



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

the
Chickasaw
Nation



REACH IN 2023

3 schools
9 teams
109 student athletes

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:

Reached protein requirements more often

82%



Reached carbohydrate requirements more often

70%



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

Stayed hydrated more often

88%



Consumed a high protein and carbohydrate snack within 30 minutes after working out more often

66%



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