



Make
milkdelivers.org
 Your Coaching Companion!

The NBA and the got milk?® Milk Mustache Campaign have teamed up to give you the latest tools to help *you* change your athletes' recovery game plan. How your players refuel and rehydrate after a game or a workout can affect their performance.

So make **milkdelivers.org** your coaching companion. There you can review and download the following **FREE** resources:

- **NBA Player Videos** for in-class/gym TV and your school website.
- **Recovery Brochure** with a scientific look at what the research says about chocolate milk as a recovery drink.
- **Reproducible Nutrition Handout** from Portland Trail Blazers' sports dietitian, Ruth Carey, for use in the classroom.
- **Celebrity PA and PSA Announcements** featuring NBA athletes with tips to help your student athletes refuel and recover.
- **Post-Game Recovery Presentation** Download and share with your coaching or PE staff.
- **The Recovery Webcast** presented by Ruth Carey. Share this webcast link with your athletic staff so they can learn more about how milk can help their student athletes get the most out of their post-exercise recovery routine!



FREE
 magnets

While online, don't forget to order FREE magnets for parents to help keep their fridge stocked for performance. You can also order by calling **1-800-945-MILK.**

Star In Your Own Milk Mustache Ad

PLUS

WIN an NBA Player Appearance at Your School!

Have you changed your athletes' post workout routine with milk? If so, we want to put the spotlight on you!

Head to MilkDelivers.org/school/spotlight-on and tell us how you've changed your athletes' recovery game plan to include milk. You may win the chance to star in your very own Milk Mustache ad, and even win one of three NBA player appearances at your school.

ENTER NOW!

How You Can Get Milk Into the Locker Room

Help your athletes rebuild, rebound and refuel with lowfat chocolate milk by making it available after practice or games. Here are some tips on how you can get milk into the locker room or onto the sidelines:

- Purchase single-serve cartons at your local club store or mass retailer. Or purchase milk by the gallon at your local retailer (but don't forget the 8-ounce cups!).
- Talk to your school's foodservice director and ask them to order extra chocolate milk for your athletes (assuming your team or department has the budget to cover this).
- Get in touch with your local milk processor directly to discuss how they may be able to help you provide chocolate milk for your teen athletes. Your school's foodservice director should have their contact information—or call **1-800-945-MILK** if you need help.
- Ask parents to donate nutritious post-game snacks and beverages—including lowfat chocolate milk. A coach "wish list" for parents can be downloaded at milkdelivers.org—just print them off and give them to your teen athletes to take home before the next big game or practice.

And, remind parents to keep their fridge stocked for performance with lowfat chocolate milk, so it's easily accessible for their active teen when they get home, with dinner, etc. Order **FREE** fridge magnets to remind parents and teens about the recovery benefits of milk at milkdelivers.org or by calling **1-800-945-MILK**.



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to milk. got milk?

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