

THE ATHENA PROGRAM



ATHENA

Athletes Targeting Healthy Exercise &
Nutrition Alternatives

Recapturing the Healthy Mission of Sport
An Evidence Based Curriculum

Coach Manual

Property of: _____

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WELCOME TO THE ATHENA PROGRAM!

The ATHENA (Athletes Targeting Healthy Exercise & Nutrition Alternatives) program is designed for young women athletes involved in school sport, cheerleading, spirit, dance and drill teams. ATHENA is proven to result in healthier athletes, who feel better about them-selves and are less likely to ever use drugs or have other health harming behaviors.



ATHENA consists of eight, 45-minute Sessions integrated into a team's usual practice activities. Athletes who participate in ATHENA leave sports with equipment that they can use for life. The skills and attitudes developed with ATHENA lead to less use of alcohol, tobacco and marijuana years after high school graduation.

EVIDENCE-BASED AND PROVEN EFFECTIVE

ATHENA is the younger sister of ATLAS (Athletes Training & Learning to Avoid Steroids), a drug use prevention and health promotion program for young male athletes. Both programs use the team format and feature sport nutrition and effective exercise training as alternatives to health harming actions. However, the other components of ATHENA are specific for young women, and based on the risk and protective factors that are unique for females.

More than 40 sport teams from 18 high schools participated in the original study of ATHENA, funded by a grant from the National Institute on Drug Abuse. Teams were randomized to receive the program or pamphlets about sport nutrition and disordered eating, and athletes were surveyed before the season, after the season and at intervals up to three years following high school graduation.

The ATHENA results are the science showing that the program is effective. More information about the ATHENA studies, including links to download research publications, can be found later in this section and also on the ATHENA website at www.athenaprogram.com.

KEY COACH INFORMATION: MATERIALS

The ATHENA program is delivered to an athletic team during its sport season. Prior to the sport season, a team implementing ATHENA needs to obtain the curriculum materials, which can be ordered at the website, www.athenaprogram.com or by calling 503-494-3727. There are three types of ATHENA participants: coaches, squad leaders and team members, and each requires different materials.

During the ATHENA sessions, the team will meet with students assembled into groups ('squads') of approximately five students, and one of the five is the identified student-athlete 'Squad Leader.' The coach needs a Coach Manual, Squad Leaders need Squad Leader Manuals, and other team members will need Workbooks. In addition, everyone needs an Athlete's Guide. The Guides are pocket-sized booklets containing background information on nutrition, strength training, normal maturation and drug use.

SCRIPTED CURRICULUM FORMAT

The Coach and Squad Leader Manuals contain scripted lesson plans for the eight 45-minute ATHENA Sessions. The scripted format makes the program easy to implement, which for a busy coach is an important feature. Student Squad Leaders also will find the format easy to use. Figures 2 and 3 show the format of the scripted curriculum.

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THE ATHENA PROGRAM: **SESSION 1**

LEARNING OBJECTIVES

1. Goals of the ATHENA Program
2. How muscles use carbohydrates and proteins
3. Examples of foods high in carbohydrates, proteins and fats

PREPARATION

1. Assign students to 5 member squads
2. Identify one Squad Leader per squad and train the Squad Leaders
3. Post the squad roster
4. Bring the roster to Session 1

MATERIALS

- Coach Manual (with Workbook and [Athlete's Guide](#))
- Workbooks and Squad Leader Manuals
- ATHENA balloon
- Tennis balls, 1 for each squad

INTRODUCTION TO ATHENA

SESSION 1: ACTIVITY 1 (6 MINUTES)

KEY FOR SQUAD LEADERS AND COACHES:



WHISTLES AND CHECKMARKS MEAN THE COACH READS ALOUD



STARS MEAN THE SQUAD LEADER READS ALOUD



SHADED BOXES CONTAIN INSTRUCTIONS TO READ TO YOURSELF

INSTRUCTIONS TO COACH:

Help students form their squads. If needed, read the roster of members and Squad Leader for each squad. Have Squad Leaders get their Manuals, squad members' Workbooks and one ball from the Team Box. Then READ ALOUD.



COACH READS ALOUD

- ✓ ATHENA stands for Athletes Targeting Healthy Exercise & Nutrition Alternatives.
- ✓ The ATHENA program was developed by experts in sports nutrition and exercise. ATHENA will help you become healthier athletes and us become a better team. We also will learn why drug use and other unhealthy behaviors are especially harmful for athletes.
- ✓ We will meet for eight 45-minute Sessions. Always meet in your squad, because your Squad Leader will be directing most of the activities.

INSTRUCTIONS TO COACH:

Hold up a Workbook and an Athlete's Guide as you READ the points on the next page.

FUELING AND BUILDING YOUR MUSCLES

SESSION 1: ACTIVITY 4 (CONTINUED)

Squad Leaders take over and READ ALOUD.



SQUAD LEADER READS ALOUD

- ★ You will be classifying foods on page 6 of your Workbook as carbohydrates, protein or high fat foods. First, I will repeat the important points about each nutrient. **(Only the Squad Leaders have the answers on page 10 of your Manual).**
- ★ Carbohydrates or 'carbs' are the only fuel our muscles can use for high intensity exercise like sprinting or lifting weights or other bursts of exercise.
- ★ We need to eat carbs to train hard and refuel our muscles after a workout.
- ★ Look on page 6 of your Workbook. Circle the food items you think are mainly carbohydrates.

INSTRUCTIONS TO SQUAD LEADER:

The pictures and answers are on page 10 of your Manual. Give your squad a minute to mark their answers, then READ the next points. Hold off telling correct answers until all foods are selected.

- ★ Our body also needs protein to repair and strengthen our muscles. If we do not eat enough protein, we cannot maintain our muscles and get faster and stronger, no matter how much we train.
- ★ Place a box around the foods that you think are mainly protein.

Give your squad a minute to mark their answers, then READ ALOUD.

- ★ Some foods are high in fat. They may have some carbs or protein, but most of the calories are from fat. Fat cannot be used to fuel intense exercise or repair our muscles.
- ★ Place an **X** through the foods that are high fat foods.

INSTRUCTIONS TO SQUAD LEADER:

After your squad members mark their answers, name the food one by one and ask the squad whether it is a carbohydrate, protein or high fat food. Tell them the correct answers. Let your coach know when this Activity is completed.

CARB

bread



PROTEIN

tuna



CARB

cereal



HIGH FAT
candy bar



PROTEIN

egg



HIGH FAT
donut



CARB

banana

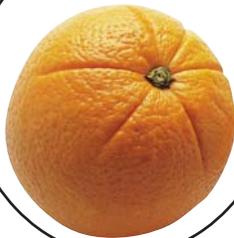


HIGH FAT
french fries



CARB

orange



PROTEIN

turkey



PROTEIN

skim milk



CARB

potato



PROTEIN

low fat bean burrito



CARB

grapefruit



CARB

spaghetti

