



# TREASURE COAST ATHLETIC ASSOCIATION

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## 2016 Health and Wellness Policy

### Mission Statement

The mission of Treasure Coast Athletic Association is to promote a healthy lifestyle for our players, parents, coaches and volunteers, which will lead to lifelong maintenance of healthy habits. The mission will be accomplished by the development and implementation of our wellness policy which will incorporate nutritional alternative food choices, physical activity, and a tobacco free environment.

### Nutrition Education Goals

TCAA will educate, encourage and support healthy eating to all athletes of all ages as well as coaches, parents and volunteers.

### Physical Education Goals

TCAA will provide opportunities for players and coaches to maintain physical fitness thru our baseball and softball programs.

### Tobacco Education Goals

TCAA will provide environments that are tobacco free for all players, coaches, parents and volunteers.

### Nutrition Standards

TCAA will comply with the current wellness policy by providing healthy and nutritious food alternatives for purchase in our concession stands as well as having healthy and nutritious snacks for our players before and after games.