

How to Fuel Your Athlete for Competition

Fueling an athlete starts the week of competition, not the day of. If an athlete attempts to eat good just on the day of, they are already behind.

So, what can you do help them be their best?

1. Do your best to make sure they are getting good sleep. E.g. They have a set time they go to sleep and get up. Sleep, in particular, REM and SWS (Slow Wave Sleep) are the only ways the body can get rebooted and heal from the damage done during the week of lifting and practice.
2. Make sure they eat a minimum of 3 good meals a day with 2 snacks in between each meal and ½ their bodyweight in ounces of water. **See Below as an example**
 - a. **Breakfast:** 5 eggs, 2 pieces of toast (or similar) 1 piece of Fruit, 20 oz of water
 - b. **Snack 1:** Cup of nuts or PB&J Sandwich or piece of Fruit w/ 20 oz water
 - c. **Lunch :** Protein (fist size amount) Chicken, Beef, Salmon (the fewer the legs the better for you) 2 cups of a Veggie, 1 cup of a Fruit, and Carb 1 to 2 cups (rice, pasta, etc.) 20 of water
 - d. **Snack 2:** Cup of nuts or PB&J Sandwich or piece of Fruit w/ 20 oz water
 - e. **Dinner:** Protein (fist size amount) Chicken, Beef, Salmon (the fewer the legs the better for you) 2 cups of a Veggie, 1 cup of a Fruit, and Carb 1 to 2 cups (rice, pasta, etc.) 20 of water
3. **Teens burn energy FAST especially when eating foods that are less nutrient dense like chips and cookie. These low-quality foods burn faster because the body is starving for nutrients which they are very low in, so the body says eat more. What they are not low in is calories. Therefore, a diet like above will improve their health, energy, and emotional well-being.**

What to eat when gameday approaches?

The day before is very important, especially the dinner the night before a game.

Best Night before meal would be things like:

Spaghetti with Meatball, 2 cups of green veggies, 1 bottle of Pedialyte and 1 cup Tart Cherry Juice. OR It could be a protein with Rice something like Chipotle: Double meat, double rice, extra veggies, etc, with 1 cup Tart Cherry Juice and 1 bottle of Pedialyte.

This meal ensures that the body is not running on a calorie deficit the day of the game. Which, if were the case, would mean what they eat the day of the game would go toward the deficit rather than giving them the energy they need to DOMINATE and SUCCEED.



Contact Strength and Conditioning Coach, Cody Coley with any additional questions

GAMEDAY NUTRITION

Pre-Game Meal: Protein (Chicken breast, pasta, 2 cup green veggies, ½ bottle of Pedialyte plus 1 cup tart cherry juice and 20 oz of water) This meal is just like night before dinner.



Halftime Snack: PB&J Sandwich or PB& Banana sandwich, 1 to 2 pieces of fruit like banana, Cutie Oranges, Apple slices, 1 bottle of Pedialyte, 1 cup Tart Cherry Juice.



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