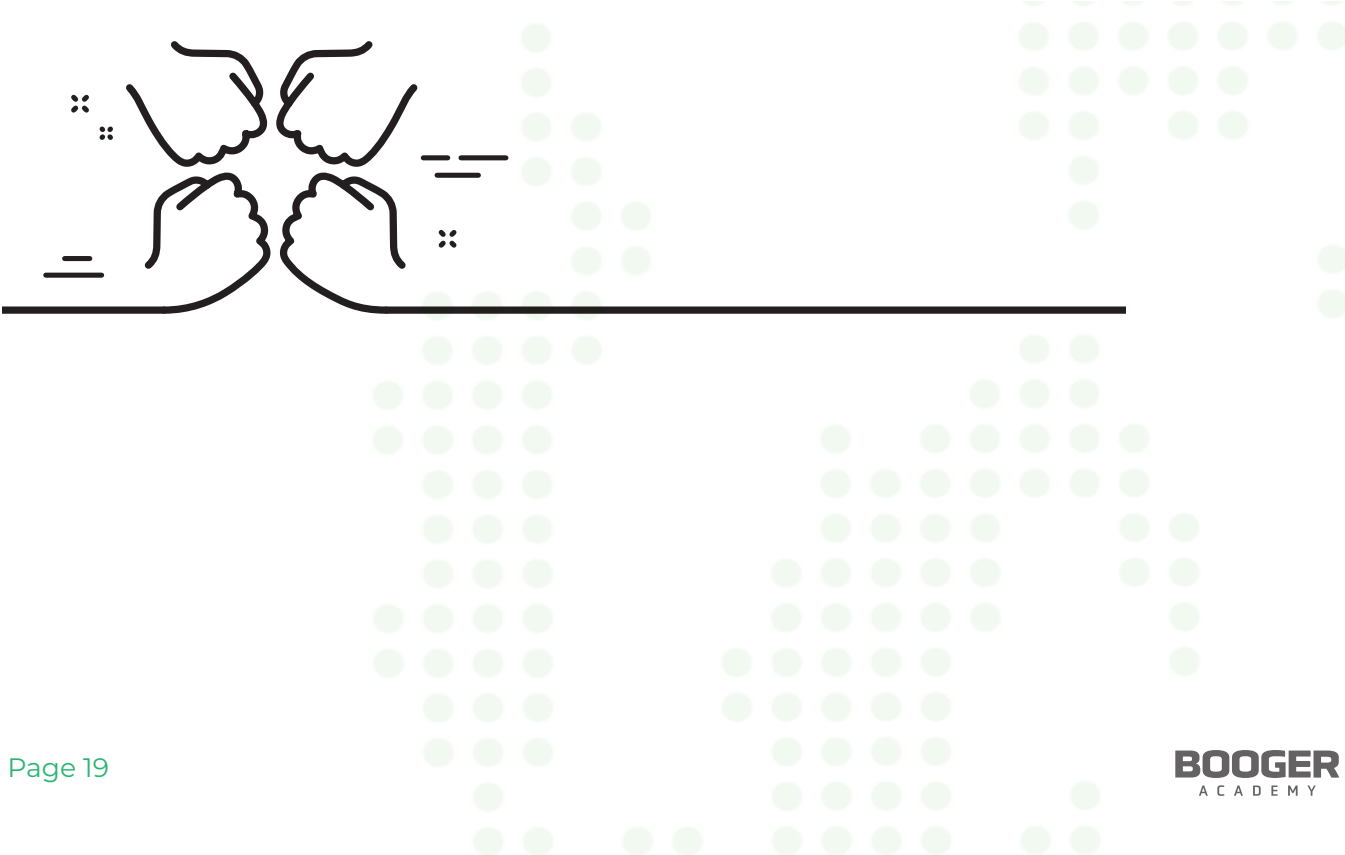
Heart: Emotional/Empathy

Gut: Actionable/Motivating

Share your goals with friends, family, and teammates. It's easy to talk about things you're excited about, and more difficult to talk about vulnerabilities.

Write an Elevator Pitch.

In one short paragraph, describe the water crisis, the work that Water1st does, and why you're motivated to raise awareness and money to contribute to the solution.





San Juan Booger Camp

Every summer, Booger Camp is held on beautiful San Juan Island for five amazing days. It's a unique opportunity to bond as a team while working on important physical and mental skills and gain knowledge on everything from racing to eating right.

Here's a quick recap video of the 2022 edition of camp: https://youtu.be/N6q3O6Q_4tI

Booger Camp is a time for us to practice cyclocross skills together, meet new friends, and dive deeper into some of the most important areas of Team Booger. We'll do a volunteer activity that supports the community, and we'll share in the duties of cooking and cleaning for each other.

Camp includes:

- Three full days of riding bikes, training skills, pushing your limits and having fun
- Booger Academy goal setting for the upcoming cyclocross season
- Delicious and nutritious food and performance fueling guidance from nutritionist Monica Van Winkle MS, RD
- Swimming, games, exploring the island and more

Team Rides/Practice

On Team Booger, there are several times we all get together to ride. Here are a few to help you build your skills over the course of the year:

Mountain Bike Shredderday

Shredderdays are mountain bike rides to build skills, practice new techniques, learn from guest coaches, and learn from each other. There will be one Shredderday per month throughout the year, at a variety of locations.

Cyclocross Practice

Weekly cyclocross practices start in the late summer and continue through fall. Skills and drills focused, with options for fitness and explosivity training, these are opportunities to prepare for upcoming races, try technical skills in a safe environment, and simulate race conditions throughout the season.

Little Booger Mentoring

We've all gotta start somewhere! The Little Booger Program is our training series for kids ages 6-12 years old who want to ride bikes on dirt. We'll teach clinics during the summer focussed on safe riding skills, bike-based games and more.

This is a great way for Big Boogers to give back to younger riders. We all have something to offer in terms of mentorship and guidance, and the experience as a racer is inspiring to younger kids. Let us know if you want to help teach our Little Boogers this summer.

Little Booger Activity

In this activity, think back to a mentor or teacher who has been impactful in your life (it doesn't have to revolve around bikes).

In the space provided below, identify the skill you were taught. Write down a couple of ways that your teacher made it easy for you and your learning style to try something new.

Skill taught: _____

Ways your teacher/mentor helped you learn this skill:

Now, pick a skill to teach someone else (it could be a bike skill or something else, like juggling). Break down the teaching of that skill into 5 steps. How would you teach this to someone one on one? How would you teach this to a group? Put yourself in the role of the teacher and craft a hands-on activity in your unique style.

New skill to teach: _____

5 steps on how to teach that skill:

- 1.
- 2.
- 3.
- 4.
- 5.

How can you teach this skill one on one?

How can you teach this skill to a group?



ADVOCACY: OUTREACH & FUNDRAISING

Advocacy is the third phase of Booger Academy. It is defined as the act or process of supporting a cause on behalf of others.

At Team Booger, we like to think of advocacy as “using your voice.” This could mean your physical voice, your written voice, your actions, your social ‘superpowers,’ or just spending your time helping others.

All races will present many opportunities to connect with new riders and families, and we will be able to talk about what makes Team Booger special. We will have opportunities as a team to do hands-on advocacy activities throughout the year.

Volunteer Hour Tracker

Use this chart to track any and all service hours you complete throughout the year. Put in a little time here and a little time there, and it’s amazing how quickly it adds up (see Appendix, page 32 for Volunteer Hour Tracker worksheet).

Date	Time	Activity
1/2/24	12-2pm	helped walk rescue dogs for the humane society



Living as an Advocate Activity

When it comes to advocacy, there are ways you can learn to increase your impact as you go. This next activity is designed to help you strengthen your advocacy muscles:

What is the group your family donated to when you joined Booger?

Describe their work in your own words (reference the mission statement if you need help):

Why is this work important to you, personally?

Why is it important to the community and/or the world?

How did you learn about this group?

What are three ways for someone to get involved (i.e. donating, volunteering time, attending an event, etc.)?

Make it a goal to tell 5 people about this organization. Who are you going to tell?
(Hint: your teammates are a great place to start)



MFG StarCrossed



Mark your calendars for MFG StarCrossed! Team Booger exists to race bikes and to give back. We partner with MFG Cyclocross in Seattle to host the beer garden during the annual StarCrossed race at Marymoor Velodrome. All of the proceeds from the beer garden support our charity of choice. In past years, we've raised over \$5,000 for Water1st at this event alone. It's a way to give back and have a great time doing it.

What are some other ways that you and Team Booger could raise money for an organization at your local bike races? Perhaps a bake sale, a merch sale, or a contest are all ideas to get started. Think about what it is that gets you fired up about riding/racing. How can you turn that passion and energy into advocacy?

Booger Bash

The Booger Bash is our annual fundraising event to celebrate our achievements and raise money to grow Team Booger. As a team member, you've got an important role to play in this event! You can invite family and friends, spread the word about Team Booger, and help Booger Bash succeed.

If you're an artist, you could create a piece that we could highlight in the auction. Or, you can help by writing a letter introducing Team Booger and why it's important to you. In the activity below, take a positive memory from your time on Team Booger, and craft it into a letter asking for a donation.

For example:

"My name is _____ and I have been a part of Team Booger for _____ years. In my experience on this team, one thing that was really important to me was _____.

I _____

(overcame my fears, tried something new, won an important race, met new people volunteering, etc.) and it impacted me in a big way. I want to help other kids my age have a similar experience. Your support would help Team Booger to continue their good work.

Sincerely,

_____ "

THE COMPLETE BOOGER A GOOD HUMAN WHO SHREDS



RIDING

Shredderdays

○○○○○○○ ○○○○○○

CX Practices

○○○○○○○ ○○○○○○

New Bike Skills
(bunny hop, jump line, etc.)

○○○○○

CX Races

○○○○○

MTB Races

○○○○○

My Own Race Goals _____

○○○

LEARNING

Booger Academy Sessions

○○○○○

Volunteer Hours

5

10

15

20

Complete All Academy Activity Pages

○○○○○

ADVOCACY

Tell 5 People About Your Organization

○○○○○

Team Advocacy Events
(Starcrossed, Evergreen MTB Fest, etc.)

○○○

Booger Bash Invites/Letters

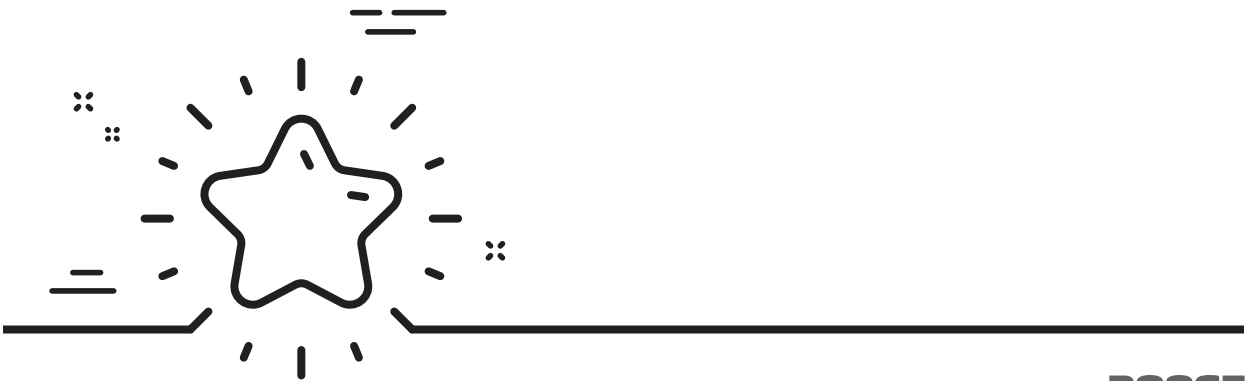
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Recruit New Boogers!

