

The Spotswood **Blue**Print



Post Match Snacks

Dear Parents,

As part of the continued transformation of Spotswood Soccer Club, I wanted to tackle the subject of post match snacks. If I am completely honest, I am concerned about that the types of snacks, in general, that are offered after sports these days and I figured that some of you may be too. Children today are eating more salty and sugary snacks than ever before. We all sign up our children for sports to keep them active and fit, but the cookies, chips, and sugary drinks handed out after practices and games isn't in keeping with that philosophy.

Therefore, this season I am suggesting a fruit-and-water-only snack policy for all teams. Fruit contains the necessary carbohydrates to replenish their energy, plus vitamins, fiber, and extra fluid to hydrate them. As for drinks, according to the American Academy of Pediatrics, most young children need only to drink water after moderate exercise, not juice or isotonic sports drinks.

When it's your turn to supply snacks, please bring fresh fruit, such as bananas, apples, grapes, or slices of watermelon. You may wish to consider bringing unsweetened dried fruit too. Each child should bring his or her own full water bottle to each game. There should not be a need to bring drinks for the rest of the team.

If you don't think your child will eat fruit or if you feel he needs something more after the game, please bring your own snack and give it to your child when he's away from the field.

Thank you

Dan