



LTA FEMALE ATHLETE WORKSHOP



THE FEMALE ATHLETE

A healthy menstrual cycle can be different for everyone. But it is a vital sign of good health. Contributes to bone and immune function and brain and heart health.

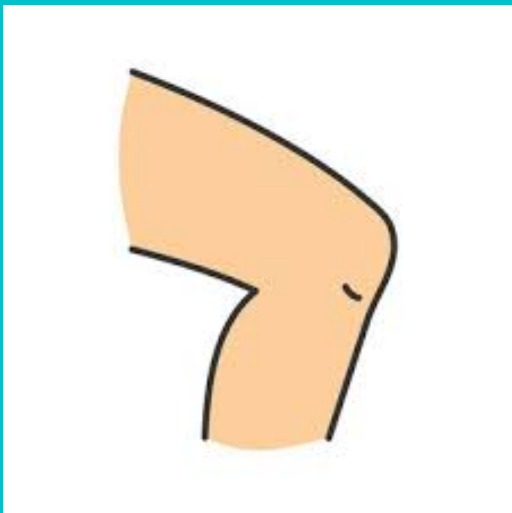


BE UNDERSTANDING

Make talking about a player's cycle a normal thing. It's not an interrogation but a conversation about how they feel and what they can do about it. Use consistent language.

ENSURE THEY ARE EATING ENOUGH

The most common cause of a missed, disrupted or more painful cycle is a lack of sufficient nutrients in the diet.



INJURY PREVALENCE

Females are more likely to suffer ACL injuries. Therefore it's important to develop good knee and ankle stability.



CORE TEMPERATURE

Females core temp drops faster so ensure they put a towel over their shoulders at change of ends and engage in active recovery post match.

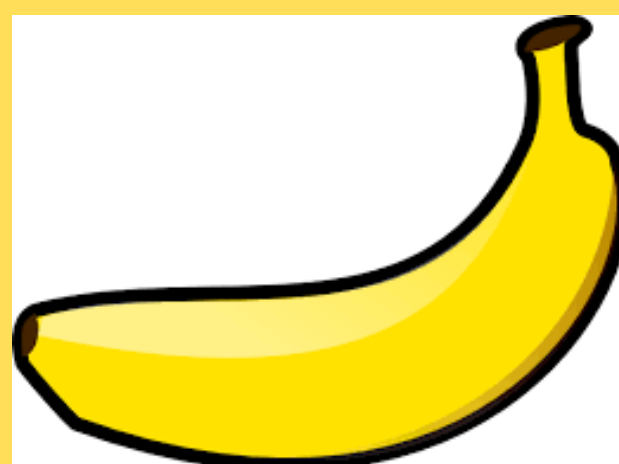
BODY IMAGE

During adolescence particularly people have hyper awareness of their body. Create an environment where players feel comfortable sharing their feelings. Be open and understanding and maintain good dialogue with parents.



NUTRITIONAL ADVICE

Be careful around phrasing of nutrition. Use terms such as fuel and energy. Ensure players are eating regularly throughout the day.



NUTRITION WHEN ON COURT

Players should get used to eating on court during practice. Taking on board snack, such as ripe banana's, flapjacks and sports gels.