

FUELING SUCCESS

Nurturing The Mind-Body Connection Through Sport

In what ways do you see sport impacting the brains of athletes in your life?

Positive/ "good" changes	Negative/ "bad" changes

What are 2-3 strategies you use to keep sports fun for your athletes?

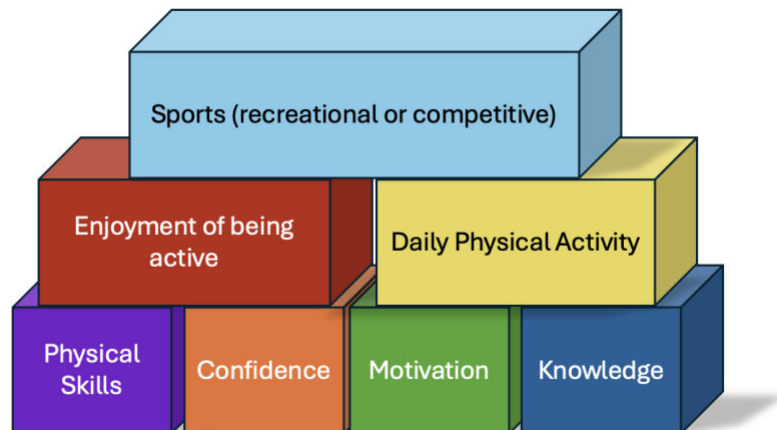
- 1.
- 2.
- 3.

Can you name 1 new strategy you heard from others?

What are 2-3 strategies you use to give athletes some control over their training?

- 1.
- 2.
- 3.

Can you name 1 new strategy you heard from others?



MIND BODY CONNECTION: NUTRITION

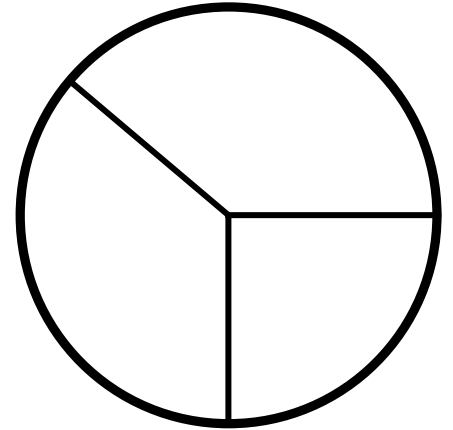
Peak Performance Nutrition Foundation

Adequate energy is essential for both mental and physical performance

Ways to track if energy needs are being met include:

Match types and amounts of foods to performance needs

The 3 parts of a performance plate:



Successful, Sustainable Nutrition Mindset

Mindset characteristics	Examples of expression

Language to focus on using includes:

Ideas to reshape mindsets: