

NUTRITION AND HYDRATION TRAINING PLAN

Game Preparation begins long before the Game or Competition actually takes place.

2 -3 days prior to your competition you should begin the nutritional game preparation plan.

EVENING MEAL AND HYDRATION ON THE NIGHT BEFORE THE GAME: It is Important to have a good combination of carbohydrates and proteins. This is when we begin to load the body with the adequate carbohydrates and proteins that we need to compete in a high intensity contest.

- Carbohydrates like, Pasta, bread, rice, baked potato
- Proteins like, Chicken, turkey, fish, steak
- Dessert, have a banana, apple, orange
- Milk, chocolate milk or water

BREAKFAST: DO NOT skip breakfast !

- Oatmeal, cereal, fruits, eggs, smoothies, toast, bagels

AFTERNOON OR EVENING SNACK FOR ATHLETES WITH MUSCLE CRAMPING ISSUES:

- Banana and Orange Juice

PRE GAME MEAL: Plan your lunch as best as you can. Make sure you include Carbohydrates and Proteins eaten 2-3 hours before the competition. Keep the sugar content down, as you will get plenty in your sports drinks during the game. No Soda !!

LUNCH SUGGESTIONS: Subway sandwiches with turkey or chicken, peanut butter and jelly sandwich, fruit, banana's, apples, oranges, yogurt, granola bars, even veggie or Cheese pizza
(NO French Fries or Fried Foods)

Drink Fluids during this time, drink at least 17 to 20 oz of fluid 2-3 hours before the match.

Remember to also begin drinking fluids again 15 to 20 minutes before warm ups start.

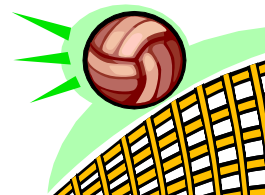
DURING THE GAME: Hydration is extremely important to an athlete's performance. Come prepared with water bottles or a sports drink. You should be drinking fluids every 15-20 minutes during competition. Drink at every time out, even if you are not thirsty.

POST GAME SNACK: Fluid replacement (absolutely no Soda's). Snack and fluids should be consumed 15-30 minutes after competition is completed. This is when we eat foods high in carbohydrates to replenish our body. Here are some suggestions.

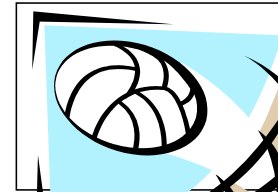
- Smoothies, Cereal Bar, graham Crackers, fruit, dried fruit, trail mix, energy bar, yogurt, applesauce, low fat granola bars or Crackers.
- Fluids include water and sports drinks (to replace carbohydrates stored in muscles and electrolytes lost in sweat).

EVENING MEAL: Important to have a good combination of carbohydrates and proteins. It is important to have a good combination of carbohydrates and proteins.

- Carbohydrates like, Pasta, bread, rice, baked potato
- Proteins like, Chicken, turkey, fish, steak
- Dessert, have a banana, apple, orange
- Milk, chocolate milk or water



Hydration and Fluid Intake – Keeping your mind and body in Peak Performance



You should also begin your hydration plan early, by drinking throughout the day. Start each morning with a water bottle by your bed. Drink it before you leave for school. Carry a water bottle with you at school. If your body is dehydrated you might be feeling tired, fatigued, your legs feel like jelly, you don't feel like you can jump, you are unable to react to the ball quickly, you feel slow, you are not operating at your peak.

During the game: Water is absolutely a suitable and ideal fluid, but during long competitions and a warm gym a Sports Drink may promote better performance by topping off fuel stores for both the muscles and the brain. Volleyball requires skill, concentration and quick decision-making. These factors are impaired both by dehydration and lowering of blood glucose levels. Sports drinks top off carbohydrate needs during the game, and may also encourage players to drink more fluids. We recommend a combination of both water and a sports drink during the game competition. Give your body the tools to stay healthy and to perform at its best. You should notice that you feel better during competition if you are hydrated properly.

Remember:

- Serious athletes take nutrition and hydration very seriously and understand it is a very important part of their health and performance.
- A dehydrated athlete decreases their performance by 10%.
- Remember, if you are thirsty, it is too late, you are dehydrated!
- Cold fluids are absorbed and utilized more quickly than warm fluids.
- It is easy to forget to drink fluids when you are not really thirsty, it needs to become a habit. ***Help to remind your teammates to drink fluids !! Always have a water bottle with you.***

The NATA (National Athletic Trainers Association) hydration recommendations:

- Drink 17 to 20 oz. of fluids 2-3 hours before a game
- 7 to 10 oz. of fluids 10-20 minutes before a match
- Drink 28 to 40 oz. of fluid per hour or 7 to 10 oz. every 10 to 15 minutes
- Drink at least 24 oz. of fluid following match to replace carbohydrates and electrolytes (The amount of fluid intake is based on several different things like heat, intensity of competition, humidity, so these intake amounts are just recommendations).
- Don't let yourself get thirsty !!

Resource information on hydration and nutrition can be found at:

www.nata.org (National Athletic Trainers Association)

www.cifstate.org (CIF state, health and safety)

www.gssiweb.com (Gatorade Sports Science)

www.acsm.org (American College of Sports Medicine)