



Aurora FC Healthy Lifestyle Policy

Purpose

Aurora FC is committed to fostering a positive and healthy environment that supports the well-being and holistic development of all players, coaches, and families. As a youth soccer club, we recognize the importance of promoting healthy lifestyle choices both on and off the field to support long-term athletic development, personal growth, and overall wellness.

1. Nutrition and Hydration

- Players are encouraged to maintain a **balanced, nutritious diet** that fuels their performance and recovery.
 - **Healthy snacks and meals** are recommended before and after training or matches.
 - Players must bring **water bottles** to all practices and games and are encouraged to **stay hydrated** throughout the day.
 - Energy drinks, soda, and junk food are discouraged before and after club activities.
 - The club offers **nutrition workshops for OPDL players**, led by **Dr. Milad at Gameday Sports Therapy**, to support education on proper fueling, hydration, and recovery strategies for high-performance athletes.
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2. Physical Wellness and Recovery

- Players are expected to get **adequate sleep** (8–10 hours for youth athletes) to support physical recovery and mental focus.
 - Rest and recovery are considered essential—players should report any **injuries, pain, or fatigue** to their coach promptly.
 - Stretching, warm-up, and cool-down routines are built into every training session to support injury prevention.
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3. Mental and Emotional Well-being

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- Aurora FC promotes a **positive and inclusive team environment** where all players feel supported and valued.
- Players are encouraged to speak openly with coaches or staff if they are experiencing **stress, anxiety, or emotional difficulties**.
- Coaches will foster a **growth mindset**, focusing on effort, resilience, and learning from mistakes.
- Bullying, exclusion, or disrespect of any kind will not be tolerated.

4. Substance Use and Misuse

- The use of **tobacco, vaping products, alcohol, and drugs** is strictly prohibited for all youth players at any club function.
- Coaches, staff, and volunteers are expected to model healthy behavior and abide by all laws and club policies.

5. Social Media and Digital Wellness

- Players are encouraged to use social media in a **positive, respectful, and responsible** manner.
- Negative, harmful, or inappropriate posts about teammates, opponents, coaches, or referees are not acceptable.
- Aurora FC promotes **screen-time balance** and encourages players to prioritize physical activity, social interaction, and rest.

6. Parental and Community Support

- Parents and guardians are vital partners in promoting a healthy lifestyle. We encourage families to:
 - Provide **nutritious meals and snacks**
 - Support consistent **bedtime routines and rest days**
 - Model **positive behavior and sportsmanship** at all times

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- Aurora FC also supports a **positive sideline culture**—cheering and encouragement are welcome, while coaching from the sidelines is discouraged.

Commitment to Wellness

Aurora FC believes that soccer is more than just a game—it's a pathway to lifelong health, personal growth, and community connection. This Healthy Lifestyle Policy reflects our commitment to building a safe, respectful, and empowering environment for every player to thrive.

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