



Health and Lifestyle Kickstarter

Name:

Date:

Kickstarter Checklist

Coaching Essentials

Equip yourself with coaching essentials to drive your continuous improvement and performance

- Nutrition
- Clean Sport
- Sleep
- Additional Stretch Activity

Coaching Enhancements

Boost your coaching skills with our effective Coaching Enhancements

- Balanced Lifestyle
- Rest and Recovery
- Additional Stretch Activity

Coaching Extras

Explore deeper insights to apply in your coaching practice with Coaching Extras

- Rest and Recovery
- Additional Stretch Activity

Coaching Essentials

1. Nutrition



Reflect

How often do you discuss food, nutrition, and hydration with your participants? How do you approach it? Is it the same for everyone? Do your participants understand the importance of nutrition for maintaining general health?

2. Clean Sport



Have a go

Can you identify the seven ADRVs that apply to you, as a coach? Don't forget to check your answers in the guide.

3. Sleep



Reflect

Do you discuss the importance of getting a good night's sleep and the effect it can have on performance with your participants? Create a list of the key messages you will share with your participants.

Additional Stretch Activity



Have a go

Organise a session for participants to get creative. Ask them to invent their own pre- or post-training smoothie, wrap, flapjack, or brownie, make it at home and bring it into the next session to show and tell.

Coaching Enhancements

1. Balanced Lifestyle



Consider

Positive lifestyle choices are important. Make a list of the things you may include in your sessions to encourage a balanced lifestyle.

2. Rest and Recovery



Have a go

Use the Total Quality Recovery (TQR) template to design a challenge for your participants. Don't forget to emphasise the importance of recovery and check in each week to see which participants have been achieving the top recovery scores. Remember the best way to change a habit is to recognise and reinforce the great recovery strategies they are using. Make this a coaching conversation within your sessions.

Additional Stretch Activity



Reflect

Read the coaching story.

Lead gymnastics coach Amy coaches a competitive squad of female gymnasts between the ages of 8 and 17. The squad trains 3 days a week for up to 3 hours per session.

Over the past few weeks, Amy has noticed that some of the gymnasts who come straight from secondary school are snacking on sweets, crisps, and energy drinks, or are not bringing pre-/post-training snacks at all.

After conversations with her assistant coaches, Amy realises that these gymnasts aren't getting the best out of training, have been struggling with their energy levels and are often fatigued because their energy intake isn't high enough to meet the demands of training. She is also concerned that some of the younger gymnasts will be influenced by these training snack choices.

Reflect

It's not uncommon for participants to bring unhealthy snacks for pre- or post-training and competitions.

- What would you do in Amy's position?
- How have you approached similar situations with individuals or groups of participants?
- Who can you go to for support?
- What is your organisation's policy on nutrition? Does your organisation have one?
- What does your organisation do to promote healthy snack and meal options for participants?

Coaching Extras

1. Rest and Recovery



Consider

One of the biggest challenges for a coach is managing the training load. How would you talk to a participant who is regularly overreaching in their training. They may be taking part in extra sessions away from you, not taking rest days, not making time to refuel or simply having a very hectic lifestyle. Consider how you would approach this, what would be your main messages.

Additional Stretch Activity



Have a go

Download the [10 Bedtime Yoga Poses](#) and have a go yourself. Why not share this with your participants



Notes

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