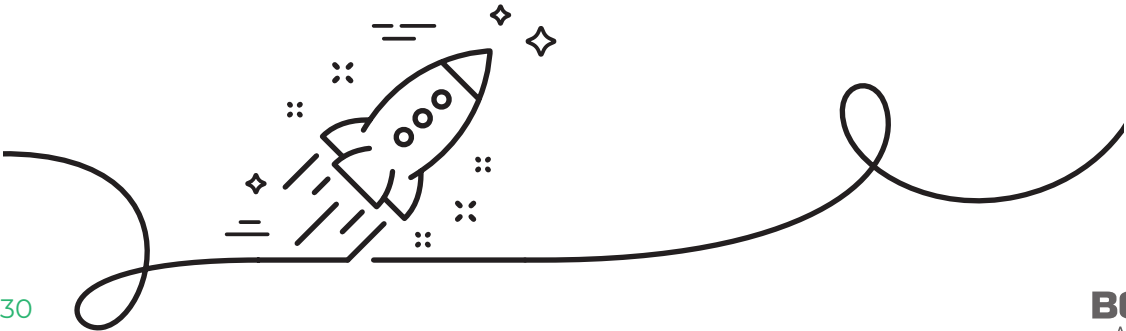
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ACADEMY APPENDIX

Additional Goals (from page 7)

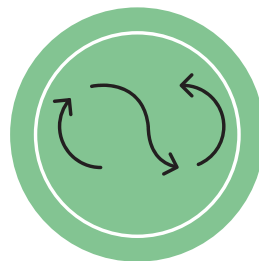
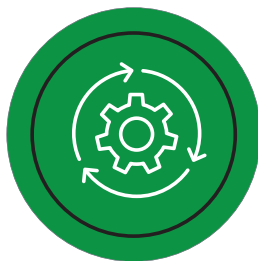






Strengths Assessment (from page 9)

Qualities for Success	My Current Rating	My Goal Rating	How & Where Can I Improve?
1			
2			
3			
4			
5			



Volunteer Hour Tracker (from page 22)

Date	Time	Activity



NUTRITION ROADMAP



NUTRITION ROADMAP

In addition to Booger Academy, this roadmap includes a variety of helpful nutrition resources as another way for you to build endurance, strength, and speed throughout the season. Team Booger is fortunate to have our very own expert Nutritionist to guide us in the art and science of trusting our bodies, fueling our best performances, and thriving outside of sport.



MEET TEAM NUTRITIONIST MONICA VAN WINKLE

Monica Van Winkle, MS, RD is a licensed and registered dietitian, specializing in sports nutrition and eating disorders. Monica is the co-founder of The Embodied Athlete Community (@theembodiedathlete) and the founder of Nutrition in Action (nutritioninaction.net), a Seattle based private practice. Currently, she is a preceptor for graduate students in the University of Washington Nutritional Sciences program and a performance nutrition consultant for Pacific Northwest Ballet, Seattle Pacific University Athletics, Team Booger, and other youth teams and club sports in the greater Seattle area.

Monica was the Sports Dietitian for the Seattle Mariners for 8 seasons and she spent 5 seasons with the University of Washington Huskies where she was also an affiliate faculty member for the University of Washington Physicians Sports Medicine Fellowship.

Monica works and collaborates locally and internationally with athletes, parents, coaches, sports medicine providers, sports scientists, athletic directors, managers, and front-office staff. She enjoys working with all athletes of any age, gender, sport, or level, and is especially interested in working with athletes who've sustained traumatic brain injuries.

Monica's philosophy is evidence-based and performance focused. This nutritionist's favorite food is Straus decaf coffee ice cream (dietitians need treats too)!

Education, Clinical Experience & Service:

- Bachelor of Arts: English Literature, University of Washington 2001
- Master of Science: Human Nutrition and Metabolism, Boston University 2005
- CDR Accredited Dietetic Internship: St Elizabeth's Medical Center, Tufts University 2005
- LEAH Fellowship, Leadership Education in Adolescent Health, Boston Children's Hospital, Harvard University, Funded by the U.S. Department of Human and Health Services 2004
- Clinical Dietitian: Massachusetts General Hospital and Cambridge Eating Disorder Center, Boston, MA; Northwest Kidney Centers, Seattle, WA.
- Service and Awards: Elected Board Member International Association of Eating Disorder Professionals (IAEDP) - Puget Sound Chapter

Pillars of Performance Nutrition:



- 1. Carbs are a cyclist's best friend.** They are your primary fuel for all that you do.
- 2. Meet your energy needs.** No need to count calories or macros. Intuitive eating and following the pillars of performance nutrition will get you there.
- 3. Practice mindful eating.** This helps you build the skill set of intuitive eating, which is your innate ability to connect to your body's internal wisdom about what it needs and wants. Another way to think of this is making nutrition decisions based off of internal cues for what you need versus external cues that are outside of you. For example, instead of mirroring how much Zoe Backstedt, Lars van der Haar, or your best friend eat for breakfast, you determine what and just how much feel right for YOU at breakfast.
- 4. Consume complex carbs (grains or starchy veggies), protein, and fat at every meal.** Cook at least some of the time and **add herbs and spices to help reduce inflammation** in the body and heal muscle tissue faster.
- 5. Sprinkle in colorful fruits and veggies** throughout the day at meals and snacks.
- 6. Eat at least 3 meals and 2-3 snacks daily.**
- 7. In addition to meals and snacks, bookend training with carbs before and during exercise plus carbs and protein in a 3:1 ratio** within 30 minutes of finishing a training session. Got chocolate milk?
- 8. Rest is a verb! Take rest days like you mean it.** Your body needs this time to heal and repair. You don't need to eat less on these days either.
- 9. Hydrate!** Your body needs hydrogen and oxygen (water) to turn what you eat into energy.
- 10. Sleep.** Every rider should be aiming for 10 hours sleep per night at this stage (this is what sleep scientists recommend).
- 11. Stress management and athlete identity: Cultivate things outside of sport that you enjoy and that help you feel relaxed when you need some stress management tools.** Please reach out to Monica if you need to be connected with someone who can help you learn healthy skills for coping with stress.
- 12. Remember: Joy is a food group!** There are no "good" or "bad" foods. To have a good relationship with a person, you must enjoy being around that person. To have a good relationship with food, we must like what we are eating. You are the expert of your body. When your food choices are based on self-care, not self-control, you always win.



Approach

Why a Non-diet, All-foods-fit Approach?

Monica began her career in 2005 as a clinical dietitian at Massachusetts General Hospital, where she covered an oncology, psychiatric, and general medical/surgical unit. Whether her patients were overcoming cancer, mental illness, or recovering from surgery, she observed the healing power of food. This is why her practice is rooted in the evidence-based, therapeutic aspects of medical nutrition therapy.

What she also saw was that conventional medicine equated weight with health. She quickly discovered focusing on weight made people less healthy, both physically and mentally. When she began working with sports teams, Monica saw that this weight-focused mindset had invaded athletic spaces, with athletes often equating weight (or body composition) with performance. This focus on weight and “eating perfectly” (spoiler alert, there isn’t such a thing) occasionally caused short-term performance improvements, yet it predictably led to decreased performance, injuries, and, in many cases, it caused athletes to stop liking their sport and drop out. In the best-case scenarios, it was a distraction from proper fueling.

For all these reasons and more, Monica is a non-diet dietitian whose care is centered around a weight-inclusive, all-foods-fit approach to health and human performance.

Performing at the highest level and letting go of external pressures to eat or look a certain way, are not mutually exclusive. In fact, after 18 years of relying on a non-diet model, Monica is certain the two are unquestionably interconnected.

THE SCIENCE OF FUELING

Hydration Guidelines

Hydration, or lack thereof, can make or break your performance. Use the following guidelines to make sure you stay hydrated and understand the risks of being dehydrated.

Hydration: Performance Enhancer

- The baseline for water intake is half your weight in ounces daily
- Add approximately 8 oz of additional water or sports drink for every 15 minutes of exercise
- Water, sports drinks, juice, milk and smoothies all count toward daily hydration goals

What color is your pee? 



Transparent

You could be heading toward overhydrated. Okay to hold off on crushing more fluids right now.

Lemonade

This is optimal hydration. Keep doing what you're doin'.

Apple Juice

You're still hydrated. It wouldn't hurt to drink more water.

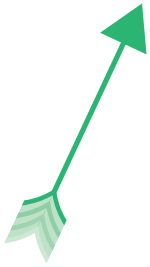
Amber

Time to drink some water. You are likely dehydrated.

Iced Tea

You're definitely dehydrated. Drink lots of water and electrolytes and seek medical care.

Dehydration: Performance Buster



- ↓ **ENERGY**
- ↓ **MUSCLE STRENGTH**
- ↓ **SPEED**
- ↓ **STAMINA**
- ↓ **COGNITIVE SKILLS**
- ↑ **RISK OF INJURY**
- ↑ **RISK FOR CRAMPING**
- ↑ **PERCEIVED EFFORT OF EXERTION**



Why learn about proper fueling?

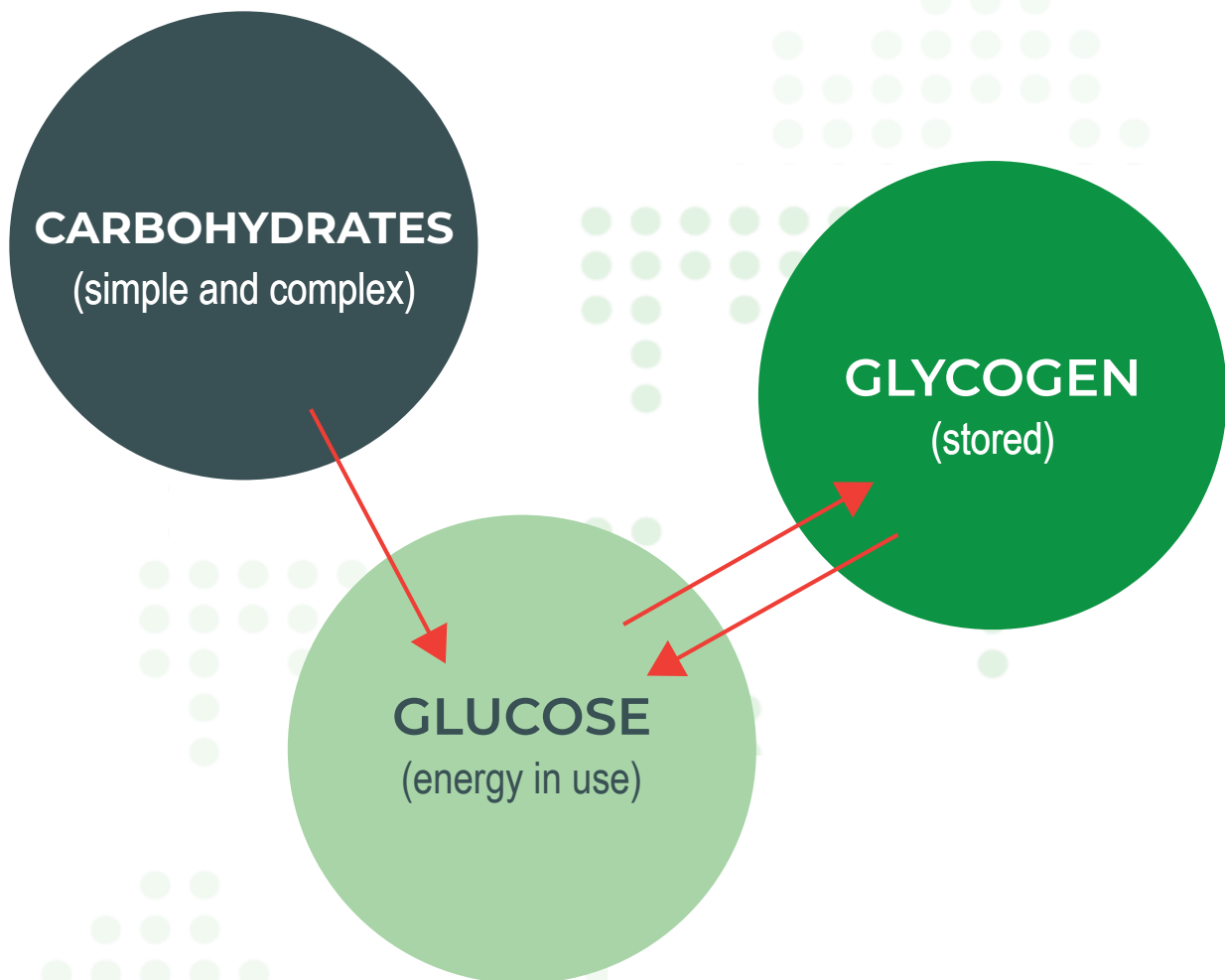
- Improve performance – in the classroom & on the course
- Recover faster
- Improve concentration
- Prevent injury
- Heal faster from injury
- Make school & training easier
- Boost immunity
- Feel happier
- Improve body image – avoid eating disorders



