

Guidelines for better physical fitness

Playing basketball

- Basketball is an enjoyable sport that helps children develop their skills, abilities and to play in a team
- Doing sport (like playing basketball) does not simply mean going down for training once or twice a week and train hard for one or two hours
- There is much more to playing sports and to live a healthy life
- Important aspects combined with training are:
 - Food intake – carbohydrates, fruit, meat in portions during the day
 - Good healthy breakfast is important
 - Timing for eating – start early and eat something light every two hours
 - Largest meal is breakfast and lunch
 - Energy or chocolate bar helps just before training
 - Avoid heavy eating before going to sleep
 - Children should eat some form of carbohydrates three hours before a training session
 - Rest is also very important and children should be allowed to rest after a hard training session
 - Children should work on their physical fitness separately from training sessions
 - Children should find the time to practice their basketball skills alone or with a friend/parent
 - The norm is that every hour of training with the team requires an additional hour of training on skills and physical fitness
 - Children under 16 should not do any weight/gym training
 - Older children can do weight and gym training following a pre-established programme and under supervision since weight training can be beneficial if done correctly but can also cause damage if done wrongly
- Injuries should be nursed properly and given time to heal
 - When your child is injured seek professional medical advice and follow the said advice
 - Ice is extremely important for minor injuries since it saves time on recovery
 - Do not try to accelerate the healing process since this might lead to further more acute injuries
 - Injured players should be allowed to recover fully, nurse their injuries and perform a rehabilitation period
 - Muscle waste after an injury is substantial and there will not be any muscle protection for the critical joints
- Children will feel better, play better and you as parents will be much happier to see your children perform to their best.