

CATHEDRAL BASKETBALL



PERFORMANCE NUTRITION PROGRAM

Overview



One key component to individual development is building proper performance nutrition habits. Nutrition plays an integral role in helping our student athletes realize their true potential on the field of play and in the classroom.

Our student athlete's demanding schedule of practices, individual development workouts, team meetings, classes, and studying/tutoring can make it difficult to adequately meet the nutritional needs required for optimal performance. To help our athlete's meet these nutritional challenges, we have implemented a Nutrition Program that features sound nutrition information and guidance, along with training tables & a nutrition bar.

Performance Nutrition Components

- 1) **Training Table** - Teams meals for breakfast, lunch & dinner.
- 2) **Nutrition Bar** - Stocked with healthy snacks, fruits, water and protein drinks.
- 3) **Hydration Station** - Planned water consumption throughout the day to ensure minimum consumption of 64oz.
- 4) **Appliances** - Microwave & refrigerator on campus for team.
- 5) **Nutrition Information** - We provide information & guidance to parents on nutrition choices for their student-athlete as well as referrals to professional nutritionists.



For more information call (323) 441-3133

www.PhaNtomBasketball.org

Phantoms