

"As recruiting has evolved over the past twenty years it has become more time encompassing. Evaluating talent and interest level is very time consuming for the coach and even more confusing and complicated for the athletes. **American College Connection** helps streamline and educate both the coaches about the athlete and the athlete about the reality of the process. As a coach I have always found Rick Paine's evaluations clear, concise and a great starting point in the recruiting process."

Gregg Troy
Former Head Coach
University of Florida



This article is brought to you by our partner, Nutritional Coach Maria Ines Flores. We hope you enjoy it!

Can You Get a Coke in the Athletes' Cafeteria at A&M, University of Florida, or University of Texas?

By María Inés Flores

I recently had the chance to visit three colleges that have excellent athletics programs: University of Texas at Austin, Texas A&M, and University of Florida (Gators).

One of the things I enjoyed the most about my visits was eating at each athletes' cafeteria, or dining hall, as they are called (they actually have cool names, like "TANC" Texas Athletics Nutrition Center and A&M's RC Slocum Nutrition Center).

Did you know that there is NOT a single soft drink to be found in these athletes' dining halls? The beverage bars include water, juices, teas, and sports drinks. There isn't a Coke in sight, even though the other dining halls on campus do offer them. What does this tell us about the effects of soda?

We know that these are highly competitive athletics programs. Each athlete there was chosen before turning 18 because of their talent, great work ethic, and the expectation that they will develop their great potential and achieve many wins for their respective schools! To achieve this, they have a lot of resources at their disposal: sport-specific coaching, strength and mobility coaching, athletic trainers, counselors and tutors, sports psychology, and of course, optimal nutrition.

We have often heard "soft drinks aren't good for you", but why? It's not just a question of lots of added sugars that contribute to weight gain and inflammation, soft drinks are infamous for other reasons! They may:

- Interfere with your body's absorption of nutrients (so you may not get the most out of the healthy stuff you do eat)
- Make you feel bloated which reduces strength, speed, precision, and reaction time
- Reduce the quality of your sleep, which you know is super important for athletes
- Contribute to dehydration which can kill your performance
- Increase your cravings for more sugary food and beverages



You can get faster, stronger, recover quickly, and boost your athletic performance by harnessing the power of nutrition.

7 Ways to Say Good-bye to Soft Drinks:

1. Drink alternatives to soft drinks, like sparkling water and non-caffeinated, non-sugary tea
2. Combine water and hydration beverages optimally
3. Set timers to drink water at strategic times
4. Buy a motivational water bottle, fill it with water, and use it daily
5. Stick reminder notes in different rooms of your house, car, locker, etc.
6. Use an app to track your daily water intake
7. Have a hydration challenge with your teammates and coach with a cool prize

I used to say that Nutrition is the *secret weapon* that athletes are using to perform at the top of their game. But honestly, after seeing how top athletics programs are leveraging the power of nutrition, is it still a “secret”?

Evidently not – the power of nutrition is under your very nose!

P.S. NUTRITION GROUP COACHING FOR ATHLETES IS COMING SOON!

P.S. “THE POWER OF NUTRITION” Virtual Group Coaching for Student-Athletes is open for Registration, hurry up and grab your spot!

<https://buy.stripe.com/9AQ2b09aHcAHc5W003>

Questions? Teams? Book Q&A <https://calendly.com/letsbefittoday/nutrition-for-athletes-group-coaching-program>

María Inés Flores is an Olympic gymnast and Certified Nutritional Coach.

I help young athletes incorporate stress-free nutrition and lifestyle changes so they can achieve energy and agility, fast recovery times, and confidence so they can consistently perform at the top of their game.

mariaines@letsbefittoday.com

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