



PERFORMANCE SERVICES PROGRAM 2023/24

CALGARY RANGERS SOCCER CLUB

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**Functional
Fluids**
November

NUTRITION
SESSION ONE

2

**Nutrition Myths,
Legends & Lies**
March

NUTRITION
SESSION TWO

3

**What's The Scoop
on Supplements**
January

NUTRITION
SESSION THREE (U17 ONLY)

4

**The Athlete's Guide
to Eating Out**
April

NUTRITION
SESSION FOUR

5

**Parent Session
Competition Ready**
June

NUTRITION
SESSION FIVE

6

**Preparation and Recovery
Mini Feeds**
May

NUTRITION
SESSION SIX



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NUTRITION SUMMARIES

Functional Fluids *First Session*

Fluids and hydration can often be overlooked when talking about performance nutrition. In this session, you will start to understand hydration versus dehydration, including monitoring tactics to ensure you're meeting your fluid needs.

Functional Fluids *Second Session*

Athletes will have the chance to discuss their current fluid options and understand the most appropriate choice for the situation. It's time to dis"spill" the myths surrounding hydration and sport beverages.

Functional Fluids *Third Session*

This session will take a deeper dive into the science of sweat. You will also have the chance to make and taste a homemade sport drink!



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NUTRITION SUMMARIES

Nutrition Trends *Fact or Fiction?*

Who can we trust when it comes to nutrition information? It can be challenging to determine reliable sources for our information when we see it plastered on social media. Come ready with nutrition hot topics you've heard about and we'll discuss if they are fact or fiction.

What's the Scoop *On Supplements?*

In performance nutrition, a food first approach is the preferred strategy because it offers the benefit of fuel and micronutrients that contribute to both health and performance. But are there situations where food may not provide what an athlete requires? What even is the definition of supplements? This session will provide a basic overview of supplements and ensuring safety is at the forefront in any supplement discussion.

The Athlete's Guide *To Eating Out:*

There are plenty of times where you'll find yourselves eating out as an athlete. Knowing how to make choices for the sport specific situation can keep you on track to reach your performance goals. This session provides is a guide on the how to's in selecting the optimal food choices at restaurants, buffets, and fast-food places.



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NUTRITION SUMMARIES

Competition Ready *Parents' Session*

While there are many similarities between training and competition nutrition, the differences are often overlooked. This session gives you the tools to help tackle common nutrition obstacles in competition settings, such as tummy trouble, anxiety, and feeding the athlete that won't eat.

Competition Ready *Preparation and Recovery Mini Feeds:*

In this session athletes will take charge of their fuelling plan by understanding food's purpose in performance. They will learn timing to optimize fuelling and recovery and build a mini feed to support their needs.

