The Chickasaw Nation Champion Nutrition program is a school athletic, team-based program designed for student athletes in ninth through 12th grades. It includes six videos to be shared by coaches to their school-based sports teams.

Champion Nutrition consists of six videos including:
1. The Basics
2. Macro Nutrients
3. Athlete’s Basic Needs
4. Nutrient Timing
5. Hydration
6. Athlete’s Sport-Specific Needs (optional)

“I thought the kids enjoyed the videos and approached it with a good attitude. I think they realized how nutrition contributes to being a good athlete.” - Ardmore Football

PROGRAM BENEFITS

Athletes receive:
• Access to a dietitian
• Sports nutrition education to enhance athletic performance

Sports enhancement tools:
• Water bottle
• Cooling towel
• Drawstring bag
• Snack cup
• Sunglasses
We had a great experience with Champion Nutrition. Their curriculum was not only educational, but it kept the attention of our students. I would recommend it to anyone.

- Ada Girls Basketball

Changes in eating habits one month after watching the Champion Nutrition videos:

- 82% increased the amount of fruit and vegetables consumed per day
- 76% increased the amount of whole grains consumed per day
- 92% increased the amount of water consumed per day

Changes in performance nutrition habits one month after watching the Champion Nutrition videos:

- 82% reached protein requirements more often
- 70% reached carbohydrate requirements more often
- 88% stayed hydrated more often
- 66% consumed a high protein and carbohydrate snack within 30 minutes after working out more often

100% of coaches reported they would be “likely” or “very likely” to implement the program again.

The Champion Nutrition program with the Chickasaw Nation opened the eyes of a lot of our players to the impact nutrition has on their athletic performance. They were able to adjust their eating habits, and I had several tell me how much more energy they felt like they had on the court. It was an excellent program and our players benefited from it!

- Ada Tennis