

COACH CONVERSATION SCRIPTS

WHAT TO SAY IN DIFFICULT SITUATIONS



IMPORTANT: Always follow your school's mandatory reporting policy and involve appropriate personnel (athletic trainer, counselor, administration) when required.

SCRIPT 1 TALKING ABOUT UNDERFUELING

👁️ *When you notice fatigue or performance decline.*

🎯 THE OPENER

"I've noticed [specific thing]. How has your eating been lately?"

"Hey [Name], I've noticed your times have plateaued. I want to make sure we're supporting you properly.

How has your eating been? Are you getting enough fuel?

Sometimes dips are a sign the body needs fuel, not harder training. I'd like to connect you with our dietitian. Sound good?"

SCRIPT 2 SUSPECTED EATING DISORDER

🚨 **Notify ATC/Admin first!**

🎯 THE OPENER

"I care about you as a person, not just as an athlete."

"[Name], I care about you as a person. I've noticed some things that concern me.

I'm not here to judge. But I think it would help to talk to a specialist. I'm connecting you with [Counselor].

Your health is more important than any race. I'm on your team, okay?"

SCRIPT 3 IRON TESTING (PARENTS)

🗨️ *For parent meetings.*

"I recommend a blood test before the season. It checks iron levels, which are critical for runners at altitude.

Iron deficiency is silent but hurts performance. I've put together a letter for your doctor.

If cost is a barrier (\$50-100), please talk to me privately."

SCRIPT 4 "MY KID DOESN'T NEED SNACKS"

🗨️ *Handling parent pushback.*

"I understand routines differ. But lunch is at noon and practice is at 3pm. That's 3+ hours without fuel.

Training on low fuel increases injury risk. I'm just asking for a small snack—a banana or crackers.

We see kids perform better and get sick less when they top off the tank."

SCRIPT 5 IS THIS OVERKILL?

👁️ *For skeptical admins/coaches.*

"It's different than 10 years ago. We're seeing more stress fractures and burnout. A lot traces back to under-fueling.

I'm not building an elite program; I'm trying to keep kids healthy so they don't quit.

This isn't overkill—it's basic injury prevention."

SCRIPT 6 "SHOULD I LOSE WEIGHT?"

🗨️ *When an athlete asks about body comp.*

"I understand why you ask, but restricting food almost always backfires. It leads to injury, not speed.

What makes you faster is consistent training and fuel. Your body will find its best weight naturally if you fuel the work.

Please don't cut food on your own."

DON'T SAY: "You look fine" or "You don't need to."



DOCUMENTATION TIP

After serious conversations, record:

- Date/Time
- Who was present
- What was said
- Action taken

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