

Minimum "Fit" Practice Standards define the components that should be included in every sports practice. These can be led by coaches, or other key leaders like Fitness Captains.

- 5-minute warm-up with dynamic stretches
- 5-minute cool-down with static stretches
- Conditioning integrated into practice
- Encouragement to be active and healthy outside of practice
- Focus on active practice
- Water breaks every 15-20 minutes
- Healthy foods encouraged at team functions, including field of play

