

LOCKPORT VOLLEYBALL CLUB

NUTRITION RECOMMENDATIONS FOR TOURNAMENTS

Volleyball season includes many fun and exciting full day or weekend tournaments. It is important to keep your energy levels high with the proper nutrition and hydration to fuel your body for the day. Playing in a tournament is different than playing in just one match. Instead of storing up carbs for a two-hour block of time, you need to eat and drink in a manner that will allow you to keep your energy up all day long. The following are some suggestions to help you plan for the day.

MORNING OF THE TOURNAMENT:

Prior to arriving at the event, make sure you wake up early and allow plenty of time to eat a proper breakfast. If there are at least 2 hours before your first match plan on having a light breakfast. This meal should be rich in carbohydrates, since they are the primary fuel source for working muscles. A high quality protein source is also essential for this meal. Protein slows the digestion process and prevents you from entering the match feeling hungry.

Healthy Breakfast Suggestions:	Foods to Avoid:
<ul style="list-style-type: none">⚾ Whole grain toast or bagel w/ small amt. of nut butter or light cream cheese⚾ Oatmeal or low sugar cereal w/ milk⚾ Low-fat yogurt⚾ Scrambled or hard-boiled egg sandwich⚾ Smoothie made with fruit, yogurt & milk⚾ Drink 2-3 glasses of water before arriving at the gym.	<ul style="list-style-type: none">⚾ Danish, donuts, pastry⚾ Sweet breakfast foods with syrups, sugar⚾ Coffee or caffeinated beverages⚾ Fried foods

BETWEEN / DURING THE TOURNAMENT:

It is important to eat and drink small amounts frequently between matches. Ideally, you will want to have something to eat every 2-3 hours. By eating more frequently, you give your body the energy it needs to perform well. Make sure to study your schedule so you can plan the best times to eat. Also, it is best to never try new foods before a match as they may upset your stomach.

Healthy Snack / Lunch Suggestions:	Foods to Avoid:
<ul style="list-style-type: none">🏐 Fruit🏐 Pretzels-lightly salted🏐 Cut up Veggies / Salads🏐 Sandwiches or wraps w/ turkey, chicken, nut butter🏐 Low Fat Yogurt🏐 Healthy energy/granola bars🏐 Whole grain crackers🏐 Bagels w/ light cream cheese or nut butter🏐 Nuts / Trail mix🏐 String Cheese🏐 Pasta Salad🏐 Lot of water•	<ul style="list-style-type: none">🏐 Chips🏐 Pizza🏐 Soda🏐 Candy🏐 Fast foods like burgers and fries🏐 High-fat “sweet” granola bars with sugar/ high fructose corn syrup🏐 Crackers with high fructose corn syrup

POST TOURNAMENT:

Following an action packed day you will be tired and hungry. The two hour time period after intense exercise is key to refueling your body. This time is essential for muscle recovery and

preparing for the next athletic event. Plan to eat a solid meal or have some food for the car ride home.

Keep in mind that everyone is different and therefore have different nutrition needs. Pay attention to your body and its response to the food you eat. Adjust your intake accordingly and find what combination works best for you. Also remember that snacks and treats are OK in moderation but should not be the primary source of fuel for the body.