



Healthy Hoops

Nutrition Sessions

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In all aspects of life, our diet is essential. The food that we eat plays a large part in the development and continuing health of our bodies throughout our life. Basketball Victoria is committed to assisting associations provide correct nutritional information to everyone involved in our sport from players and officials to parents and coaches.

Healthy Hoops Nutrition Sessions highlight the importance of maintaining a nutritious diet now and into the future. Each session is approximately 1 ½ hours in length, with plenty of additional time for questions. A variety of topics are covered, such as:

- Food groups, their benefits and how much is required
- What to eat in preparation for games
- Healthy snacks
- Eating for tournaments and games late at night
- The importance of hydration

Players, coaches, managers, referees and parents are all welcome to attend the healthy eating presentation and all present are encouraged to ask questions and raise issues throughout the session.

Each session is lead by an accredited and practising dietician.

Further Information

All sessions are presented in an interactive format and attendees are provided with handouts and giveaways during the sessions. The cost for the sessions is **\$10 per person (minimum cost \$150)**. All prices include GST and cover resources, give-aways and presenter costs.

If you would like further information please contact Fiona Kuilboer on the details below. To register your association for a session, please complete the attached form and return it to Fiona Kuilboer at Basketball Victoria (see details below).

Fiona Kuilboer
Health Promotion Officer
Basketball Victoria

Mail:
Box 3 MSAC
Aughtie Drive
Albert Park 3206

Phone:
03 9927 6666

Email:
fiona.kuilboer@basketballvictoria.com.au



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Association Registration Form

CONTACT DETAILS

Association:

Contact:

Phone:

Fax:

Email:

INFORMATION SESSION

Preferred Day of the Week: (please circle)

Mon

Tues

Wed

Thur

Fri

Time:

(Requested time may change between application and confirmation of session.)

Location:

Cost: \$10 per person – minimum cost \$150 (15 people attending).

Please ensure all details are completed and return this form to Fiona Kuilboer:

Mail:

Basketball Victoria
Box 3, MSAC
Aughtie Drive
Albert Park VIC 3206

Fax:

03 9927 6677