



NMAA WRESTLING WEIGHT MANAGEMENT PROGRAM

NUTRITION EDUCATION REQUIREMENT – '07-'08

WWMP – Section C. - Nutrition Education. Each school must develop a nutrition education program for student-athletes **and parents** including information on the NMAA Wrestling Weight Management Program, as well as nutrition education on diet, hydration, etc.

- Suggested Topics – NMAA WWMP Policies and Procedures, body composition and metabolism, hydration, essential nutrients, meal planning and healthy snacks, pre-competition nutrition, supplements/ergogenic aids, eating disorders; simple and succinct, yet thorough.
- Sources – www.nwcaonline.com, www.usda.gov, www.nfhs.org (other state sites) www.google.com, ask coaches to share outlines and resources.
- Include/promote NWCA online resources accessible to parents/athletes.
- Presenters might include coaches, athletic trainers, school nurses, health educators, dieticians, physiologists, etc.
- Documentation form and sample materials must be submitted to NMAA by December 1st.

SCHOOL: _____

YEAR: _____

DAY: _____

DATE: _____

LOCATION: _____

TIME: _____

PRESENTOR(S): _____

PROGRAM: _____

*Please attach copies of any program agendas, flyers, handouts, references, etc.

Verification: _____

Coach – Print

Coach – Signature

Date

A.D. – Print

A.D. – Signature

Date

FORM AND MATERIALS DUE – DECEMBER 1ST

MAIL TO: NMAA, 6600 Palomas NE, Albuquerque, NM 87109, or

FAX TO: 505.923.3114