Food For Thought

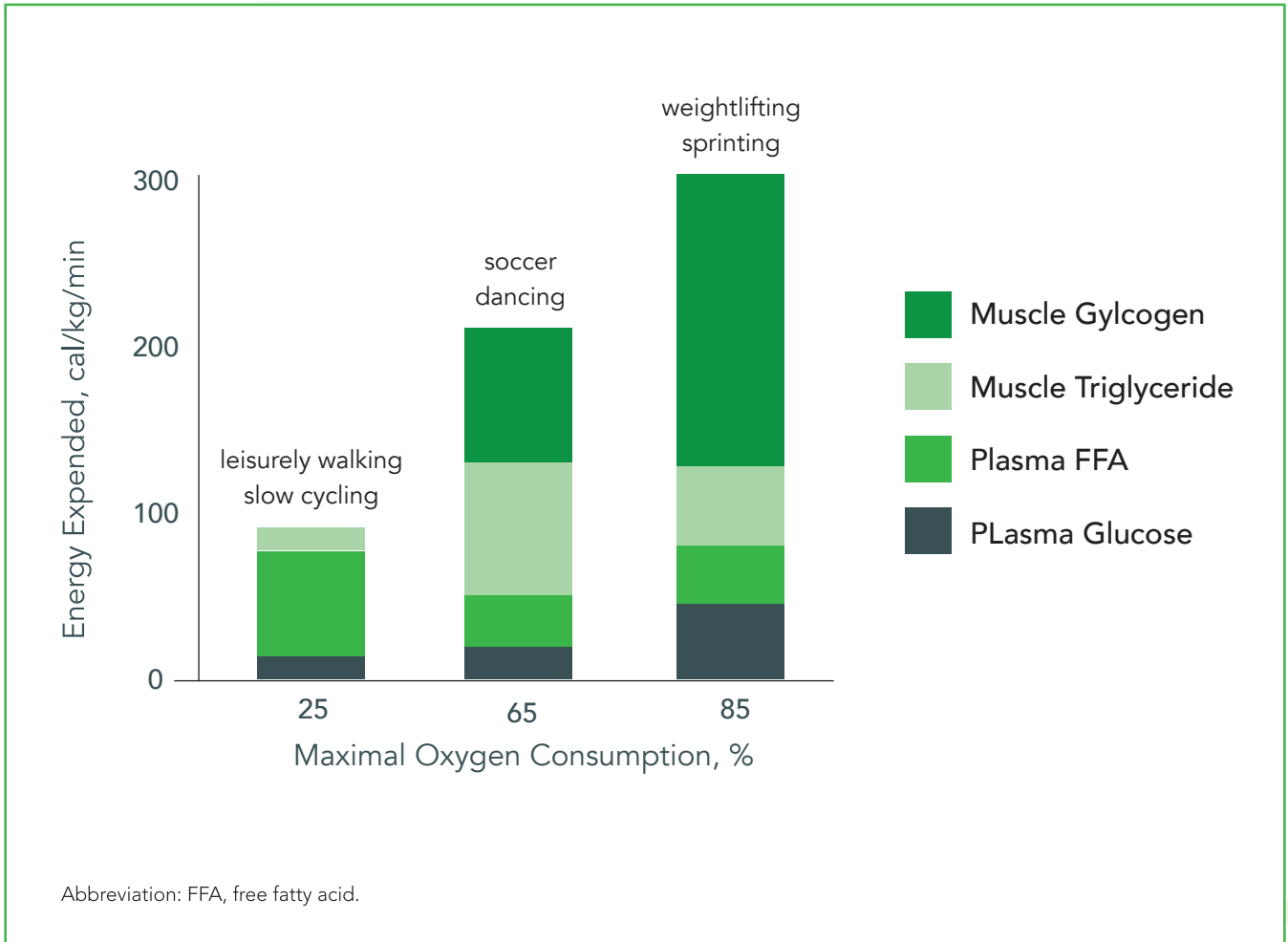
—————→ **CARBS** —————→

The **#1** source of **energy** for your **muscles** and **brain**



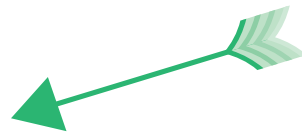
There are two types of Carbs: COMPLEX & SIMPLE
Complex includes grains and starchy veggies. Simple includes table sugar, honey, fruit.

As the intensity of exercise increases, muscle glycogen constitutes a greater portion of the energy source



Sourced from Coyle EF. Am J Con Nutr. 1995; 61 (suppl): 9685-9795.
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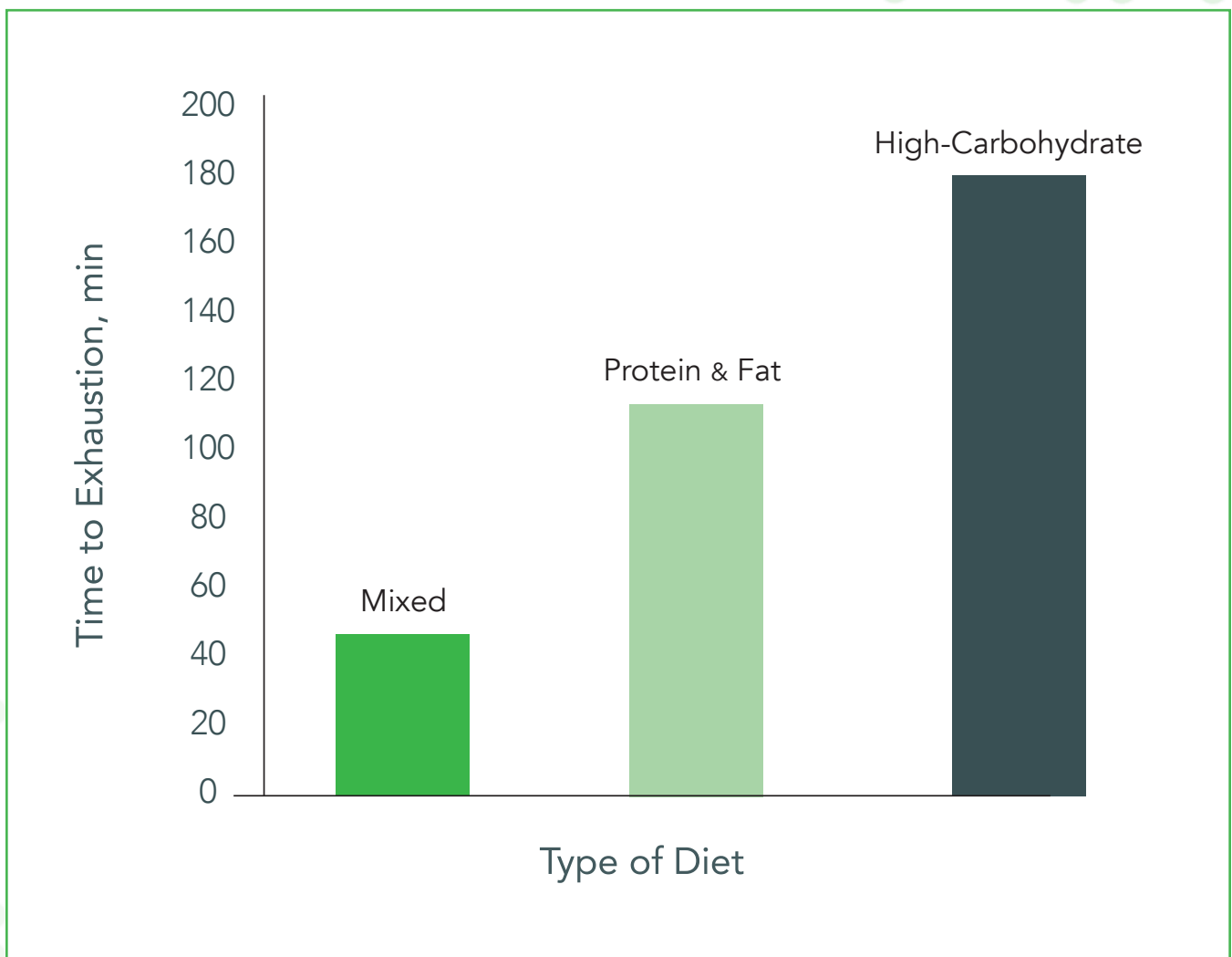
Diet Effects on Energy Expenditure



Diets were fed for 3 days:

