

WHY FUEL TO GO & PLAY™ KICKSTARTER CLUBS?

IN 2020, HEALTHWAY CONDUCTED A SURVEY OF 200 PEOPLE INVOLVED IN JUNIOR SPORT, MOST OF THESE WERE PARENTS. THE SURVEY FOUND THAT:

- 41%** of junior players eat unhealthy snacks at halftime;
- 60%** eat unhealthy snacks at fulltime;
- 82%** of parents think that healthy eating and drinking is important for their children, and even more important at sporting games;
- 88%** of parents and others supported having pre-cut fruit at halftime

Playing sport is great for health and wellbeing. And the right fuel helps get the best performance. Fuel to Go & Play™ Kickstarter Clubs supports junior swimmers to fuel up with healthy eating and drinking and dispel the myth that high sugar foods such as lollies and sports drinks improve sport performance.

WHAT CAN YOU DO?

PARENTS, COACHES AND MANAGERS CAN SUPPORT YOUNG PEOPLE TO MAKE HEALTHY CHOICES WITH SOME SIMPLE ACTIONS:

1. Pack a water bottle to drink before, during and after sport
2. Provide fruit for healthy snacks (not lollies!)
3. Encourage healthy choices after exercising
4. Give players healthy rewards e.g. games, recognition or raffle tickets for an end of season prize
5. Be a role model: drink water and eat healthy foods in front of junior participants!



KICK-
STARTER
CLUBS

GET ON BOARD!

Join the Fuel to Go & Play™ Kickstarter Clubs community! Participating clubs and associations can receive \$600!

To register your interest in being a Kickstarter Club Coordinator for your club, contact Swimming WA at projects@wa.swimming.org.au to receive your Fuel to Go & Play™ Kickstarter Club Information and Grant kit.

