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I put the *Soccer Nutrition Handbook* into the category of “mandatory reading” for any parent, coach, or player who believes in optimizing health, strength, endurance, and performance on the athletic field. In a time when there is a never ending supply of fad diets, “magic” workout plans, and over-hyped sport drinks, this book stands alone as a clear and concise nutritional guide for aspiring athletes. It is a compelling read for young players and adults alike, and it reveals just how far we have strayed from the nutritional path that nature intended.

Coach Thompson is not only an experienced Nutritionist; he is an exceptional soccer player and coach who has been involved in the soccer community for 40+ years. His experience at all levels of the game provides him with a unique perspective for writing this book. He knows the game intimately as a player – what it is like to play two tournament matches in a day, how to peak physically for the most important match of the season, and the need for rapid recovery to support advanced training.

Coach Thompson is also a meticulous researcher and an enthusiastic student of nutrition science. The great contribution this book makes to nutrition literature is addressing the often overlooked connection between nutrition and genetics: that each player has different genetics and therefore must fuel his or her body in a unique way.

This book is a brilliant blend of research-based recommendations and common-sense applications that resonate intuitively in those who choose to improve their health and athletic vitality.

The Soccer Nutrition Handbook is easy to read and easy to understand with numerous tips for improving soccer performance and reducing physical failure and injury through nutritional choices. The tables, summaries, and bulleted lists that populate the book leave one with little room for excuses – armed with knowledge about how to fuel the body the right way, players can improve their soccer performance almost immediately.

I highly recommend this book to aspiring athletes of all ages, and to those parents and coaches in particular who have high hopes for the athletic performance of their kids. Proper nutrition is the foundation for athletic success, and this book shows you how to lay the “nutritional” bricks that provide sure footing for a healthy and successful soccer season.

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