

# Tips for coaches and team managers



Everyone involved in community venues has an important role to play. From food service operators, parents and umpires, to coaches and team managers, all key players can be a positive role model and display healthy behaviours.

It's important that key players are on the same team when it comes to health and promote consistent messages within the community venue. Consider the following tips during training, on game days, and special events such as carnivals, road trips and camps.

## Coaches and team managers



In community venues (e.g. sporting clubs), coaches and team managers fulfil a range of roles. From coordinating timetables, managing teams at training and game days as well as being responsible for participants' welfare, their role is diverse.

Promoting and supporting participants to consume healthier food and drink choices is important to support general health and help maximise athletic and team performance.

## Training and game day

Coaches and team managers should promote healthy snacks and meals before, during and after training and events. For example:

- Encourage water as the best choice to stay hydrated
- Ensure water is available at all times during training, games and events
- Avoid providing unhealthy food or drink vouchers as rewards. Alternatives include movie tickets, sport store vouchers or vouchers for healthy canteen meal deals.



## Carnivals

Carnivals are often busy, with lots of events and only short breaks in between. Coaches and managers are in a great position to encourage participants to refuel and stay hydrated before, during and after events. When attending a carnival, consider the following tips:

- Is a canteen available and does it offer healthy options?
- Pack a team esky with healthy choices
  - If there is less than one hour between events, consider a light snack such as fresh fruit, yoghurt or a trail mix
  - For breaks longer than one hour, a more substantial meal may be needed such as wraps, rolls, sandwiches, pasta salad or a healthy burger filled with salad
- Ensure participants continue to consume adequate water throughout the day, particularly in warm or humid weather
- Are there facilities to fill up water bottles or will drinks need to be brought from home for the whole day?
- Small serves of reduced fat plain or flavoured milk (e.g. 300mL) is a great recovery drink between and after events.

## Road trips

Road trips can be a challenge, particularly for country teams when spending hours travelling on a bus to a venue is common practice. Some points to consider:

- How long will the trip be?
- What food and drink options are available on the way?
- Do you need to bring an esky with drinks and snacks?
- Short road trips may require water and some snacks such as fresh fruit or yoghurt
- Longer road trips with limited food options may require more substantial food such as rolls, wraps or sandwiches.



## Camps

Camps are often lots of fun for participants. From a nutrition/catering point of view, they can be a challenge for organisers. Participants will need to recover after a long day competing or training and may need to refuel ahead of another day of competition.

Some points to consider:

- A healthy dinner and breakfast will be necessary for participants to perform at their best.
- Will catering be available at the accommodation or will participants be dining out?
- Barbeques are often an easy 'go-to' for the evening meal at camps. If so, consider Fuel to Go & Play's Better BBQs fact sheet for healthy tips
- If cooking, the WA School Canteen Association and LiveLighter have some great crowd-pleasing healthy recipes
- If dining out, what healthy options are available nearby?
- Participants likes and dislikes can be catered for by providing a short survey prior to the camp. Similar to a hotel in-room dining menu, participants select what they prefer from predetermined healthy options
- Before camp, check if any participants have food allergies or special dietary requirements.
  - Staff attending camp should complete food allergy training prior to camp
  - The National Allergy Strategy's *All About Allergens* training provides access to food service training that is fast, easy and free



## Would you like more information about the role of a coach or team manager?

Visit the WA Department of Local Government, Sport and Cultural Industries website for a detailed description of the role of team managers and coaches. Further job descriptions are also available through relevant sporting organisations.

### References

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## Do you have questions?

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