

# 2022 Nutrition Guide

Nutrition is a huge part of peak performance. When athletes work at the maximum intensities or close, carbohydrates are the prime fuel that the body uses.

What you need to eat is based on:

- Duration and intensity of the exercise
- An individual's fitness level
- Food and drink consumed prior to and during the exercise.

## **NIGHT BEFORE A TOURNAMENT - The night before a tournament is CRITICAL!**

- Big dinners that include CARBS and PROTEINS
- Steak
- Chicken
- Fish
- Potatoes
- Pasta
- Rice

## **BREAKFAST - TOURNAMENT DAY**

- **The first match of every tournament is so important!! It is a must win and sets the tone for the tournament**
- PROTEIN! eggs, bacon, sausage
- yogurt
- fruit
- toast
- ALL - NOT JUST ONE OF THESE THINGS!

## **TOURNAMENTS**

It is important that athletes eat after competing to make sure that they will have enough energy in their muscles for the next competition.

### **One hour or less between events:**

- EAT A HALF OF A SANDWICH
- stick with carbohydrates that are in liquid form, such as sports drinks - orange juice, Gatorade/Powerade, muscle milk
- Other good options is fruit - oranges, watermelon, cantaloupe, peaches, pears, applesauce, or bananas.
- Powerbar or Energy Bar

### **Two to three hours between events:**

- EAT A WHOLE SANDWICH
- Try eating bagels, hot or cold cereal with nonfat milk, or english muffins along with fruit like bananas, apples, oranges, peaches, or pears.
- Be sure to drink plenty of fluids, like water and/or sport drinks for hydration, electrolyte replacement, and restoration of glycogen. Avoid drinks that contain caffeine, carbonation, smoothies and other stimulants

### Food to pack

- Baby Carrots
- Breadsticks
- Celery
- Cherry Tomatoes
- Chocolate Milk lowfat
- Cottage Cheese lowfat
- Dried Fruit
- Sports Drink
- Granola Bar
- Fresh Fruit
- Ginger Snaps
- Hummus
- Meal Replacement Drinks
- \* Nuts
- \* Peanut butter
- \*Pita Bread
- \*PROTEIN SANDWICH
- \*Vanilla Wafers
- \*Whole Grain Bagel, Cereal or Crackers
- \*Yogurt
- \*\*\*\* Gallon of water for each day of competition

## **HYDRATION:**

Hydration is one of the most important nutritional concerns for an athlete. A dehydrated athlete has a decreased volume of blood circulating through the body, and consequently:

- The amount of blood pumped with each heart beat decreases.
- Exercising muscles do not receive enough oxygen.
- Exhaustion sets in and the athlete's performance suffers.
- By-products of exercise are not flushed out of the body as regularly as they should be.

Sports drinks are good but not by themselves. Water is important too!

- Evidence suggests that consumption of a sport drink containing carbohydrates can delay fatigue and possibly improve performance.
- The consumption of sport drinks containing sodium helps retain water in the body and aids hydration by increasing the absorption of fluid from the intestines into the muscles.

Guidelines:

- For intense training and long workouts, a fluid replacement drink containing carbohydrates can provide an important source of energy.
- Fluid consumed should contain a small amount of sodium and electrolytes.
- An athlete should drink 10-16oz of cold fluid about 15-30 mins before workouts.
- Drink 4-8oz of cold fluid during exercise at 15-20 min intervals.

FYI - If a player is 2% dehydrated, it decreases their ability to track an object by 20%