

Practical Solutions

# **Nutrition Support for High School Rugby Players during the Summer Strengthening Workout Period, Utilizing the Athlete Monitoring Form**

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## **ABSTRACT**

Nutrition support was provided to 38 players belonging to a high school rugby club, with the objective of maintaining their weight and physical condition during the summer strengthening workout period. From the preliminary assessment, it was found that about 80% of the players had decreased appetite and weight loss. Difficulties in appropriate evaluation of their own physical condition were also reported by the players. By way of nutrition support, we provided group counseling on nutritional supplementation during the summer strengthening workout period, checked the weights and fatigue levels utilizing the athlete monitoring form, provided recovery meals after each training session, and provided summer fatigue prevention meals during the school training camp. As a result of the interventions, the weight loss during the period was attenuated as compared to the previous year, and a questionnaire survey of the players showed that the appetite loss and weight loss were less pronounced as compared to the condition prior to the intervention. Furthermore, the number of incidents of heat stroke, such as dehydration and dizziness also decreased. On the other hand, due to the outbreak of influenza caused by a new strain during the period, a good physical condition could not be maintained of all the players throughout the summer strengthening workout period. The nutrition care plan in this nutrition management program was appropriate to manage the weight maintenance and conditioning of the athletes during the summer strengthening workout period, while infectious diseases, such as H1N1 influenza, also occurred frequently during this period. In the future, we propose to also pay attention to providing thorough information on the preventive measures against infectious diseases to the players, since these appear to occur frequently during the summer strengthening workout period.

**Keywords:** high school rugby, summer training period, athlete monitoring form, visual analog scale, recovery