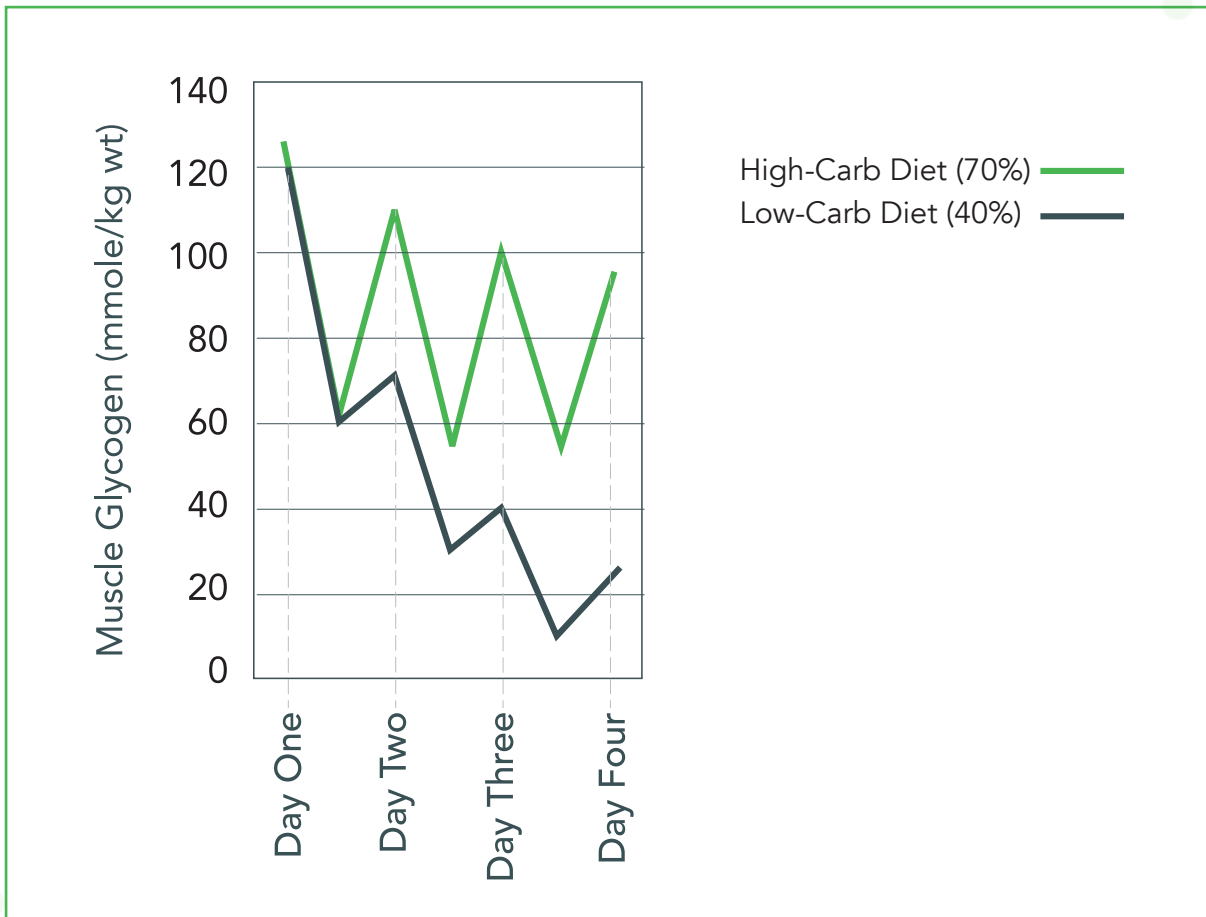
- Mixed diet (self-selected)
- Protein & fat diet (46% fat, 54 % protein)
- High carbohydrate diet (2,800 kcal, 82% carbohydrate, 18% protein)

Subjects cycled to exhaustion at the end of each diet



Muscle Glycogen: High Carb vs. Low Carb Diet

- Muscle glycogen depletion continual due to low carb diet
- Even after following a high carb diet, muscle glycogen starts to deplete; if glycogen stores drop too low, performance suffers and risk for injury increases



Sample taken from Vastus Lateralis



Carbohydrates:

Include Complex Carbs at Every Meal (at least half a plate)

Complex Carbs

- Whole grains
- Bread (whole wheat, sourdough, etc.)
- Pasta, couscous
- Brown or white rice
- Oatmeal
- Potatoes
- Legumes
- Quinoa
- Cereal
- Crackers

Dairy

- Milk
- Yogurt

Fruits & Vegetables

These lack B vitamins, except leafy greens which are important for proper cell functioning; convert food into energy (metabolism).





Protein:

Include Protein at Every Meal (¼ plate)

Animal Protein Sources:

- Chicken
- Ground beef or ground turkey
- Beef or pork cuts
- Tuna
- Salmon
- Eggs
- Dairy



Dairy Protein Sources:

- Milk
- Yogurt
- Cottage cheese
- Cheese



Plant-Based Protein Sources:

- Plants don't contain all the essential Amino acids
- Muscle protein synthesis is slower with vegan diets*
- Combine legumes and grains for a complete protein
- Rice & beans
- Couscous & lentils
- PB & J sandwich
- Soy is also complete (tofu, edamame)



*It's okay to be vegan for ethical reasons, but we suggest working with a Sports RD to make sure you are meeting your energy needs.



Fats & Anti-inflammatories

Cooking with Fat

Adding fats to your meals helps you feel satisfied, make hormones and more. Be sure to include fats in the left-hand column, they provide additional anti-inflammatory benefits.

- Salmon
- Tuna
- Walnuts
- Pecans
- Flaxseed
- Avocado/guacamole
- Nut butters/nuts
- Oil-based dressings
- Oils (olive, canola, peanut, avocado)
- Butter
- Cream
- Cheese
- Coconut milk
- Fried foods
- Higher fat meats
- Sour cream
- Dressings (ranch, blue cheese, etc.)
- Oils (palm & coconut)

Other Anti-Inflammatory Foods

BEETS

**TART
CHERRY
JUICE**

**GREEN
LEAFY
VEGGIES**

FATTY FISH
(salmon, tuna,
sardines)

NUTS
(walnuts, almonds,
pecans)

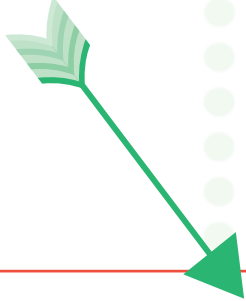
SEEDS
(flax & chia)

FRUITS
(berries, cherries,
oranges)

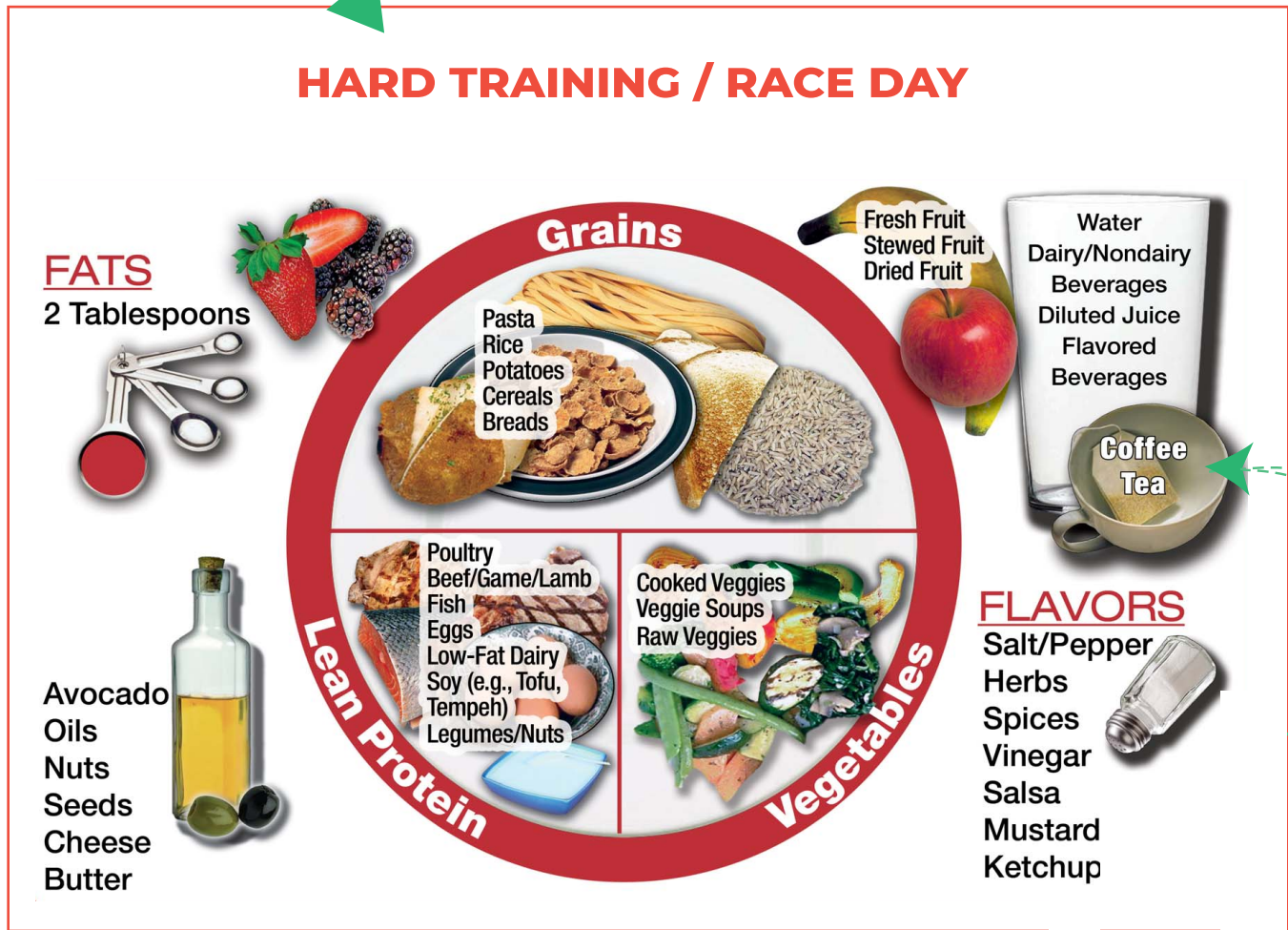
OILS
(olive & avocado)

HERBS & SPICES
(tumeric, curry,
ginger & rosemary)

The Athlete's Plate

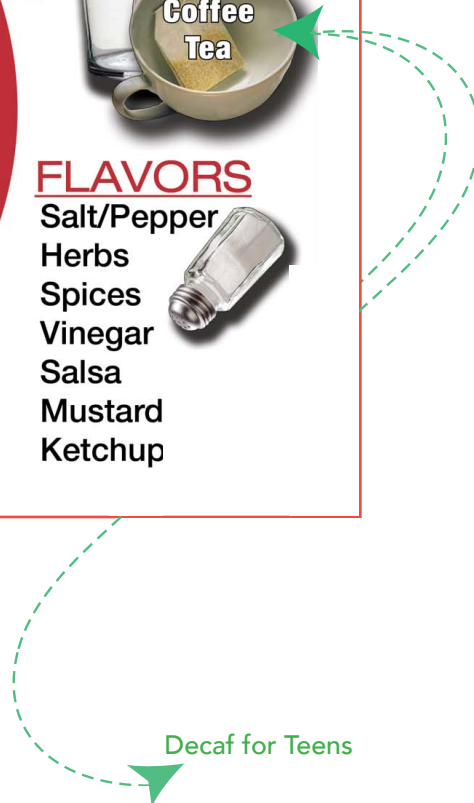


HARD TRAINING / RACE DAY



Reference: USOPC (US Olympic & Paralympic Committee)

Note: Ignore fat servings size; it's problematic to tell all athletes an exact portion



Decaf for Teens

The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program. For educational use only.



Start Your Day With A Balanced Meal

Chia pudding + toast

Crunchy PB&J toast + fruit

Overnight oats

Vanilla berry baked oatmeal


Peanut butter granola with milk & fruit

Gingery blueberry banana smoothie with granola

Blueberry, oatmeal, and flaxseed muffins + yogurt

Apple, ham, and cheddar egg bites + greens & toast





Snacks



Chocolate peanut butter protein balls

Chocolate cherry trail mix

Hummus & pretzels

Pastry & decaf chai latte

Muffin with butter

Edamame & avocado toast

Yogurt & granola

Cereal with whole milk or soy milk

Almonds & clementines

Cheese & crackers



High Performance Meals

Breakfast Recipes

Overnight Oats

Combine oats with other ingredients like peanut butter, yogurt, milk/non-dairy alternative, banana, chia seeds, fruit, honey, almonds, cacao powder, and more. Start with your base: ½ cup oats + 1 cup milk/non-dairy alternative and pick your flavors:

Blueberry Pancakes

- handful of blueberries
- 2 tablespoons chia seeds
- dash of cinnamon
- 1 tablespoon maple syrup

Apple Crisp

- 1 medium apple, diced
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- dash of nutmeg

Coconut Latte (just add oats here)

- brewed coffee (decaf for teens)
- coconut milk
- maple syrup/honey
- cinnamon

Peanut Butter Chocolate Banana

- 1 banana sliced
- cinnamon
- chia seeds
- peanut butter
- cacao powder/chocolate chips

Summer Breeze

- strawberries
- honey
- chia seeds
- vanilla extract
- greek yogurt



- **Breakfast Burrito**

Whole wheat, flour, or corn tortilla with scrambled eggs, black beans, cheese, topped with salsa and avocado or guacamole

- **Yogurt Parfait**

Full fat Greek yogurt ("Ellenos" in Seattle is the BEST), mango or peaches, slivered almonds, and vanilla granola, add honey to sweeten if using plain yogurt.

