

## Spotlight On

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**Phil Hossler - Athletic Trainer**  
East Brunswick High School

Phil Hossler, ATC is the certified athletic trainer at East Brunswick High School in East Brunswick, NJ. As a member of four halls of fame, he has been an athletic trainer for over 30 years and has worked with thousands of scholastic athletes. Having worked with and having done research on wrestlers on the high school and university levels, Phil is very familiar with the sport of wrestling and its demands on intelligent weight control and maintenance.



After seeing Michael Phelps' performance in the 2004 Olympics and the subsequent milk commercials, Phil checked into the idea. He has been casually talking to athletes for several years, but recently receiving the material from [www.milkdelivers.org](http://www.milkdelivers.org) provided the impetus to formalize his efforts. Phil recently included information on the value of post-exercise low-fat chocolate milk in the booklet that he presents to wrestlers and their parents. Wrestlers are very calorie aware but must also be very recovery and nutrition conscious. The energy value of low-fat chocolate milk and its protein derived muscle regeneration plus 9 essential nutrients was a welcome education for athletes and parents alike. Parents were encouraged to always have that container of cold low-fat chocolate milk waiting at home when the wrestlers got home from practice.



Not to be forgotten, Phil also spoke with boys' and girls' basketball teams about the value of proper recovery nutrition. So many athletes are in favor of the idea, that the high school principal is considering placing a vending machine for low-fat chocolate milk in the lobby area of the gymnasium complex to increase availability.

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