

9-15-2009

We are excited to launch the first Athlete Development Newsletter to help you and your family to start or continue down the road to optimal wellness. We want to emphasize that all items on the newsletter are suggestions not recommendations. If you see the term recommendation in an article or excerpt, know that the information should be cited and the source you should explore further. We are here to point you in the right direction not tell you what to do. If your student athlete may have special and specific nutritional guidelines that have been set by a medical specialist, our information is in no way meant to interfere with that instruction. We pray that this is helpful to you and your family.

I want to explain a few items:

In the middle of the letter there will be a series of information addressing the basics of nutrition. This will be easy to understand and apply.

We will have a recipe of the week that is intended to give you and your family an opportunity for a healthy alternative for a meal. We hope it also promotes family time at the dinner table. What a great opportunity for sharing both nutritionally and in quality family time.

We will have a fast food section that will give you the best choice available. We understand that 100% compliant is not realistic so we want to give you an example of what a better choice looks like when eating fast food. This week's example is KFC and if you can find a better choice at KFC then you can find a better choice anywhere.

We will feature a supplement of the week. This will address many of the popular items on the market. Once again there are always two side of the fence. I will normally be on the conservative side of this fence because of the age of the student athletes.

We will have a try something new section that will introduce a new item on the market.

We will have a nutritional fact of the week that should give you a fun fact to think on all week.

We are also promoting the ARC or Athlete Recovery Center. This is located in the concession stand across from the gym. We sell fruit smoothies and protein drinks. These items make for a great pre workout and post workout drink.

Thank you for your time.

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