



## **Gaining the Competitive Advantage— Sports Nutrition in High School Sports**

Chef Marshall O'Brien in collaboration with The Minnesota Timberwolves, The Minnesota Lynx, and Rasa Troup, Consultant in Sports Dietetics to the University of Minnesota Athletic Department

### **Four-Step System To Build Your Competitive Edge**

- 1 Nutrition**
- 2 Hydration**
- 3 Sleep**
- 4 Cognition  
(mental clarity)**

The Minnesota Timberwolves, Minnesota Lynx, and Rasa Troup, Consultant to the University of Minnesota Athletic Department, care about the athletes in their programs and about the communities in which they live. When they learned that there was not an organized program to assist high school athletes to understand the relationship between smart sports nutrition and improved performance, they joined forces with Chef Marshall O'Brien to develop guidelines for a healthy nutrition program which high school athletes may adopt. We are proud of these great organizations and their concern for the high school athlete. It is only with their support that this program is possible.

In this program, Chef Marshall provides coaches and their athletes a four step sports nutrition system for peak performance. These recommendations apply to all performance sports, yet can easily be modified for the unique demands of each sport and the athletes who participate in them. While these recommendations are general in nature, they provide far more detailed information than most high school athletes currently have. To fine-tune a nutrition program for a specific team or athlete, we suggest you consult with a specialist in sports nutrition such as Rasa Troup, Consultant in Sports Dietetics with the University of Minnesota Athletic Department (see Contact Us at the lower left).

### **Performance is Built on Smart Nutrition**

Sports are all about gaining the competitive advantage. The right nutrition package builds your body properly and enables it to run at maximum efficiency. That healthy foundation leads you to achieve your best performance and gives you the advantage over athletes who are not making smart choices like you.

The four essential elements for peak performance are Nutrition, Hydration, Sleep, and Cognition (mental clarity). We will cover each element so you understand what they are, why they are important, and how to integrate them into your personal program. When these recommendations become part of your daily routine, you'll quickly experience the benefits of greater energy, increased muscle building, and faster recovery times. The more consistent you are in following these recommendations during your sports season, the greater the health benefits and sports performance you'll experience.

We will also look at the three stages in the competitive cycle, each which requires a slightly different program:

- Training & Building
- Game Day Ramp Up
- Post-Game Recovery

**In collaboration with  
The Minnesota  
Timberwolves**

**The Minnesota Lynx  
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## Sports Nutrition

**Eat the right fuel,  
in the right amount,  
at the right time**

- **quality foods**
- **5-6 meals/day**
- **eat every 2-3 hours**
- **don't overeat**
- **it's all about quality, quantity, and timing**

## Sports Nutrition Essentials

The well-conditioned athletic body is a superb machine that needs a substantial amount of fuel to operate at peak efficiency. The key is frequent “fill ups” with the specific fuels needed during Training & Building, Game Day Ramp Up, and Post-Game Recovery. Frequent healthy meals of the proper size eaten at the proper time will make a significant improvement in your energy level, endurance, and sports performance.

### Eat 5 to 6 Meals Each Day, 2-3 Hours Apart

The athlete needs a steady supply of calories and nutrients throughout the day to build and repair muscles and tissues and to replenish depleted energy supplies. Five or six meals a day spaced two to three hours apart is optimum for consistent peak performance. Except at night when sleeping, you should not go more than two to three hours without fueling your body. Here is how you can fit six meals a day into your schedule.

#### Meal schedule for morning workouts/games

1. Snack before workout
2. Snack/breakfast after workout
3. Lunch
4. Mid-afternoon snack
5. Dinner
6. Small snack before bed

#### Meal schedule for afternoon workouts/games

1. Breakfast
2. Lunch
3. Snack before workout/game
4. Snack after workout/game
5. Dinner
6. Small snack before bed

### Spread Out Your Fuel Consumption

The worst thing you can do is go for long periods of time without eating and then overeat. This often happens to the athlete who doesn't snack before or after a practice and waits until dinner to eat. By the time they get to the dining table, they're very hungry and often eat too much, especially of the wrong foods. Keep your tank topped off so you can keep your appetite under control and make the best choices.

### Plan Meals and Snacks Ahead for Peak Performance

**Eating five to six times a day requires planning.** You probably have only three organized meals in the day, breakfast, lunch, and dinner, so you will need to supply yourself with the other two or three hearty snacks. You'll need to plan each day to ensure the right foods are available at mealtime and for snacks which may include preparing snacks to be eaten away from home so you can stick to your nutrition plan. If you don't have healthy snacks with you, you will skip these snacks or end up eating the wrong thing, like fast food. Don't confuse calories for nutrition. The quality of your fuel is very important.

Proper planning gives you the right food at the right time and keeps your body and mind working at peak efficiency. It is important to listen to your body. Your body will notice if you are struggling to fuel it properly. Your body will tell you if it is hungry, if you have overeaten, or if you are eating the wrong foods.

## What Not to Eat

During your sports season your body's efficiency and performance will be greatly enhanced if you stay away from foods that are high in fat and added sugar. This means that you need to avoid most “fast food”, especially important during the 24-36 hours before a game. Fast food has been directly linked with increased body mass index and decreased cognition (mental clarity). Spend your calories wisely.

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by Chef Marshall O'Brien



## The Premium Fuel Your Athlete's Body Needs

The quality of the foods you eat will definitely impact your performance. So give your body premium fuel—whole, unprocessed food—which are foods as close to the way nature made them. Most packaged foods are high in fat, sugar, and additives, none of which are good for your body. Stick with simple meals based on real, fresh food.

**Lean protein** will be a part of your diet every day—chicken, beef, fish, tofu, turkey, lean hamburger, tuna, eggs, beans and legumes—all cooked with minimal fat. Beans and legumes are also an excellent choice for the athlete. They're high in protein, low in fat, with abundant vitamins and minerals. Lowfat milk is also an excellent source of protein. Stay away from high-fat foods such as sausage, pizza, cold cuts, breaded and fried foods.

**Vegetables & fruits** will be a significant part of your daily diet. So enjoy a wide variety and you'll be taking in an abundance of vitamins and minerals. Opt for vibrantly colored vegetables, as they are generally more nutritious. For example, spinach and romaine lettuce is better for you than iceberg lettuce. Also, choose fresh or frozen vegetables, because canned vegetables are much less nutritious. Limit your consumption of white potatoes, as they are very high in starch. Sweet potatoes and yams are a much better choice.

**Whole grains** are a good choice for an athlete's plate. Stick with whole grain breads and tortillas, brown rice, and whole grain pasta. Stay away from white bread and white rice—you're eating calories without much nutrition. If you are gluten-intolerant, the following are gluten-free and delicious: Amaranth, Buckwheat groats, Kasha (roasted buckwheat), Corn, Millet, Quinoa, Rice (brown), Teff, Wild Rice.

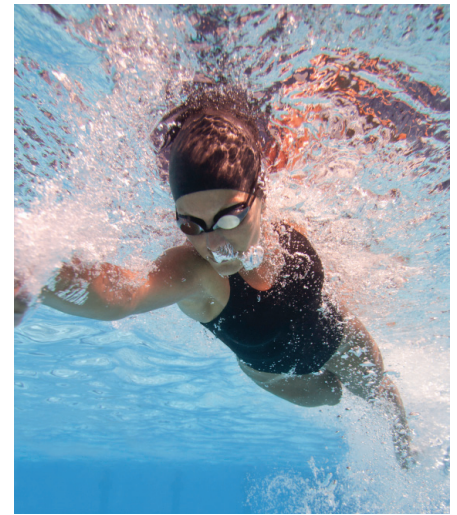
**Healthy Fats** are essential for athletic performance. While carbohydrates are the main source of fuel for short or low intensity workouts, fats provide energy for long or high-intensity workouts. Healthy fats contribute to muscle growth and recovery and Omega-3 fatty acids (found in salmon and tuna) decrease post-exercise muscle inflammation. Good fats are found in olive, coconut, safflower, and sunflower oils, nuts, seeds, butter, avocados, and fish. In small amounts, healthy fats add flavor and satisfy. They also help your body absorb important nutrients, so go ahead and eat your broccoli with a small amount of butter! As a bonus, these fats also improve skin, hair, and nails.

But not all fats are created equal, so avoid trans-fats and refined oils such as canola, lard, margarine, butter substitutes, hydrogenated vegetable oils, and shortening. The easiest way to eliminate these fats from your diet is to avoid all packaged and fast foods.

## Recommendation on Supplements

Supplements are not a wise choice for high school athletes. Many dietary supplements claim to enhance performance, but very few do. Of greater concern is the fact that some supplements have caused serious health complications and deaths, even at recommended doses, because athletes don't **really** know what they're taking. Taking unknown chemicals while your body is developing can have lasting, negative effects.

Do the risk/reward analysis yourself: Supplements probably won't help your performance and there is a reasonable chance they can cause long-term harm. Be smart. Just stay away from all supplements.



## Snacks make the difference

Keep your backpack stocked with healthy snacks and a water bottle to keep your sports nutrition plan on track. Here are some easy-to-fix, portable foods that taste great and offer balanced nutrition.

- Peanut butter sandwiches on whole grain bread. Add bananas for extra nutrition.
- Plain or vanilla yogurt topped with fruit and granola.
- Protein - beef jerky, string cheese, trail mix, nuts, peanut butter.
- Carbs - whole grain breads, granola bars.
- Fruit and Nuts - bananas, apples, oranges, Fig Newtons, raisins, dried fruit, nuts.
- Vegetables - carrots, celery, sugar snap peas, jicama.
- Dairy - Lowfat, 1% white milk and chocolate milk.





## Sports Nutrition Program For Each Stage of the Competitive Cycle

Each stage of the competitive cycle makes unique demands on your body and mind. This chart will help you feed and hydrate for optimal health, resulting in greater strength, better performance, and quicker recovery. Work with your coach to fine-tune your personal food plan.

### Nutrition Priority & Sports Nutrition Plates

Athletes know that during Training & Building they need high-quality protein, healthy fat, and carbohydrates to help build muscle mass for strength and power. However, many don't know their bodies require a different mix of nutrients during Game Day Ramp Up (24 hours before a game) AND during Post-Game Recovery (the 12 hours immediately after a game). Study these Sports Nutrition Plates to understand how many of your calories you need from each food group during each stage. Review photos below "Manage Your Fuel Intake At A Glance" for an easy way to measure your portions.

### Hydration Plan

Your hydration plan also needs to flex for each stage of the competitive cycle to ensure you stay hydrated and healthy.

### Menu and Snack Ideas

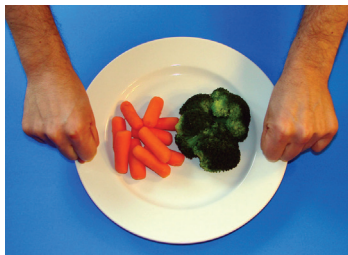
Fueling your body with healthy foods is easy with our menu and snack ideas. Not only are these healthy, they are delicious and you'll be able to prepare many of them yourself. Share these menu ideas with your parents so they can plan ahead and stock the healthy foods you need.

#### Manage your fuel intake at a glance

Girls need about half the calories that boys need, so serve yourself one palm of protein, one fist of vegetables, etc.



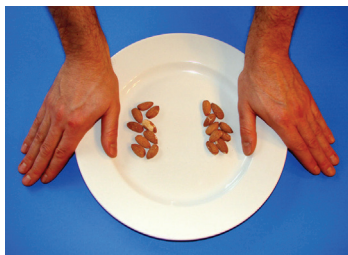
A palm-sized serving of dense protein (1/2" thick) is about 4 ounces or 1/4 pound.



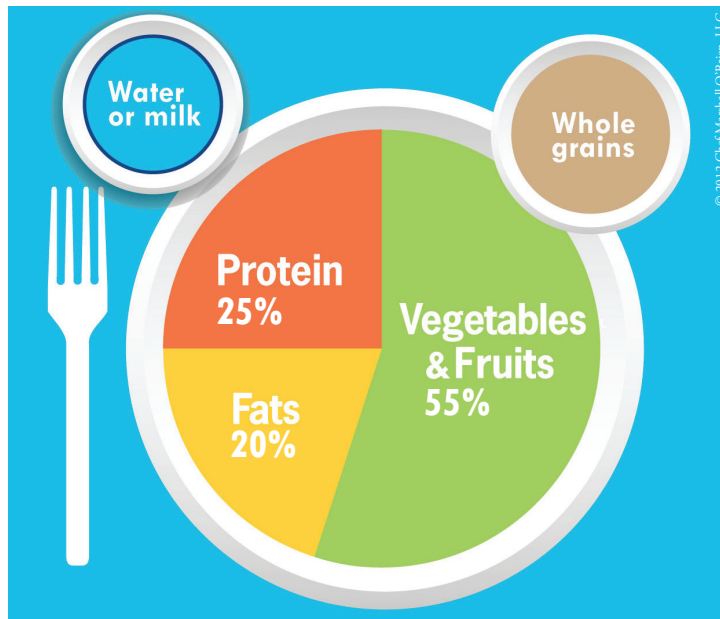
Two fist-sized servings of vegetables is about two cups. More is better!



Two cupped hands will hold about 1 cup of whole grains.



Use your thumbs to size up a snack of fat-dense foods like nuts.



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## Training & Building

### Nutrition Priority Build muscle mass, strength, power

Maintain protein, abundant fruits and vegetables, and sufficient amounts of healthy fats.

### Hydration Plan

Drink approximately 1/2 oz of water per pound of body weight each day to start. During strenuous exercise, drink 1/2-1 cup water every 15-20 minutes. After 60 minutes of intense exercise, use electrolyte-replacement sports drinks.

### Menu and Snack Ideas for Training Days

#### Breakfast

Oatmeal and scrambled eggs      Hard or soft-boiled eggs  
Whole grain toast, nut butter, honey      Apples with nut butter  
Whole grain pancakes, fruit spread      Granola, Greek yogurt, fruit  
Whole grain cereal with milk

#### Lunch

Eat the right proportions of carbs/proteins/fats from what is offered. Supplement with nuts to get needed fat.

#### Snack before practice

Popcorn and string cheese      Nut butter/banana sandwich

#### Snack after practice

Whole grain crackers and cheese      Apple/banana with nut butter  
Yogurt      Beef jerky

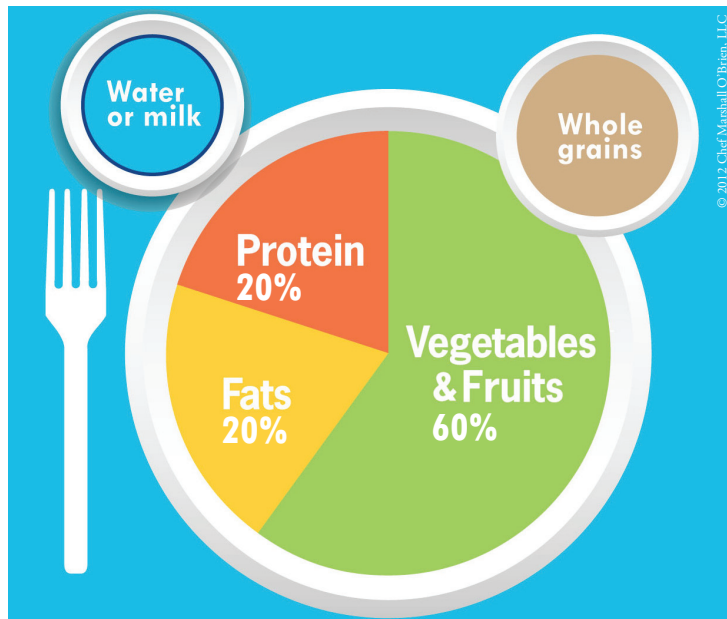
#### Dinner

Whole grain pasta, meat sauce      Lasagna, lean protein, low-fat  
Broiled chicken, brown rice, veggies      Fish, broccoli, potatoes

#### Snack before bed

(choose one)

Whole grain cereal with milk, fruit Nuts  
Whole grain toast with nut butter



## Game Day Ramp-Up

### Nutrition Priority

#### Quick energy and endurance

Quick energy and endurance. Increased carbohydrates, added fruit for instant energy, and a moderate amount of starchy vegetables and whole grains for lasting energy.

### Hydration Plan

Start hydrating 48 hours before game day. You cannot properly hydrate in the three hours prior to a game. During a game or intense workout, drink ½-1 cup of water every 15-20 minutes. Use electrolyte-replacement sports drinks as needed.

### Menu and Snack Ideas for Game Day

#### Dinner

(the night before game day)

Italian chicken and pasta      Fish, broccoli, potatoes  
Whole grain pasta, meat sauce      Lasagna, lean protein, low-fat  
No pizza or fast foods.  
Drink water, milk, diluted juices, no soft drinks

#### Breakfast

Oatmeal and scrambled eggs      Hard or soft-boiled eggs  
Whole grain toast, nut butter, honey      Apples with nut butter  
Whole grain pancakes, fruit spread      Granola, Greek yogurt, fruit  
Whole grain cereal with milk

#### Lunch

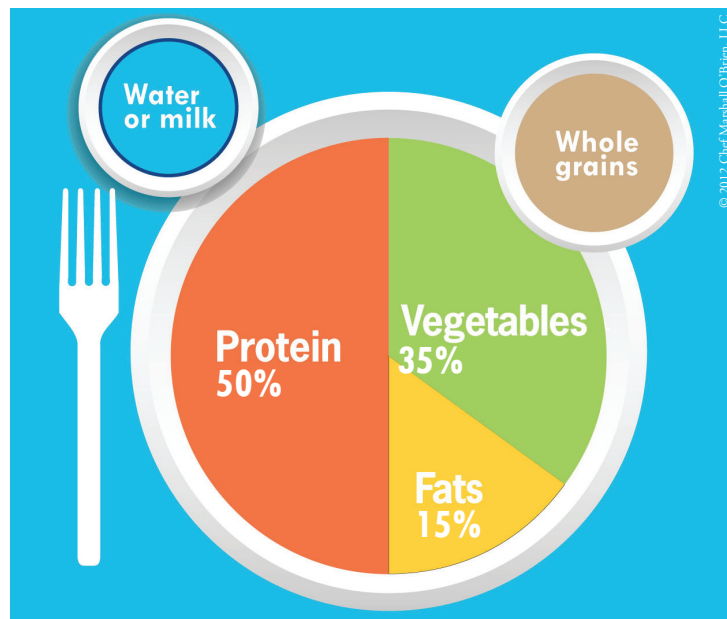
Eat the right proportions of carbs/proteins/fats from what is offered. Supplement with nuts to get needed fat.

#### Snack after school

Whole grain crackers, cheese      Veggies with hummus  
Nut butter/banana sandwich      Popcorn and string cheese

#### Snack on the bus

Cereal bars, fruit yogurt, sports bars, dried fruit



## Post-Game Recovery

### Nutrition Priority

#### Replenish energy and fluids, start muscle repair, replacement

Quick recovery starts with replenishing water and energy stores with high-protein, easy-to-digest food 15-30 minutes post-game. Wait longer and you'll lose that recovery advantage.\*

### Hydration Plan

Stay hydrated! Use electrolyte-replacement sports drinks as needed.

### Menu and Snack Ideas for After the Game

#### Snack after game

(eat within 1/2 hour after game)

Nut butter/banana sandwich      Turkey/hummus wrap  
Yogurt parfait with nuts      String cheese  
Beef or turkey jerky      Honey-roasted sunflower seeds

#### Dinner

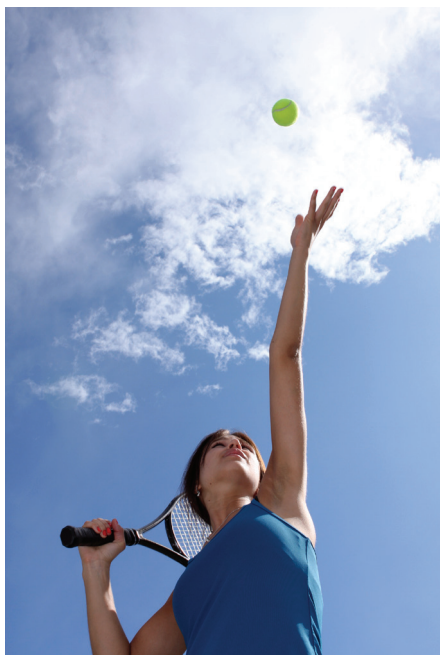
Chicken with roasted veggies      Salmon with pasta  
Teriyaki flank steak, veggies, noodles      Chicken tacos, vegetables  
Beef or chicken stir-fry, brown rice, veggies

#### Snack before bed

(choose one)

Whole grain cereal with milk, fruit, nuts  
Whole grain toast with nut butter      Apple with nut butter

\*Eating a high-protein healthy snack 15-30 minutes after your game is essential for quick recovery: It triples the amount of glycogen in your system used for muscle repair and replacement.



## Tips for Game Day Ramp-Up

- Get 9+ hours of sleep for the two nights before your game.
- Start hydrating 48 hours before your game. Stick with water, milk, and diluted, sugar-free juices.
- Small amounts of caffeine are fine but stay away from energy drinks and large amounts of caffeine.
- Avoid foods that are high in added fat and sugar (no fast foods).
- Maintain your program levels of protein.
- Increase your program levels of fruit and vegetables—fruit for instant energy and complex carbs for lasting energy.
- A higher-carb dinner the night before your game can be a part of your program.
- Have your last meal three hours before your game. Take a small snack (carbs and fruit) about an hour before your game.
- Post-Game Recovery starts with a high-protein snack within 15-30 minutes.
- Increase the protein content of your Post-Game Recovery dinner to continue rebuilding and repairing muscle.

## Nutrition Preparation for Tournaments and Multiple Heat Competitions

How should you prepare if you are involved in multiple games or a series of heats in a single day? Plan for the unexpected. Plan for the worst case scenario. That way, you will be at peak performance whatever occurs. Practice the following strategy during a practice or scrimmage so that you can see how your body reacts...you don't want to go into a match with an upset stomach or with low energy levels.

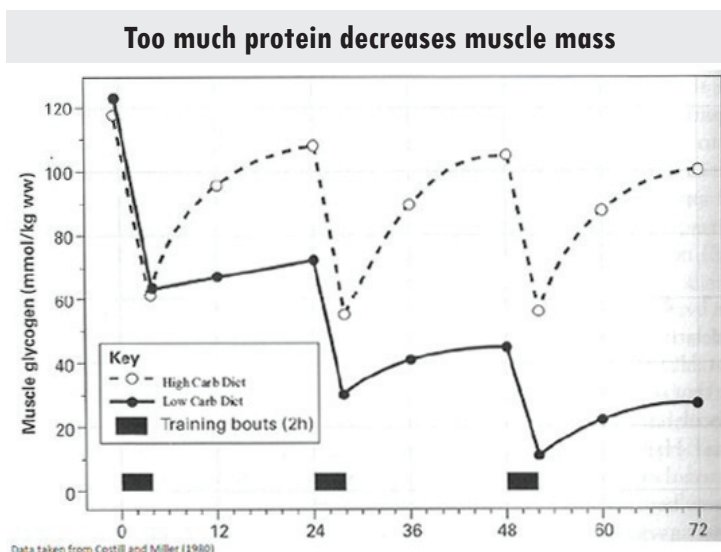
**Graze** – The best strategy is to “graze” your way through the day. Have your regular snack 3-4 hours ahead of your first competition. Then, just an hour before that first competition, have a small, high carb snack. Afterwards, “graze” your way through the rest of the day.

**Pack Smart** – It is important that you have in your backpack all the snacks and fluids that you might need for the day. If you have to go looking you will probably do without or eat the wrong things.

Remember to pack foods that are not temperature-sensitive as you will probably not have refrigeration available. Sandwiches with nut butter, jam or honey, sports bars, yogurt/ smoothies (might not last in high heat), carbohydrate gel, fruit (fresh or dried), crackers, rice cakes, and pickles.

**Pack extra food** – You may need it or you might save a friend. However, just because you have this extra food does not mean that you should eat it. Take home what you do not use.

**Hydrate** – Don't forget to continue to hydrate. Water (still, not carbonated), sports drinks, tea, or diluted fruit juices. You can keep most fluids cool by freezing them the night before. Do not use energy drinks or drinks high in caffeine.



When athletes receive most of their calories from protein rather than carbohydrates, they actually DECREASE muscle mass. Know your daily proportions of carbs, protein, and fat and eat accordingly.



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## Hydration

A general guideline for daily water intake is one-half ounce of water for every pound of body weight. Athletes need more than that amount, but it's a good starting point.

Plan your hydration in advance. Don't wait until you're thirsty, because that's a signal you're already dehydrated. It is very important to keep your body hydrated every day, but it's critical to drink extra water two days before your game to maximize performance and minimize cramps. If you haven't already, get into the habit of carrying a water bottle so you can drink frequently. Remember, you cannot properly hydrate 1-3 hours before your game.

Small amounts of caffeine are acceptable and may be helpful. However, avoid large amounts of caffeinated drinks: They are diuretics and will defeat your efforts to stay hydrated. Stay away from energy drinks completely - they have dangerously high levels of stimulants and have no place in anyone's nutrition plan.

Sports drinks can be useful after very intense workouts and games. If you've been working out and sweating profusely for over 60 minutes, drinking an electrolyte-replacement beverage should be part of your routine.

## Sleep

Sleep is crucial for athletic performance. As an athlete, your body needs extra sleep to recover from grueling practices and games. Research shows that athletes who get more sleep have faster sprint times, improved accuracy, increased reaction time, and decreased fatigue. Like hydration, the 48 hours before a game are the most important. Two solid nights of 9+ hours of sleep before a game puts your body in a mode to operate at maximum efficiency. If you cannot get this many hours of sleep at one time, learn to nap whenever you can. Other tips to improve sleep quality include:

- Even when you're not training, strive for a minimum of 8 hours of sleep. Sleep helps to prevent illnesses that could interfere with your participation in practices and games.
- Sufficient sleep can help reduce cravings for high fat and/or sugary foods and can promote weight loss if needed.
- Avoid stimulants in the evening like coffee and other caffeinated beverages. These substances can make falling asleep much more difficult.
- Create a soothing environment in your bedroom that is suitable for falling asleep. Blackout curtains and comfortable bedding are good investments, especially if you have trouble falling or staying asleep.

Remember your bedtime snack! Going to bed hungry can result in low blood sugar during the night and can prevent you from falling into a deep sleep. A balanced meal with carbohydrates, proteins, and healthy fats before bed helps your body produce serotonin, an important neurotransmitter that will help you to stay asleep and wake up feeling rested.

## Cognition - Mental Clarity

Many athletes work hard to prepare their body for game day but do not have a nutrition plan for their mind. What and when you eat during the 24 hours before a game will have a major impact on your mental ability to quickly perceive objects and remember your game plan. Stay away from fast food, sugar, large amounts of caffeine, and energy drinks as they will noticeably reduce your mental sharpness. Follow the hydration plan above and you'll have the laser-like focus you need to make the right decisions quickly.



Get in the habit of drinking 12+ ounces of water every hour. Don't wait until you're thirsty.

### How to know if you are drinking enough water

1

2

3

4

5

The above urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout the day to stay hydrated. If your urine matches colors 1 or 2, you are hydrated. If your urine matches any color from 3 to 5, you are dehydrated and need to drink more fluid.

