



NORTHRIDGE HIGH SCHOOL GRIZZLY FOOTBALL BOOSTER CLUB MEAL PARTNERSHIP OPPORTUNITIES

Greetings,

We are excited to kick off our 2024 season! The Grizzly Football Booster Club is working hard to meet the needs of our student-athletes with new equipment, uniforms and other physical needs in order to be successful in the classroom, at practice, and in games.

A very important component to success is fueling an athlete's body in order to perform. You may be surprised to know that almost 70% of students at Northridge High School qualify for free or reduced priced meals. When our players practice and play a football game without being properly nourished, we are already starting behind the competition. Our boys are lifting in the mornings and practicing in the afternoons and we need to ensure they eat the correct foods to compete and recover.

Here are some ways you can help:

Team Dinners - The team shares a meal together the evening before every game (all levels – freshmen, JV, Varsity). 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.

**A minimum of 10 team dinners are provided during the season (100 student-athletes served at each)*

Pre-Game Meals - Coach Hayden added this meal into our team routine when he realized how little some of our student-athletes actually eat throughout the week. Our boys are up against teams with much different demographics and that puts us at a disadvantage. Coach realized that some of our kids had not eaten the day of the game and decided to provide a high carb meal four hours before kickoff to fuel the kids to play hard for the entire game.

**A minimum of 10 pre-game meals are provided during the season (75 student-athletes served at each)*

Please consider donating food or sponsoring/cooking a meal for our student-athletes. 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 and can help serve if you'd like. It's a great way to meet our student-athletes and they are so appreciative and always enjoy getting to know the community members who support them.

Thank you so much!

Please contact Natalie Thill to arrange meal donation:

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Booster Club Board

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