Subject heading: *TEAM NAME – Healthy halftimes fruit roster*

Hi Team!

This season, *(Club)* is taking part in Healthway’s Healthy Sports program. The program strives to create a healthy environment for our kids to give them the best chance to feel great and play to the best of their ability. Our team can get on board by supporting junior players to fuel up with water and Healthy halftime and fulltime snacks.

Playing sport is great for health and wellbeing. And the right fuel helps get the best performance. We don’t need sports drinks, sugary drinks or lollies to play sport. Good fuels include fruit, vegetables, whole grains, low fat dairy products and water.

As parents, managers and coaches, we can take some simple actions to help junior players make healthy choices:

1. Pack a water bottle to drink before, during and after sport

2. Bring fruit for healthy halftime and fulltime snacks (not lollies!)

3. Encourage healthy choices before, during and after the game

4. Give healthy rewards e.g. praise, playtime, awards

5. Be a role model: drink water and eat healthy foods yourself!

Attached to this email, is a Healthy halftimes fruit roster (with how-to-tips).

Please check the roster for your allocated week and arrange to bring fruit for halftime and fulltime snacks (no lollies!). Please let me know if you need to swap with someone else if you will be away.

Thank you!

(Manager)