- **Egg & Cheese Sandwich**

Microwave an egg (mix and microwave for 90 seconds in microwave-safe bowl, with paper towel over the top) and serve on English muffin, bagel, or toast with ham, avocado, and side of fruit.

- **Leftovers from Dinner**

Yes, even "non-breakfast food." There is nothing wrong with chicken, veggies and roasted potatoes to start your day.

- **Muesli or Oatmeal**

1 cup cooked with a glass of milk. You can add nuts, fruit, peanut butter, yogurt or whatever seems tasty to you!

- **Egg Omelet**

Whole eggs with vegetables, avocado, and breakfast potatoes - cook with butter, olive, or avocado oil (mix up the cooking oils now and then for balance).

- **Scrambled Eggs**

Add side steamed kale, and toast, tostadas, or English muffin with butter and/or jam.

- **Homemade Smoothies**

There are many smoothie recipes online, so you can get really creative. Just make sure you have some fruit/veggies, a protein and fat source, and complex carbs (oats) for quick energy.

Smoothie Ingredients: ½ banana, ½ cup raw oats, 1 cup frozen berries, ½ cup tart cherry juice, 1/2 cup spinach or kale, 4-8 oz full fat Greek yogurt, ice and water to taste.





- **Salmon Lox**

On a bagel with cream cheese and fruit on the side.

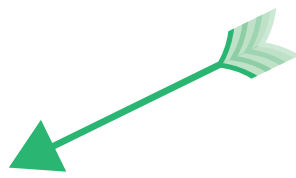
- **Shakshouka**

Eggs poached in sauce of tomatoes, olive oil, peppers, onion and garlic with breakfast potatoes. Traditionally, Shakshouka is spiced with cayenne pepper, cumin, paprika and nutme

- **Mangu (mashed plantains), Scrambled Eggs, & Fresh Fruit**



Lunch, Dinner Recipes



- **Teriyaki Turkey Lettuce Wraps**

Peel off iceberg lettuce leaves. Add chopped carrots, peppers, and browned ground turkey. Sprinkle with soy sauce then wrap up and eat. Enjoy alongside sliced oranges and rice or quinoa.

- **Thai Peanut Stir Fry**

For a delicious peanut sauce, add 2 tablespoons red wine vinegar, 2 tablespoons soy sauce, 2 tablespoons peanut butter, 1 tablespoon brown sugar, 1 teaspoon garlic, 1/8 teaspoon ground ginger and 1/8 teaspoon red pepper or cayenne pepper. Top your favorite stir fry veggies with the peanut sauce and mix with pan seared chicken or tofu and a hearty grain (rice, couscous, quinoa).

- **Indian Chicken Curry**

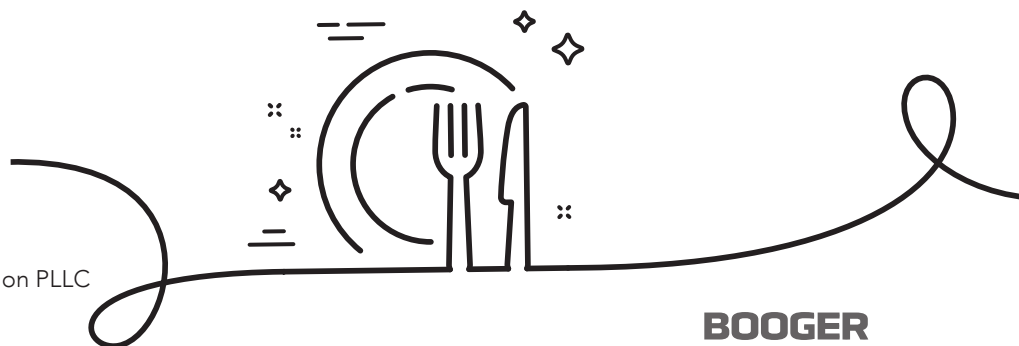
Coat a large skillet with oil or avocado oil and cook chicken breasts on medium heat, then remove from pan once cooked. Add 1 tablespoon oil to the pan along with 1 yellow onion diced and let simmer, stirring occasionally until softened. Then add in 2 cloves diced garlic and 2 teaspoons minced ginger and let simmer 1-2 minutes. Add 1 tablespoon curry powder, 1 teaspoon cumin, 1 teaspoon turmeric, 1 teaspoon coriander and ¼ teaspoon cayenne pepper, stirring well for about 30 seconds. Then add in 1 cup plain yogurt and 15 oz crushed tomatoes (canned and drained). Stir and cook on low for 10 minutes. Add chicken breast back in and stir. Top the curry over basmati rice, cauliflower rice, naan bread or anything else you want to try! If you use cauliflower rice, add toast or potatoes for energizing carbs.

- **Broiled Pork Chops with Apples, Broccoli and Rice**

Season pork with salt, pepper and any herbs including rosemary, oregano, thyme. Place on broiler pan with thinly sliced apples brushed with olive oil and chopped broccoli tossed in olive oil, salt and pepper. Broil pork, apples, and broccoli about 4 min. on each side. Serve with brown or white rice.

- **Lemon Baked Fish with Couscous and Green Beans**

Place 1 lb fish fillets of choice on foil lined baking dish. Season with salt, pepper and a squeeze of lemon. Drizzle with olive oil and sprinkle dill on top. Bake at 350 for 20-30 minutes. Cook boxed couscous according to directions. Add green beans to boiling water for about 5 minutes. Strain out water then drizzle with olive oil and sprinkle with salt and pepper.



- **Shrimp and Veggie Stir Fry with Brown Rice**

Heat frozen stir fry vegetables in a skillet, then add precooked shrimp. Serve over rice. Add a mixed baby greens salad with vinaigrette.

- **Shrimp Pesto Pasta with Sautéed Asparagus and Zucchini**

Add pasta noodles to a large pot of boiling water, cook for 10 mins until desired doneness. Slice zucchini in rounds and trim ends off asparagus. Add both to 2 tablespoons olive oil in a pan on medium heat. Cook about 5 mins until bright green and crisp yet tender. Drain water from noodles and add pesto sauce, cooked shrimp, and sautéed vegetables. Sprinkle with parmesan and red pepper flakes.

- **Baked Salmon with Sweet Potato Rounds and Sautéed Vegetables**

Peel sweet potatoes then slice into ¼" rounds. Toss rounds in a bowl with olive oil to coat. Place on a baking sheet and sprinkle with paprika and salt. Bake at 450 for 20 minutes, flipping halfway through. Sauté any type of vegetable (fresh or frozen) in a skillet over medium heat until heated through and crisp, but tender. Line a baking dish with foil and bake salmon skin side down at 400 degrees for 10 minutes for every inch of thickness. Sprinkle salmon with salt when finished cooking.

- **Spicy Sausage and Pepper Penne Pasta**

Add penne pasta to a large pot of boiling water; cook about 10 mins until desired doneness. Drain water and add 1 jar tomato sauce (any variety). Sauté sliced red peppers, onions, and garlic over medium heat in olive oil for about 6 minutes then add to pasta dish. Slice pre-cooked spicy chicken sausages into ¼" rounds and add to pasta dish. Heat pasta over medium until warmed. Sprinkle pasta with red pepper flakes and mozzarella cheese. Serve with a mixed greens salad.

- **Beef, Chicken or Tofu Fajitas**

Stir fry beef, chicken, or tofu, along with a bag of frozen fajita vegetables adding one packet of fajita seasoning. Warm whole wheat, flour, or corn tortillas to fill with the meat and veggies. Serve with a heated can of black beans and a side salad with drizzled olive oil and balsamic vinegar.

- **Quinoa Salad**

Quinoa is an easy to cook grain with a 1:1 ratio of grain to water, simmer for 10-15 minutes or until liquid is absorbed. Warm or cold, mix it together with chopped chard or kale or spinach, sliced/peeled cucumbers, chopped tomatoes, sliced red onion, kalamata olives, feta cheese, grilled chicken, chopped nuts or sunflower seeds. Drizzle with olive oil, lemon juice, and balsamic vinegar. Season with salt, pepper and any herbs (cilantro, basil, mint). Enjoy as a cold salad for lunch with a side of fruit and handful of chocolate covered almonds or your favorite treat.

- **Chicken Salad Pitas**

Using 1 ½ cups cubed left-over grilled chicken add to ½ cup each of julienned carrots, chopped cucumber and ¼ cup each sliced radishes, sliced olives, and cubed mozzarella cheese. Toss with ¼ cup Italian dressing. Makes filling for up to 5 6-inch pita rounds. Slice pita in half and line each half with lettuce leaves before stuffing about 1/3 cup mixture into each half. Be sure to pack along with a couple other foods you enjoy to complete the meal.

- **Pasta Salad**

Cook 1 cup orzo pasta in boiling water about 10 minutes. Drain and add fresh mozzarella cheese, baby spinach, chopped tomatoes, ½ cup chopped fresh basil, 1 teaspoon red pepper flakes, salt to taste, and olive oil as needed. Serve alongside left over fish fillet. Add other snacks to round it out for a satisfying meal.

- **Easy Latin Salad (add to any dish)**

Toss together lettuce leaves, tomatoes, olive oil and vinegar (2 parts oil to 1 part vinegar), add salt and pepper to taste. For flavor, add sliced lime or lemon on the side. For more nutrients, add beets, carrots, and cucumbers to the mix.

Recipe Tips:

- Precooked meatballs and chicken sausages can be found at grocers along with pre-grilled chicken. Or grill your own chicken breasts in just 4-10 minutes (depending on thickness).
- You can find frozen stir fry or fajita vegetables at all grocers.
- Remember it's okay to add in your favorite "fun foods" to any of these meals (i.e. chocolate covered anything!)
- As a general rule of thumb, leftovers should be eaten within 4 days. Hardboiled eggs (if kept in shell) can be stored up to 7 days.
- It's okay to freeze cheese, milk, or yogurt to then throw in your lunch bag to keep your lunch cold if you are unable to store it in a refrigerator.

Quick Meal Ideas

- Use a Crockpot (\$20 from target) for easy meals that are ready when you get home. Crockpot recipes: <http://www.crock-pot.com/Recipes.aspx>
- Try a rice cooker (\$15 at Target) to cook rice in just 20 minutes.
- Turkey and bean chili or other pre-made soups with cornbread (box mix) and mixed greens
- Add pre-cooked vegetables to any box of soup eat with a slice of bread with melted cheese.
- Wrap leftovers in a tortilla and warm or make into a quesadilla.
- Add pre-cooked grilled chicken and noodles to any salad.
- Pita pizzas: pita bread with pasta sauce or olive oil, cheese, and whatever toppings you like then heat at 400 for 10 minutes.
- Quinoa bowl with any veggies, nuts (walnuts, hazelnuts), cheese (feta, goat) and herbs (mint, basil, cilantro) drizzled with olive oil for a hearty meal salad.
- Leftover stir fries, pasta dishes, soups, and casseroles make great lunches. Use leftover meats for sandwiches and wraps.
- Greek yogurt with berries and granola alongside a salad with chicken.
- A peanut butter and jelly sandwich or wrap with banana, along with yogurt and sliced veggies makes a high performance lunch
- Sliced fruit with crackers, cheese and deli meat Add a salad or cut up veggies for an easy-to-pack lunch.
- Prepare easy salads with mixed greens or chopped lettuce, adding chicken, nuts/seeds, a hardboiled egg, or cheese.



