

FUEL, TRAIN, PREVENT

COACHES MATTER



Moving beyond just playing sports, a young athlete's development hinges on what they learn from a young age. Developing a holistic point of view when coaching or parenting a young athlete will help them enjoy sport, develop healthy practices, and avoid injury, illness, and burnout.

LEARN MORE !

CONTACTING A CREDENTIALLED PERFORMANCE PROFESSIONAL

Enhances athletic performance with expert guidance.
Provides advice on nutrition and hydration strategies.

Can suggest recovery strategies to boost performance and prevent burnout. Will integrate mental conditioning techniques to improve focus and resilience.

Offer a wealth of evidence-based practices and a network of professionals to eliminate guesswork.



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HOLISTIC COACHING

THE ALL-IN GUIDE TO YOUTH INJURY PREVENTION



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HOLISTIC INJURY PREVENTION

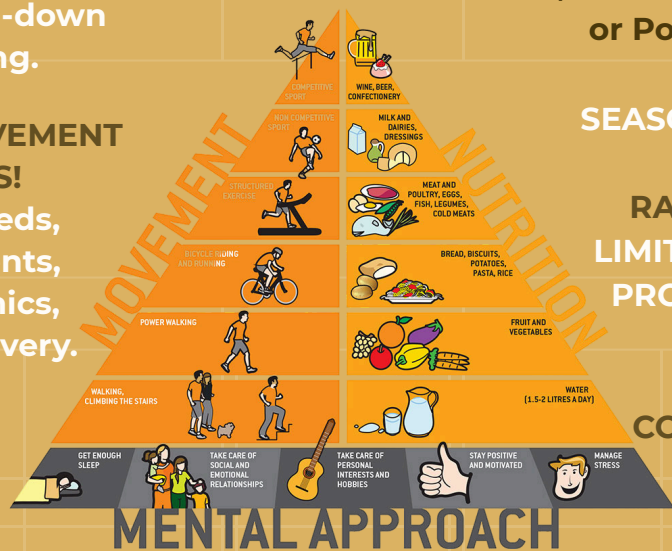
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WELLNESS PYRAMID

Holistic Injury prevention & coaching means looking at all aspects of the young athlete.

Introducing movement patterns to incorporate warm-ups and cool-down stretching.

ALL MOVEMENT MATTERS!
vary speeds, movements, calisthenics, and recovery.



Coaching athletes to drink water and eat whole foods. Muscles are 75% water, NOT Gatorade or Powerade.

EAT SEASONALLY.
EAT THE RAINBOW.
LIMIT HIGHLY PROCESSED FOODS.
WHOLE COMPLETE FOODS

Growing athletes need sleep, a minimum of 8 hours per night.

Keeping the atmosphere positive and encouraging reduces burnout and encourages teamwork and good sportsmanship

source: www.technogym.com

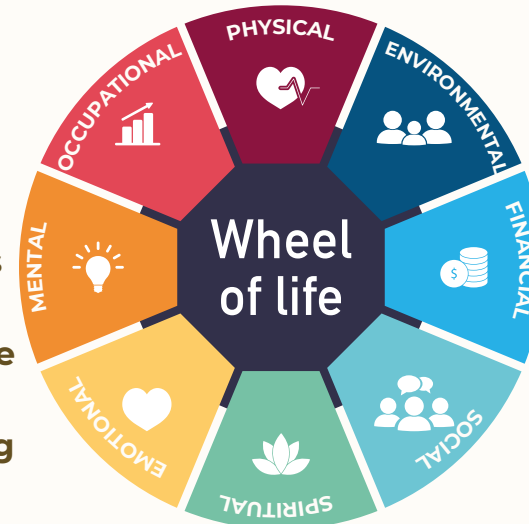
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WELLNESS WHEEL

WELLNESS encompasses complete physical, mental, and social well-being, as defined by WHO. Team sports offer benefits for physical, psychological, and social health while enhancing various life skills.

However, *current trends* show rising drop-out rates among adolescents, particularly girls, due to injuries, unmet psychological needs, poor coach relationships, lack of enjoyment, insufficient friendships, and high amotivation levels.

Adopting holistic sports coaching practices enhances athlete development by addressing physical, mental, and emotional well-being.



Holistic coaching promotes a more enjoyable and fulfilling experience for athletes, which can lead to higher retention rates in sports programs.

source: <https://www.samhsa.gov>
Psychology of Sport & Exercise Journal