

Build Your Base Program Collegiate Coaches Survey



Post-Secondary Site: _____

While participating in this pilot:

1. Why is it important for athletes to consume protein?

2. Please list the sports and total number of athletes that were provided access to beef nutrition education and recovery protein options provided by the Build Your Base program?

3. What are the primary challenges you have as a coach when it comes to nutrition and your athletes?

4. Did the athletic department provide beef to the athletes throughout the sports seasons?

Yes / No

If so, how? Circle all that apply:

- a. Recovery Station
 - b. Team Meals
 - c. Protein Snack
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5. Did the Build Your Base program address some of these challenges? If so, how?
 - a. Yes
 - b. No

Comments:

6. How has the nutrition education videos from Dr. Mike Roussell and other Build Your Base resources like the 7-day meal plan, posters/infographics, videos, and other resources impacted your daily nutrition decisions?

7. Have you noticed a change in their overall perception of beef? If so, describe.

8. Comments or Questions about this pilot: