



SPORTS NUTRITION

TOURNAMENT/MEET PLAN

HYDRATION:

NUTRITION:

Pre-hydration strategy:

- 2-4 hrs before: 10-30oz fluid based on body wt
- water / electrolytes
- 15-30min before: 8-10oz fluid
- electrolytes or sports drink
- best time for a sports drink slushy **

Before

Pre-fueling strategy:

- Breakfast w/ enough time to digest before first game (~2-3 hours)
- Less time?** smaller volume, emphasize easy carbs like white toast, applesauce, white bagel, fruit, yogurt, etc.

- Sip at half time based on sweat rate
- ~ 6-8oz/15min

Hydration Goal:

Avoid losing >2% body weight from sweat

During

Small amounts of **quick carbs** at half-time:

- sports drink
- fruit snacks, gels, bloks
- applesauce pouch

Immediately after the game:

- Re-hydrate! Carry a water bottle and drink often
- Replace sweat loss with fluids and electrolytes
- 20oz fluid per lb lost

Replace **sodium** by including salty foods:

- pretzels, crackers, add salt to drinks
- Replace **potassium** with banana, potato, citrus
- Replace **calcium** with milk, yogurt, almonds
- Replace **magnesium** with nuts & beans

After

Immediately after game:

- ASAP** easy-to-digest carbs
- chocolate milk, sports drink
- fruit, pretzels
- white bread sandwich

Within 30-60 min: high carb/moderate protein

Follow recovery handout guidelines:

- 1/2 weight in carbs + 15-25g protein
- choc milk + turkey sandwich + fruit
- small amounts of trail mix with fruit

2 hours post exercise -- repeat!

- 1/2 weight in carbs + 15-25g protein

Dinner -- hard athlete plate (high carbohydrate)

A solid recovery and hydration plan for between games will help you maintain energy on long days.

Practice your recovery and hydration plan during training to be confident on game day.

Tip: if you don't have much of an appetite between games or after an intense session, choose liquids like smoothies and chocolate milk to reach your recovery nutrition goals.

Questions? Contact us:






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SPORTS NUTRITION

MEET DAY FUELING:

8:00 am - Breakfast on the Way	<ul style="list-style-type: none">• Overnight oats• Fruit, yogurt & granola• Perfect bar• Bagel w/ PB & banana 
Race 1: 10:00 am	
*Quick lunch/snack break (~11:00am)	<ul style="list-style-type: none">• Sports drink• Fig bars• Applesauce packets• Graham crackers 
Race 2: 12:00 pm	
*Snack on the ride home	<ul style="list-style-type: none">• Granola bar & pepperoni stick• Trail mix• Pretzels & beef jerky• Tuna packet & crackers w/ fruit• Crackers w/ nut butter & fruits• PB & J w/ fruit 

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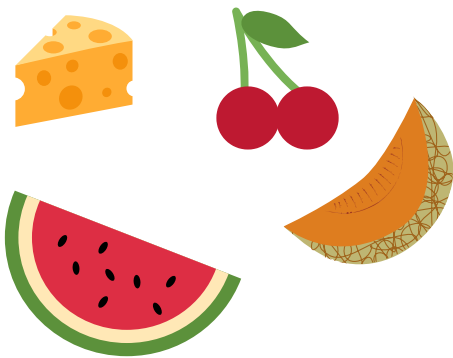
SPORTS NUTRITION

FUELING GROUND TRAVEL



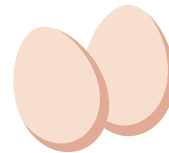
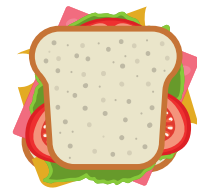
Tips:

- **Plan your fueling around your competition.** If you're traveling directly to your competition site, you may need to eat your pre-competition meal on the road.
- **Stay hydrated.** Bring a filled water bottle and aim to drink about 8 fluid ounces per hour. Small, regular sips are ideal for maintaining hydration.
- **Bring your normal snacks and meals.** Pack foods you know won't upset your stomach during competition. This is not an ideal time to test out a new energy bar or sports drink.
- **Pack a cooler.** Keep cold foods cold in a cooler or insulated bag with ice packs to reduce the risk of food poisoning and open up more options for types of snacks, meals, and beverages you can bring.
- **Freeze extra water bottles.** These can help keep your food cold (in addition to ice packs) and provide ice cold water when they melt!



Cooler Snacks

Fresh cut fruit and veggies
Individual hummus cups
Meat & cheese sandwich
Hard-boiled eggs
Greek yogurt
String cheese
Chocolate milk



Shelf-Stable Carbs

Granola bars, energy bars
Crackers, pretzels, dry cereal
Dried fruit, fruit leather, fruit snacks
Sports drink powder, sports gels

Shelf-Stable Protein

Beef jerky, turkey jerky
Nuts, nut butters (single serve)
Tuna packets, chicken packets
Protein bars, protein powders

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SPORTS NUTRITION

PRE-EXERCISE FUELING ON THE GO

Start competition well-fueled to optimize performance!

- Adequate carbohydrates will help maintain blood sugar, and provide fuel for your muscles.
- Always practice your fueling strategies during practice - never try anything new on competition day!

3-4 hrs pre-exercise:

Carbohydrate rich, moderate protein meal, with some fat

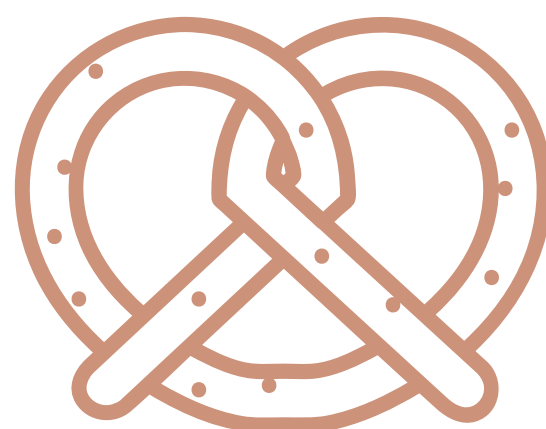
- Bagel w/ peanut butter w/ fruit & water
- Granola/cereal w/ shelf-stable, single serve milk w/ fruit & water
- Hydrate! Drink fluids frequently



1-2 hrs pre-exercise:

Moderate protein and carbohydrate meal or snack, low in fat and fiber

- Granola bar(s) & pretzels with water or sports drink
- PB&J sandwich with water or sports drink
- Pre-hydrate with 12-20oz water



30-60 min pre-exercise:

Small carbohydrate snack, low in fat, fiber, protein

- Banana & water
- Sports drink
- Fig newtons & water
- Pre-hydrate with 8oz water or sports drink



Can't tolerate food right before exercise?

Some athletes get nervous prior to competition. If this is you, choose a liquid, high carb meal such as a smoothie. Be sure to fuel well the day before with high carb meals.

You can train your gut! Altering these 4 variables can help:

- **Hydration:** consume fluids with your pre-exercise snack.
- **Volume:** start with small easy-to-digest foods (like toast or a banana) and work your way up.
- **Composition:** focus on carbohydrate. Too much fiber, protein, or fat can slow digestion.
- **Timing:** give yourself enough time to digest. The closer you are to exercise time, the less food you will want to consume.

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