



Dear Sponsor,

We are excited to kick off our 2021 season! Our program is working hard to meet the needs of our players with new equipment, uniforms and other physical needs in order to be successful in practice and games.

A very important component to success is fueling an athlete's body in order to perform. You may be surprised to know that Northridge High School has nearly a 70% free and reduced lunch population. Some of these students only eat seven times a week!

When we ask our players to go out and play a 2-3 hour football game on next to nothing, we are already starting behind the competition. Our boys are lifting in the mornings and practicing in the afternoons. We need to help them eat the correct foods to compete and recover.

Here are some ways you can help:

Post Workout Snacks - We provide PB/honey sandwiches, chocolate milk and a piece of fruit after workouts. A fridge stocked with healthy snacks is always available for players throughout the day.

Team Dinners - The team shares a meal together the evening before a game. This time is important for team bonding, announcements and fun. Coach Hayden has the players put their phones in the middle of the tables and the boys try to sit with someone new each week. This dinner has a good source of protein and is an otherwise balanced meal. This provides stored energy and amino acids for the competition the next day.


Pre-Game Meals - Coach Hayden added this meal into our team routine midway through the season last year when he realized how little some of our players eat throughout the week. Our boys are playing teams with different demographics than ours and in some regards that puts us at a disadvantage. Coach discovered that on game day a few of our kids had not eaten **all day!** We decided to provide a high carb meal four hours before kickoff to fuel the kids to play hard for the entire game.

Please consider donating food or sponsoring or cooking a meal for our players. This is a very valuable and tangible way to help support Grizzly Football! We invite you to be a part of the meal you provide. Some of our sponsors last year came to the dinner and served the boys. Both the players and the sponsors enjoyed meeting each other. It was awesome for the boys to meet the people who had provided the dinner.

Thank you for your support!!

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