



To Whom It May Concern,

[My daughter] is a high level gymnast and practices her sport 4 hours a night 3-4 days a week. With this intense amount of work, it is essential (and recommended by both the American Dietetic Association and the American Academy of Pediatrics) that she be allowed to frequently drink from a water bottle throughout the day, and be able to eat frequent snacks and meals.

Being able to drink from a water bottle will allow **[My daughter]** to increase her ability to recover from practice, and increase her energy throughout gym and school.

Gymnasts should also eat a meal/snack every two hours in order to optimize their nutrition in order to keep them safe and successful at both school and gym.

It is my recommendation that you allow **[My daughter]** to carry a water bottle to all classes and school events. It is also my recommendation she be allowed to eat every 2 hours, and have a pre-workout snack 1- 1½ hours before practice.

If you have any questions in regard to this matter, please feel free to call or email at the contact information listed below.

Regards,

[Your Pediatrician or Sports Provider]

Your Pediatrician/Sports Provider