

In high school, I would focus on making sure the athletes are eating a balanced meal and the proper foods instead of focusing on supplements.

#### **Pre-Training Nutrition:**

- 30-45 minutes before:
  - Simple Carbohydrates that are easily digested for quick fuel
  - 100% fruit juice, sports drink, banana, crackers

#### **Hydration:**

- Consuming enough fluids where they have a pale urine; at least ½ their body weight in fluid ounces when not training and additional fluids for exercise
- Humans are about 70% water weight and muscles are 75% water when well-hydrated
- Reduce Risk of Soft Tissue Injury
- Improve movement patterns, mental focus, reaction time and decision making
- Avoid muscle cramping and reduces fatigue
- Maintain healthy heart rate and normal body temperature
- Lower perceived exertion (Doesn't feel like you are working as hard)

#### **Signs of Dehydration:**

- Dark urine
- Thirst
- Headache
- Dry mouth

#### **Post-Training Nutrition:**

- Recovery smoothie with carbohydrates and protein in a 3:1 ratio within 1 hour of training if not going to eat a meal in that time frame
  - Repairs and builds muscle/replenishes muscle fuel stores
  - ~20 g protein recommended
- Cherry Juice may reduce inflammation
  - Post-training or before bed

#### **Vitamin D**

- Based on blood test from doctor if they have lower levels
- May reduce risk of possible bone injuries
- May increase bone density
- May increase in muscle strength and speed

If they do decide to get supplements, I recommend all supplements are **NSF Certified for Sport**. Supplements are not FDA regulated so they can contain ingredients not on the label. NSF supplements test every batch by a 3<sup>rd</sup> party to make sure there are no additional ingredients as well as check for banned ingredients by the World Anti-Doping Agency. They can check supplements out on the website or the NSF Certified for Sport app.