Food Fuels

Performance Bites

Ingredients (makes 20 bites)

10 organic Medjool dates (pitted)
4 tablespoons flax meal
¼ cup chopped almonds
¼ cup dark chocolate mini chips
2 tablespoons water

Variations:

Use walnuts instead of almonds
Roll in unsweetened coconut flakes
Add ¼ cup quick oats
Add 1 scoop plain whey protein powder
Add water as needed
Omit chocolate chips



Directions

In a food processor, blend dates until smooth. Add remaining ingredients to dates and mix. Roll into 10 equally sized balls. Freeze for later or refrigerate them and eat them in a day or two.



Date Facts

Ancient cultures called the date palm "the tree of life," and used all parts of the tree, from the trunk to the leaves. Dates are still a staple source of nutrition for nomadic peoples because of their high carbohydrate content, high potassium levels and easy portability. Hundreds of varieties of dates are grown throughout the world, about 12 of which can be found in the United States. Dates are an excellent source of quick and lasting energy.

Smoothies

Directions: Combine all ingredients in high power blender, mix on high until smooth. Add liquid as needed. 1 scoop plain whey/plant protein isolate may be added for an additional 20-24 grams of protein.

Mango Ginger

- 1 cup frozen mango, cut into chunks
- 1 medium frozen banana (~150 g), cut into chunks
- ½ cup unsweetened plain soy milk
- 1 tablespoon fresh ginger, diced and pressed into a paste

Chocolate Peanut Butter

- 1 large frozen banana (~200 g)
- 2 tablespoons peanut butter
- 2 tablespoons cocoa nibs, ground
- 1 cup milk or soy milk

Strawberry Chocolate

- 1 cup frozen strawberries
- ¾ cup milk or soy milk
- 1 tablespoon cocoa nibs, finely ground
- 2 Medjool dates, pitted





Wellness Shots

Directions: Finely chop and spread the roots into a chunky paste or a well-tolerated consistency. It will not be smooth. Mix the remaining ingredients and drink in a 2 ounce shot glass.

Triple T 'TTT'

- 1 teaspoon turmeric root, pressed into a paste
- 1 ounce tart cherry juice concentrate (Cherry Bay Orchards)
- ½ ounce tangerine juice
- ½ ounce lemon juice

Ginger Shot

- 1 ounce fresh ginger juice
- 1 ounce fresh squeezed lemon juice
- 1 teaspoon raw honey
- Pinch of cayenne
- Option: add turmeric and black pepper



To Make A Hot Tea

Steep the roots with mint or chamomile leaves (instead of citrus juice) and add honey. Make it very sweet and very spicy for the most therapeutic benefit.





Refreshing Sports Drink

- 4 cups water
- $\frac{1}{8}$ teaspoon salt
- 6 ounces fresh squeezed 100% lime juice
- 1 ounce tart cherry concentrate
- 4 teaspoons organic cane sugar

Formula

- 1) Water
- 2) Quantity of carbohydrate
 - a) 60g – 80g CHO/L or 15g CHO per 8oz
- 3) Sources of carbohydrate (use multiple):
 - a) Maltodextrin (3 glucose molecules)
 - b) Honey and fruit juice (fructose)
 - c) Table sugar (sucrose = glucose + fructose)
- 4) Electrolytes
 - a) Salt = sodium chloride (NaCl)
 - b) 110-150 mg per 8 ounce of fluid

Directions

1. Pour 2 cups water into a large pot, add sweetener and salt.
2. Place pot over low heat and whisk until ingredients have dissolved, let cool.
3. Add juice and concentrate to pot.
4. Pour in remaining water and whisk until well blended.
5. Chill, then put in water bottles.



Sports
Nutrition
in
Action



1

Start your day with a balanced breakfast.

Combine carbs with protein and fat at meals and snacks.

2



3

Add healing antioxidants by eating colorful fruits and veggies.

Carbs + protein before and after workouts will enhance muscle recovery.

4



5

Sleep 8+ hours each night to give your body time to rest and recover.

Practice mindful eating & balance. "Perfectionism" can lead to trouble.

6



Performance Nutrition

Nutrition Basics for an Active Life



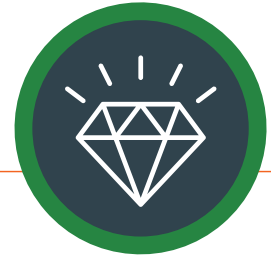
Fluids

Fluid helps you excel; water helps your body metabolize food; this means more energy.

To find out if your fluid intake is adequate, monitor your pee (it should be pale yellow, like lemonade, not dark, like apple juice).

Water is best to drink if you are exercising for less than one hour, especially if you have had a pre-workout snack.

If you are training for more than one hour, or you are low on energy, a sports drink gives you carbs for energy.



Fuel

The primary fuel for your muscles and brain is carbohydrates—energy for sport and life!

Carbs include foods like rice, pasta, bread, cereal, potatoes, milk, and fruit.

Protein is important for repairing your muscles, but is not used as a main energy source by your muscles.

Protein includes foods like chicken, meat, fish, eggs, peanut butter, tofu, dairy, bacon, sausage, and beans.

Fat is used as a substrate for energy during low intensity activities and can also help the body heal.

Fats include avocado, olive oil, butter, seeds, nuts/nut butters and oils found in salmon.

Sample Menu (includes 3+ liters H2O throughout the day)

Breakfast	Eggs with avocado, oatmeal with cinnamon, and berries
Morning Snack	Banana, peanut butter
Lunch	Turkey sandwich with cheese and tomatoes, apple, cookie
Afternoon Snack	Hummus, carrots, crackers
Workout	Pre: Dates/ During: water/ After: fruited Greek yogurt or chocolate milk
Dinner	Baked chicken, roasted red potatoes, roasted veggies with olive oil
Evening Snack	Raspberries, handful roasted almonds, chocolate

Snacks

A + B = High Performance Energy



Add column A (carbs) to column B (protein) for optimal energy; mix 2+ foods from 2 or more columns

A (CARB) SNACKS	B (PROTEIN) SNACKS	A + B SNACKS
100% Fruit snacks	Nuts	Fruited whole milk yogurt
Crackers	String cheese	Trail mix
Chocolate	Beef, salmon, or turkey jerky	Energy bars
Dried fruit	Edamame	Peanut butter date bars
Applesauce	Sunflower seeds	Fruit smoothie
Granola	Pumpkin seeds	Granola with nuts
Banana/zucchini bread	Guacamole/avocado	Baked oatmeal with nuts
Oatmeal	Cottage cheese	Rice & beans
Popcorn	Milk	Quesadilla
Frozen grapes or bananas	Tuna	Cookies
Tortilla chips/chips	Hard boiled eggs	Chai whole milk latte
Scone/donut	Cream cheese	Overnight oats
Cookie/brownie/oreos	Olives	Sushi
Hippeas Chick Peas	Butter	Ice cream
Bagel, bread/toast	Salmon lox	Hummus & chips

Nutrient Timing



The timing of **when** you eat is just as important as **what** you eat.

The following carbs enter the bloodstream and tissues quickly:

- Pretzels, Fig Newtons, Clif bars, Honey Stinger waffles, energy bites, granola bars
- Frozen or chilled grapes, watermelon, banana, pureed fruit ices
- Gatorade, Skratch, Cytosport Cytocarb, Vitargo, homemade Gatorade
- Gatorade Chews, Shot Bloks, Honey Stinger Gummies
- Dried fruit
- Applesauce
- Chocolate milk (ideal after exercise)
- Tart cherry juice or 100% juice (option to mix in protein powder, if drinking after exercise*)

Note: Combine carbohydrates and protein in 3:1 ratio after exercise



* Please consult Monica regarding supplementation

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Recovery

Understanding Insulin

1. Exercise increases insulin sensitivity in muscle tissue during exercise, meaning carbs are shunted to muscle tissue
2. Carbs prevent muscle tissue (your POWER) from being broken down during exercise
3. Being an athlete means you are more sensitive to insulin in general, and process carbs very efficiently

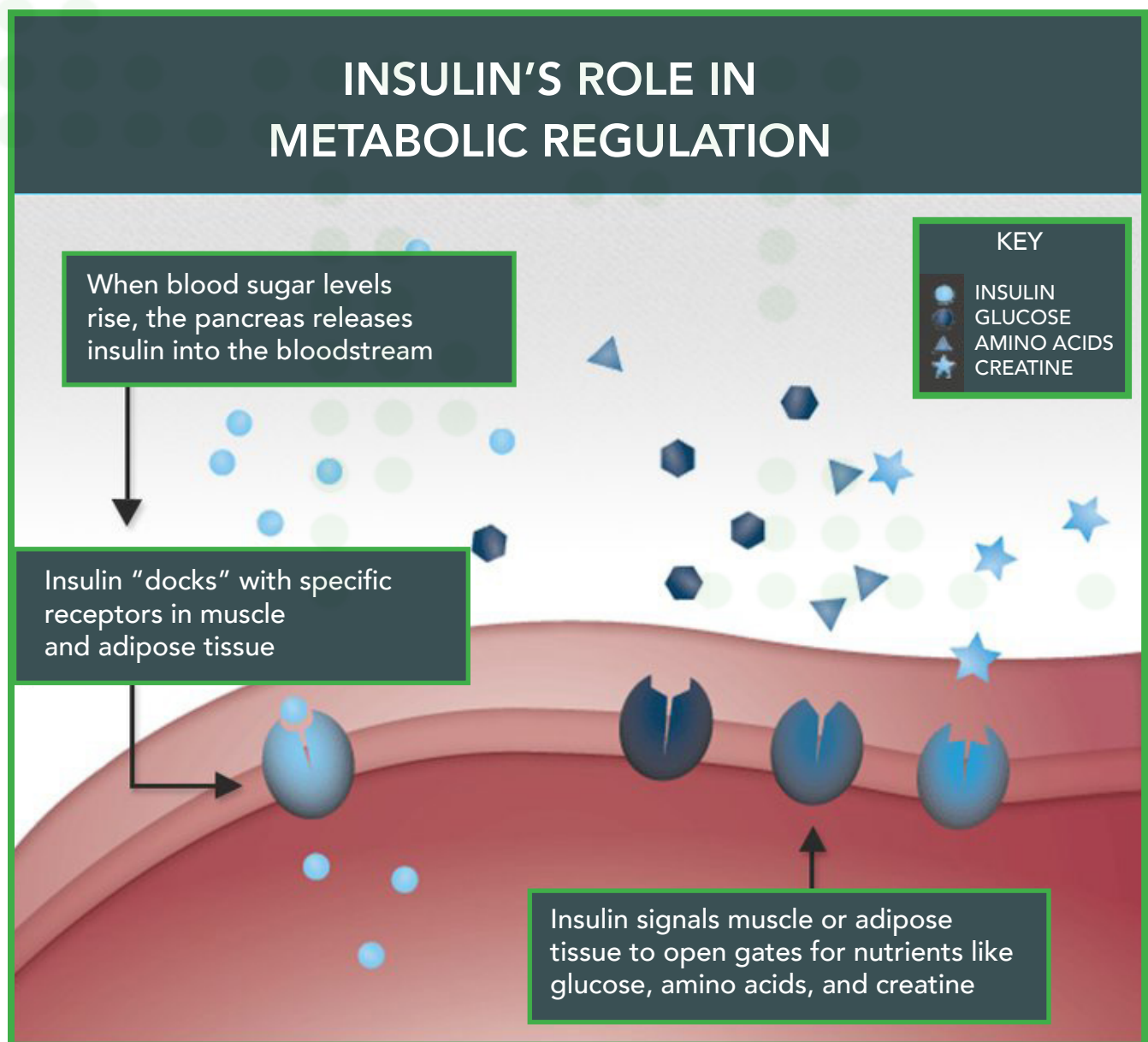


Image credit: www.bodybuilding.com
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Make a Recovery Plan

Note the glycogen window: During the first 30 minutes after exercise, your muscles are most sensitive to insulin.

