

Fuel Right to Play Right

Good nutrition and hydration practices are several important factors that are key to improve individual performance. High intensity intermittent team sports requires players to rely on short bouts of energy plus overall endurance. Getting adequate carbohydrates to maintain these frequent high-intensity bursts over the course of practice and matches can be a game changer for the better!

Pre-Game Foods and Fluids

- Athletes should consume carbohydrates before a practice or game to ensure adequate carbohydrates is stored in the muscle. Carbohydrates are the primary fuel source for both high intensity and low-intensity points of the game that occur during “stop and go” activities.
- Begin hydrating first thing in the morning and be sure to arrive at practice or games well hydrated. How to tell if you are well hydrated? Your urine should be a light lemonade color.
- Adequate fuel and fluids should be consumed about 4 hours before with a meal and plus 16-24 oz water/light sports drink. A pregame smaller snack/fluid should then be consumed 1-2 hours before game time.

During Game Foods and Fluids

- Carbohydrate intake during training/game day can help maintain energy levels. Aim to consume 30-60g per hour of practice after the first hour if well fueled prior.
- Not into carbs? Pre-game jitters? You can train your gut if you’re consuming less than ideal carbohydrate. Too much carbohydrates at once can cause stomach issues.
- Know your sweat rate! Consume fluids with sodium to minimize body weight changes during practice/games, especially in hot/humid weather. Just a 2% weight loss from sweat can negatively influence performance.
- A general rule of thumb is to drink 5-8 oz fluid every 15 minutes. Choose water when activity is less than 1 hour, and sports drinks (fructose & glucose combos) when exercising more than 1-1.5 hours. When in doubt, go for water first, light sports drink second, and regular sports drink third.

