



BC Amateur Baseball Association

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Nutrition

1) This is a link to the National Center for Sport Safety website and a page titled, '**Comp(EAT) to Achieve**'. The page, which includes a video, suggests that nutrition is an important factor in preventing sports injuries and presents nutritional tips for sports.

<https://sportssafety.org/nutrition/>

2) This is a link to a Benioff Children's Hospital Power Point presentation titled, '**Nutrition & Hydration Tips for Athletes**'. The presentation emphasizes the need for teaching athletes about nutrition and comprehensively covers the topic.

<https://www.youtube.com/watch?v=a5zVnGVAcN8>

3) This is a link to the United States Anti-Doping Agency website and a page titled, '**Fluids & Hydration**'. Tips for preventing dehydration in athletes are presented.

<https://www.usada.org/athletes/substances/nutrition/fluids-and-hydration/#:~:text=The%20athlete%20should%20drink%207,at%2015%2D20%20minute%20intervals.>