Insulin is an anabolic, rebuilding hormone.

Eat carbs:protein in a 3:1 ratio to take advantage of this refueling & rebuilding process.

You cannot repair muscle (by eating protein) if you don't also consume carbs.

You need more carbs than protein for this process to work.

Quick digesting carbs or sugars are ideal here.

Chocolate milk is an ideal recovery drink-it has the correct ratio of carbs to protein.

The Importance of Rest

Rest is a verb. Get after it the same way you do those hill workouts!

- Rest prevents injury
- Rest prevents overtraining syndrome
- And, rest helps increase training adaptations

Wellness

Sleep

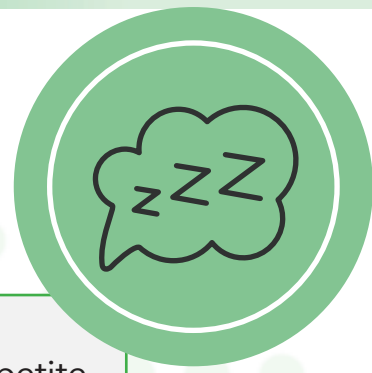
How much sleep do you think you need on average each day?

Sleep has a direct impact on:



MORE SLEEP	
Basketball	faster sprints higher shooting accuracy (free throws and field goals) faster reaction time
Tennis	faster sprints increased hitting accuracy (including valid serves) better hitting depth
Football	faster 20-yard dash shuttle faster 40-yard dash
LESS SLEEP	
Weight Lifting	decrease in maximal bench press decrease in maximal leg press decrease in maximal dead lift

Sleep Loss



1

New evidence reveals significant decreases in appetite evaluation regions of the brain when sleep deprived

2

May be related to the development of overreaching and overtraining (Halson, 2006)

3

Increases the onset and/or magnitude of pain (Haack, 2005)

4

Results in greater effort required for everyday tasks (Engle-Friedman, 2003)

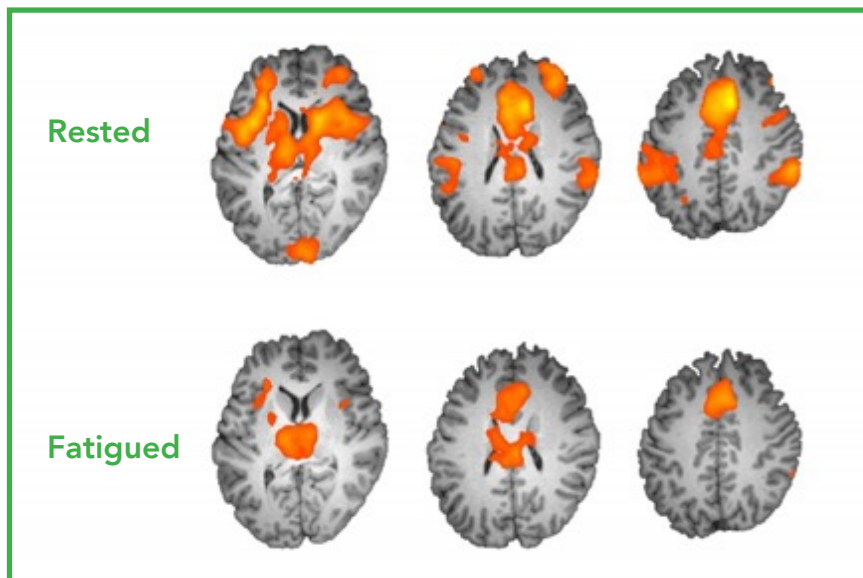


Results of Adequate vs. Not Enough Sleep

Not Enough Sleep	Adequate Sleep
Increased risk of injury & reduced pain threshold	Improved motivation
Increased risk of illness	Better recovery of muscle strength
Reduced physical & psychological performance	Faster spring speeds
Reduced motivation, learning ability & memory	Improved muscle glycogen
Increased anxiety, irritability, mistakes	Better cortisol (stress) regulation
Poor judgment of distance, speed, and/or time	Improved motor skill development
	Improved memory
	Improved focus
	Better mood

How Sleep Affects Brain Health

During sleep, the brain works to get rid of waste products and clean out toxic proteins that can impair healthy aging of the brain.



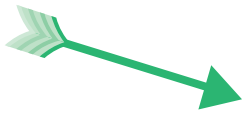
Sleep Debt: Paying Back What You Owe

- Chronically obtaining less sleep than your body needs accumulates “sleep debt” over time
- If you need 8 hours but only get 7, that equals 1 hour of sleep debt
- Now you need to get 9 hours the next night to pay back that 1 hour of missed sleep
- Sleep debt is manageable at first, but over time it becomes overwhelming
- Eliminate sleep debt by gradually extending sleep duration
- Be patient; it takes time



Nutrition & Sleep

- Rule out deficiencies in iron, magnesium, zinc
- Food restriction insomnia or poor sleep quality
- High carb diets may help you fall asleep faster
- Foods such as white rice, pasta, bread & potatoes may promote sleep; consume > 1 hour before bedtime
- Moderate protein may improve sleep quality
- Foods which have a high melatonin concentration may help you fall asleep faster (like tart cherry juice which is delicious and nutritious)



Self Care or Self Control



Attuned Self Care	Set of Rules
Going for a run because you love the wind in your face	Taking up running even though you hate it, because it burns a lot of calories
Choosing peanut butter for the taste	Choosing almond butter because it's "healthier"
Choosing salad for the refreshing crunch	Choosing salad because it's low calorie & skipping the dressing
Hydrating because it's energizing	Hydrating to boost metabolism
Refueling after exercise to heal and repair	Only caring about calorie burning, ignoring recovery
Radical self love	"Shoulds" and punishment
A whole person healthcare model	Healthcare system based on BMI
A celebration of diversity as beauty	Trying to fit the mold
Creating community through shared values	Connecting with others through diet culture and negative self talk
Enjoying rest days	Stuck in the hustle

Substances

Caffeine

The American Academy of Pediatrics recommends using caution in adolescents 18 and under; limit caffeine to 8 oz of coffee or less per day (or 100 mg).

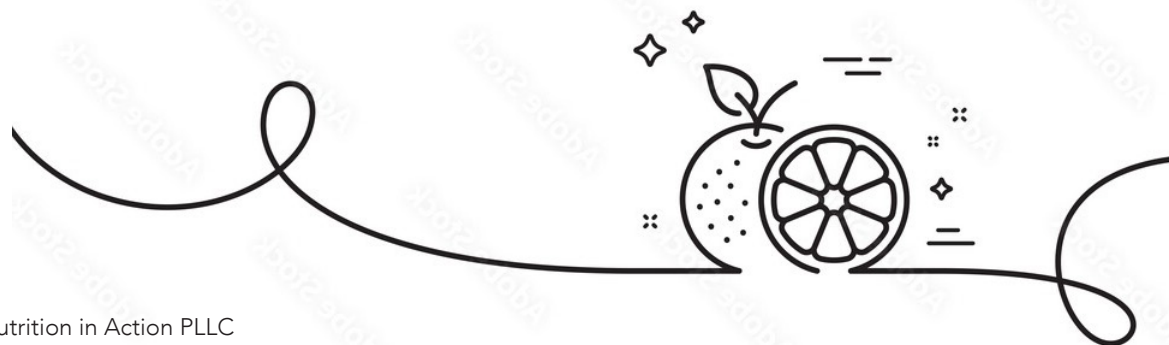
- Individual tolerances
- Affects thermoregulation in hot environments; drink more H₂O
- Too much can cause nausea, shaking, and GI upset
- “Overstimulation” can impact training, sleep, performance

Caution: There are 200 mg of caffeine in 1 Celsius energy drink. Many common energy drinks have even more caffeine.



Supplements

- Adolescent athletes can meet all of their macro and micronutrient requirements through food
- Vitamin D may may need to be supplemented; however, check with your doctor first
- Vegan athletes or athletes who avoid dairy should consult with their doctor or a sports RD to see if they have deficiencies
- Please consult Monica regarding supplementation



Alcohol

Impact on Nutrient Intake

- Toxins
- Altered carb metabolism
- Drinking after rides significantly decreases MPS (Muscle Protein Synthesis)

Impact on Sleep & Hormones

- Disrupts restorative sleep cycles
- Prolongs recovery process with injury
- Shown to increase cortisol levels

Exercise & Hangovers

- 11% decrease in aerobic capacity

Marijuana & Athletic Performance

- Decreases physiological work capacity & exercise endurance
- No studies show improvement in aerobic capacity & many show less
- Increases fatigue in anaerobic activities
- Acute effects of use are decreased memory, judgment & coordination
- Chronic effects of use are addiction & decreased academic performance

LEGAL \neq PERMITTED

AGAINST NCAA POLICY

MARIJUANA IS A BANNED SUBSTANCE IN THE "ILLEGAL DRUG" CLASS. IF YOU TEST POSITIVE ON AN NCAA DRUG TEST, YOU WILL LOSE:

- + HALF THE SEASON (FIRST TEST)
- + + FULL CALENDAR YEAR OF ELIGIBILITY (SECOND TEST)

AND BECAUSE IT IS AN "ILLEGAL DRUG," THERE IS NO "MEDICAL EXCEPTION" WAIVER AVAILABLE.



AGAINST FEDERAL LAW THROUGHOUT THE U.S.

AGAINST THE RULES SET BY MOST ATHLETICS DEPARTMENTS AND TEAMS

AGAINST THE POLICIES OF SCHOOLS, WORKPLACES AND INSTITUTIONS

LEGAL \neq EVERYONE & EVERYWHERE

LEGAL \neq SAFE

DISPENSARIES SELL MARIJUANA IN MANY FORMS, AND THEY DON'T ALL WORK THE SAME WAY.



90-240 MINUTES TO FEEL EFFECTS
CONSUMING TOO MANY EDIBLES CAN RESULT IN AN OVERDOSE



DABBING HASH OIL OR WAX CAN BE DANGEROUS BECAUSE THE LEVEL OF THC IN THESE PRODUCTS IS VERY HIGH

EFFECTS ON HEALTH AND ATHLETIC PERFORMANCE

<p>Marijuana has NO performance-enhancing potential</p> <p>1</p>	<p>Impairs skills requiring eye-hand coordination and a fast reaction time</p> <p>2</p>	<p>Decreased strength and endurance</p> <p>3</p>	<p>Reduces maximum exercise capacity resulting in increased fatigue</p> <p>4</p>	<p>Reduces motor coordination, balance, tracking ability and perceptual accuracy</p> <p>5</p>	<p>Impairs learning, memory and concentration</p> <p>6</p>	<p>Skill impairment may last up to 24 to 36 hours after use</p> <p>7</p>	<p>Increases risk of injury, and decreases ability to recover from injury</p> <p>8</p>	<p>Chronic use can cause cough, frequent respiratory infections, anxiety, panic attacks and psychosis.</p> <p>9</p>
MOTOR FUNCTION AND ATHLETIC PERFORMANCE				MENTAL		RISK AND HEALTH EFFECTS		

This resource was developed in partnership with The Institute to Promote Athlete Health and Wellness at The University of North Carolina at Greensboro.