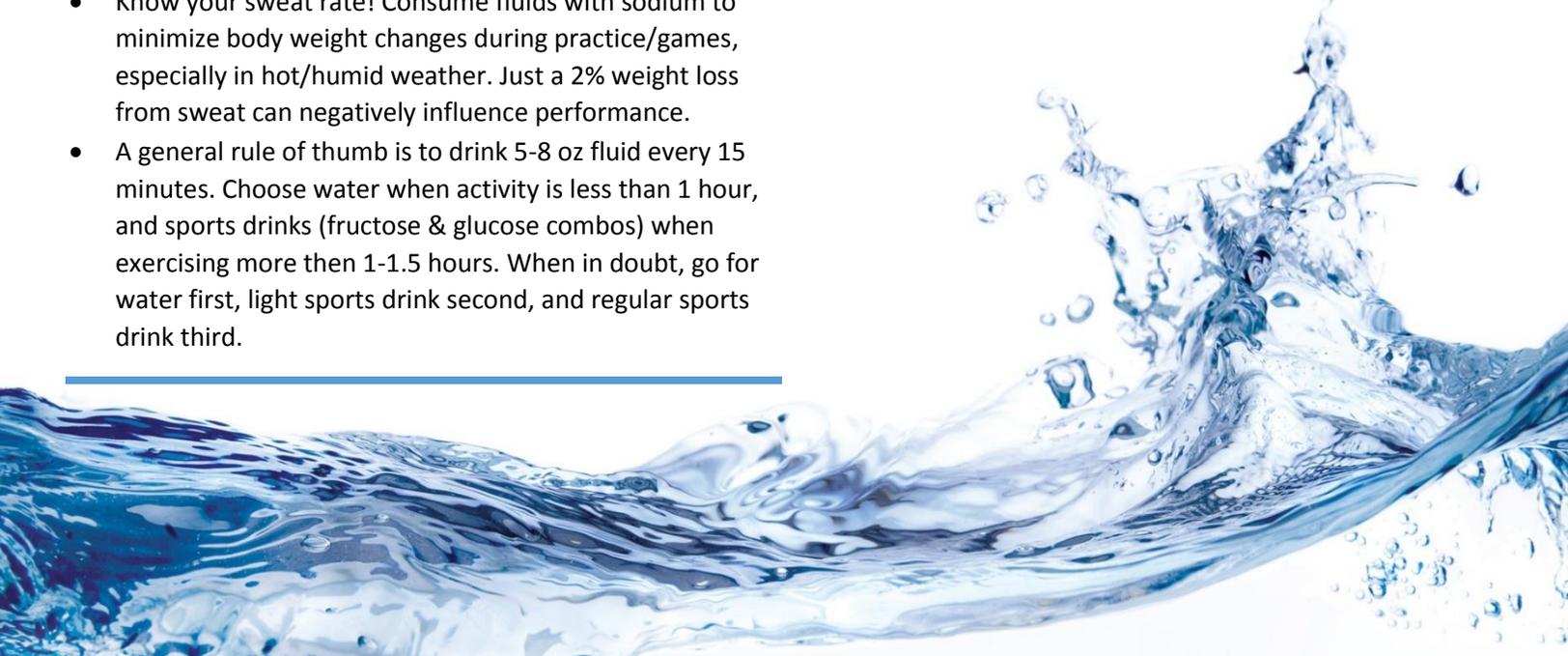
Post-Game Foods and Fluids

- REFUEL: Consume carbohydrate after practices and matches to replace carbohydrate energy stores in the muscle and liver.
- REBUILD: Athletes should consume 20 g of high quality protein as soon as possible following training or a game to help rebuild muscle within the optimal window of recovery (15-30 minutes after effort).
- REHYDRATE: Drink 16-24 oz of fluid for every pound of body weight lost during training. How to do this? Weigh yourself with minimal clothing before and after the training session.

HYDRATION THE RIGHT WAY!

Answering “yes to any of these questions may indicate poor hydration status.

- Am I thirsty?
- Is my urine a dark yellow color?
- Is my body noticeable different then yesterday?
- Do I have muscle cramps at night?



CHECKLIST: FUELING ON THE ROAD

<p>3-4 Hours before game time</p>	<p>FOODS EAT a pre-game meal that includes a protein, carbohydrates, and small side of vegetables. Don't load up on spices, fiber, fat, or get too full.</p>	<p>FLUIDS HYDRATE 16-24 oz (water, G2, or Gatorade)</p>
<p>1-2 Hours before game time</p>	<p>FOODS EAT a pre-game snack such as a granola/energy bar, banana, apple, or bagel. Don't go heavy with the snack right before. Eat half of a bagel if that's all your stomach can handle.</p>	<p>FLUIDS HYDRATE 16-24 oz (water or G2)</p>
<p>0-1 Hours before game time</p>	<p>FOODS EAT a pre-game snack such as a granola/energy bar, banana, apple, or bagel. Don't go heavy with the snack right before. Eat half of a bagel if that's all your stomach can handle.</p>	<p>FLUIDS HYDRATE 16-24 oz (water or G2)</p>
<p>Game TIME</p> 	<p>FOODS EAT half time carbohydrate snack such as a bagel, sports gel, or energy bar (lower fat/protein).</p>	<p>FLUIDS HYDRATE Stay hydrated by sipping fluids whenever you get a chance!</p>
<p>15 min-1 hour AFTER</p>	<p>FOODS EAT a post-game meal that includes a 3:1 ratio of carbohydrates to protein which will help with optimal recovery.</p>	<p>FLUIDS HYDRATE 24-48 oz (water, G2, or Gatorade). Hotter weather= Drink more!</p>



CHECKLIST: FUELING ON THE ROAD

Traveling to and from all day tournaments is a prime time to use to **fuel up** or **refuel**. Improved athletic performance has been shown when players refueled immediately following a practice or game. Here are some simple ideas for foods to have stocked on the bus, in the car, or in your book bag!

Pre-Game Snack Ideas

- Non-fat yogurt with fruit
- Bagel with jelly/jam and fruit
- Popcorn (little or no butter)
- Trail Mix (light on candy)
- Fruits (banana, peach, berries)-in moderation
- Fruit bars, granola bars, and energy bars
- Sports bar
- PB and J sandwich

Post-Game Snack Ideas

- Non-fat **Greek** yogurt with fruit
- Bagel with jelly/jam and fruit
- Trail mix (with beef jerky or nuts)
- Smoothie
- Fresh fruit with peanut butter
- Pretzels with string cheese
- Chocolate milk
- Sports bar (10 grams protein)
- Sandwich with ham or turkey and cheese

Coconut Cashew Energy Balls (Gluten Free)

Yield: 12

Ingredients:

- ¼ Cup Pitted Dried Dates (5 dates)
- 1 Cup Cashews
- ½ Cup Oats
- ½ Cup unsweetened Coconut flakes
- 1 tsp Cinnamon
- 1 tsp Pure Vanilla Extract

Instructions:

Soak the Dates in water for 10 minutes to soften. Place all ingredients into food processor or blender and process for approximately 2 minutes until everything is ground. Roll into Balls. Spread coconut flakes on plate and roll ball on coconut flakes to cover if desired. Store in the refrigerator. Enjoy as a snack before or in between matches.