> For more information, visit us online at athletewellness.uncc.edu



THE UNIVERSITY of NORTH CAROLINA
GREENSBORO
Institute to Promote Athlete Health and Wellness

Ditch Diets (Restrictive Eating)

- Dieting is the most significant predictor of an eating disorder, especially in teens
- No long-term studies demonstrating weight loss can be maintained in 95% of people who lose weight
- Many factors related to weight are outside a person's control

How To Spot A Fad Diet

- Promised outcomes that seem too good to be true
- "Eat like me, look like me" mentality
- Equates health with being thin, looking lean or cut
- Focused on appearance over performance
- Not sustainable
- Boring
- Restriction of a macronutrient or entire food group
- A one-size-fits-all approach
- Food rules: Good or bad foods
- Science is replaced with devout followers & anecdotes



How Dieting Sabotages Performance

Metabolic adaptations happen when we restrict/diet/are in an energy deficit resulting in:

- Reduced metabolism
- Increased cravings
- Reduced energy levels
- Lower body temperature (so you're using less energy)
- Confusion about hunger / fullness signals
- Reduced lean muscle mass (which is metabolically active tissue)
- Upregulated enzymes that store fat / Down-regulated enzymes that release fat
- Causes fat overshoot
- Lowers leptin levels

What is Leptin?

Leptin is a hormone your adipose tissue (body fat) releases that helps your body maintain your normal weight on a long-term basis. It does this by regulating hunger by providing the sensation of satiety (feeling full).

The Cliff Effect

1

Under fueling of the body upregulates hormones that delay fatigue.

2

Cortisol, epinephrine, adrenaline and norepinephrine create a false sense of available energy.

3

This may result in a temporary increase in energy and performance.

4

Additionally, all calories are diverted to the highest demand activity, so you may feel fine while racing. However, this feeling won't last long.

5

This is not sustainable and results in REDS: Relative Energy Deficiency in Sport. Imagine you are cycling toward the edge of a cliff. If you go over, it takes a tremendous amount of resources, wasted time and life energy in order to get back up.



Relative Energy Deficiency in Sport (REDS)

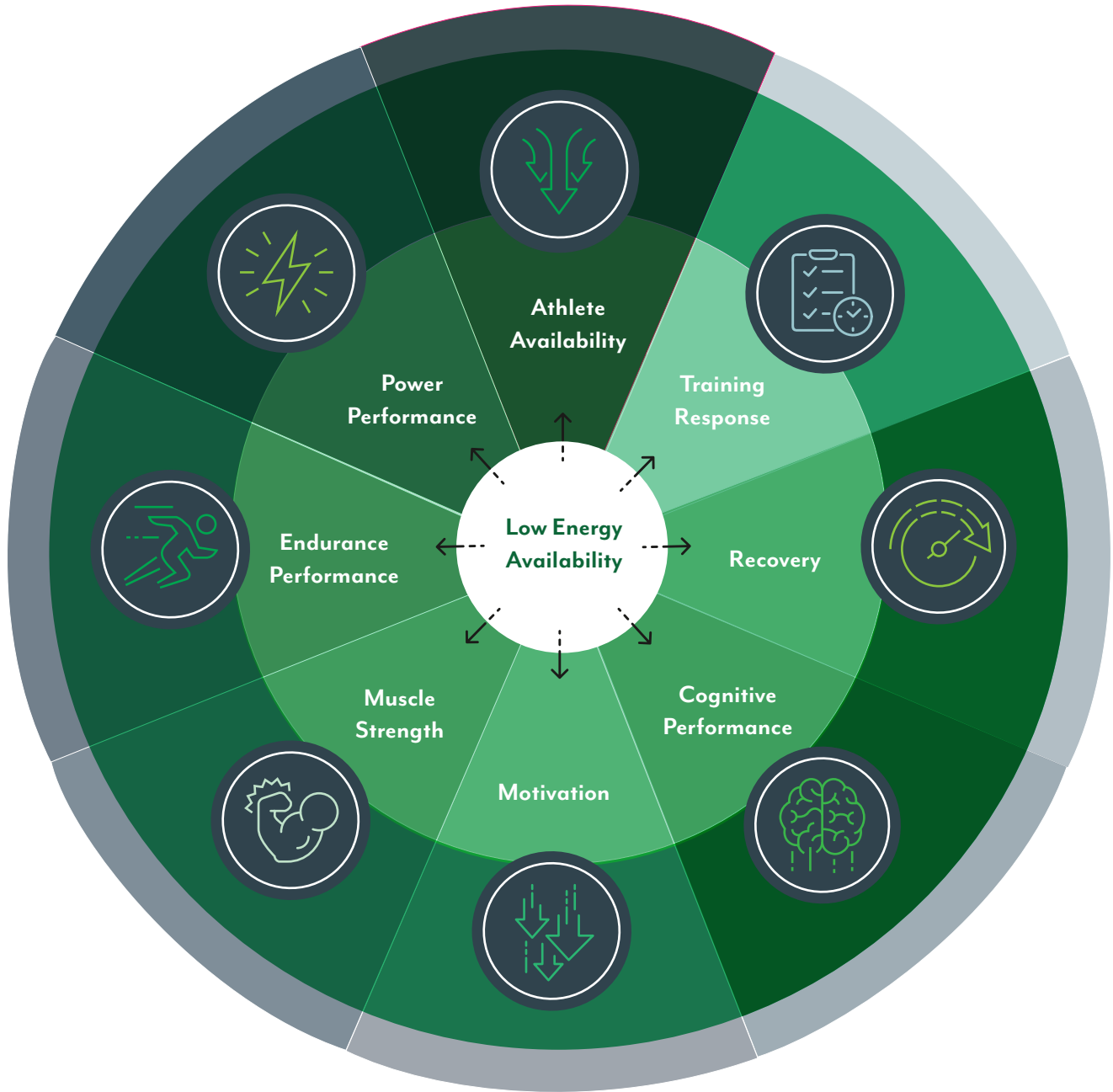
Negative effects on health



Adapted from BMJ Publishing Group Ltd & British Association of Sport and Exercise Medicine

Relative Energy Deficiency in Sport (REDS)

Negative effects on performance



Adapted from BMJ Publishing Group Ltd & British Association of Sport and Exercise Medicine

Joyful Eating



Mindful Eating Exercise

Mindful eating takes practice. It's taking time to taste your food and eat without judgment—free from food, weight, body, and hunger preoccupations. This enables better digestion of nutrients and supports, performance, and health.

Choose one piece of food. Find a favorite place to sit and eat. Take a deep breath. Begin by looking at the food and examining its shape, texture, and color.

- When you look at the food, what do you see?
- Describe the aroma.
- Take one mindful bite.
- Hold the food in your mouth for a few seconds & describe the texture.
- How does the food sound when you bite or chew it?
- What does the texture feel like as you're eating?
- Describe the flavor.
- What about the temperature?
- Is the food crunchy, salty, sweet, sour, or bitter?
- What was your experience? Did this food satisfy your craving?

Use the acronym **TASTE** to guide you through future meals and snacks:

- **T**exture
- **A**roma
- **S**peed
- **T**emperature
- **E**xperience

Did you know it takes 20 minutes for your brain to register fullness? Slowing down can help you tune into your internal cues for hunger and fullness.



The Joy of Eating: Being a Competent Eater

By Ellyn Satter, MS, MSSW, Dietitian and Family Therapist

Eating Competence is being positive, comfortable, and flexible with eating as well as matter-of-fact and reliable about getting enough to eat of enjoyable food. Even though they don't worry about what and how much to eat, Competent Eaters do better nutritionally, are more active, sleep better and have better medical tests. They are more self-aware and self-accepting, not only with food, but in all ways. To be a Competent Eater, be relaxed, self-trusting and joyful about eating, and take good care of yourself with food.

Feed yourself faithfully. Reassure yourself you will be fed. Structure is the supportive framework for taking care of yourself with food.

- Take time to eat.
- Develop a meal and snack routine that works for you.
- Include foods you truly enjoy. Don't be ruled by lists of food-to-eat and food-to-avoid.
- Make eating times pleasant. Relax. Pay attention. Take your time.
- Experiment with new food when you get ready; take it slowly.

Give yourself permission to eat. Reassure yourself: "It's all right to eat. I just need to sit down and enjoy."

- Eat what you want. Your body needs variety and your soul needs pleasure.
- Eat as much as you want. Your body knows how much it needs to eat.
- Go to meals and snacks hungry (not starved) and eat until you truly feel like stopping.
- Pay attention to your food. Taste it! Enjoy it!
- Eat it if it tastes good; don't if it doesn't!

Notice as you learn and grow. Becoming a Competent Eater is a process, and it takes time. As you combine structure with giving yourself permission to eat, you will find your eating falling into place.

- You feel good about your eating and are reliable about seeing to it that you get fed.
- You get better and better at eating as much as you are hungry for.
- You eat fruits, vegetables, whole grains, and other nutritious foods because you enjoy them, not because you have to.
- Having "forbidden foods" at meals and snacks makes them ordinary foods to eat in ordinary ways.
- Big servings don't make you overeat. You eat it all if you want to, not if you don't.

For more about helping yourself become a Competent Eater, read [*Feeding Yourself with Love and Good Sense*](#).

For more about the evidence showing that Competent Eating is good for you, see [*The Satter Eating Competence Model*](#)

Additional Resources



Nutrition is an ever-evolving science, as is the art of dismantling diet culture. Please check *The Embodied Athlete's* resource page <https://www.theembodiedathlete.com/resources> for the most up-to-date research, articles, books, and social media account recommendations.

Monica co-founded this community to address problems related to under-fueling, body dissatisfaction, eating disorders, and mental health in sports and the performing arts. The following are valuable resources to consult, should you be interested to learn more:

Papers

Mountjoy M, Ackerman KE, Bailey DM, et al. International Olympic Committee's (IOC) consensus statement on Relative Energy Deficiency in Sport (REDS) *British Journal of Sports Medicine* 2023;57:1073-1098.

Australia Swimming Statement on Physique Monitoring in Youth Athletes (2022)

[The Fundamentals of Glycogen Metabolism for Coaches and Athletes](#): Murray B, Rosenbloom C. *Fundamentals of glycogen metabolism for coaches and athletes*. *Nutr Rev*. 2018 Apr 1;76(4):243-259.

**Our stance in youth athletes 18 and under is that body composition testing, in any form, should never be done. In adults, there are occasional situations when the total sum of the skinfold data can be helpful; in that case, we recommend working with an ISAK accredited practitioner who has met international standards for anthropometric assessment, along with the initial technical error of measurement (TEM). Please reach out to Monica directly regarding any questions surrounding body composition.*

Blogs & Websites

Asker Jeukendrup, PhD Nutrition Scientist

IG: [@ajeukendrup](#)

<https://www.mysportscience.com/blogs>

Unlock the Power of Science to Optimize Performance

[The Embodied Athlete](#): Monica Van Winkle, MS, RD and Victoria Lambert, MS, RD

IG: [@theembodiedathlete](#)

Food Science Babe, Chemical Engineer/Food Scientist

IG: [@foodsciencebabe](#)

Books & Articles

[Good for a Girl](#) – Lauren Fleshmen (A must read if you are a parent/coach of a female athlete)

[Intuitive Eating](#) - Elyse Resch and Evelyn Tribole

[Gentle Nutrition Cookbook](#) – Rachel Hartley

[Raising Body Positive Teens](#) – Wendy Sterling

[Secrets of Feeding a Healthy Family](#) – Ellyn Satter

Dennett, Carrie.

["Here's why focusing on weight for athletic performance is not a winning strategy."](#)

Seattle Times, November 15, 2021.

Special Thanks

In addition to our dedicated staff, we would like to thank the following for their contributions in creating the Team Booger Academy & Nutrition Roadmap:

Lori Hinton
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