Some vitamin supplements such as Vitamin B can discolor your urine for a few hours, typically to a bright yellow.



## 24 hours to game time

**Follow this plan for laser  
focus at game time.**

### 1 Nutrition

**Eat every 2-3 hours.  
Constant protein,  
increased carbs.**

**Real food, no fast food.**

**Last meal 3 hrs before game.  
Small snack 1 hr before game.**

### 2 Hydration

**Start hydrating two days  
before the game.**

**No energy drinks.  
Minimize caffeine.**

### 3 Sleep

**Sleep at least 9 hours the  
night before your game.**

### 4 Cognition

**Stay away from fast food  
and energy drinks.**

## Frequently Asked Questions

### Are high protein diets recommended for young athletes?

No. Protein is necessary for growth and muscle performance, but protein needs are only slightly increased during times of strenuous activity. Getting more than the recommended amount of protein does not impact muscle strength or size. In fact, excessive protein intake can decrease in muscle mass (see chart page 6) lead to dehydration, weight gain, and stress on the kidneys. There is no need to supplement with protein powders. Just eat a balanced diet. It should also be noted that athletes should not overly restrict protein, as this could also be harmful.

### Is carbohydrate restriction and then loading recommended for school age athletes?

No. True carbohydrate loading requires carbohydrate restriction for a period of time, which can lead to fatigue and injury. Carbohydrates are an important nutrient for athletic performance because it is the preferred fuel for working muscles. We recommend eating a balanced diet with 50-55% of calories from carbohydrates to maintain your body's energy stores for peak performance. In addition to this, increasing intake of higher carbohydrate foods to 60% on the day of an athletic event will give you the energy needed to perform your best.

### Are vitamin and mineral supplements recommended for young athletes?

No. You should be eating a wide variety of foods from the different food groups to meet all your energy and nutrient needs. Common nutrient deficiencies in young athletes include inadequate iron, Vitamins A, C, E, and B6. By eating a variety of fruits and vegetables, whole grains, and lean meats you should meet the requirements for all these nutrients without needing any supplement. Supplements often do not improve performance and some may cause harm.

### What should a young athlete eat prior to a sporting event?

The night before a major event you should slightly increase your carbohydrate intake from fruits, vegetables, and whole grains. Slightly decrease protein and hold steady with healthy fats. Remember to drink adequate water, milk, and natural fruit juices to stay well hydrated.

The day of your event you should maintain the same ratio of carbs, protein, and healthy fats. Three to four hours before the event you could have a small meal of carbohydrates and protein foods. An hour or less before the event you may eat a small carbohydrate snack. Throughout that day you should be drinking at least 12 oz of water each hour to keep your body hydrated.

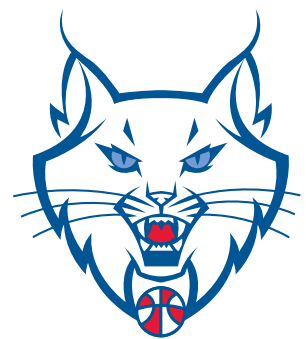
### What foods should I avoid?

During your sports season your body's efficiency and performance will be greatly enhanced if you stay away from foods that are high in fat and added sugar and processed foods (foods in a box, bag or can). This means that you should avoid or minimize most "fast food". This is especially important for the 24 hours before a game. Fast food has been directly linked with reduced cognition. Spend your calories wisely.



### **Tips for putting your program together**

- Get on a routine and stay with it. The body takes time to adapt to new habits and that reduces efficiency.
- Try to stay with consistent foods for the same reason. You can mix up different fruits or vegetables but try and keep a consistent supply of each in your daily diet.
- Maintain protein and increase carbohydrates as you approach game day.
- The best time to eat is about three hours before your game. This usually means right after school ends. If there is not food available from your school you need to plan ahead and bring something to school to eat. It is really important to stay away from foods high in fat and added sugar at this time.
- If you have to hunt for food or water you will go without or eat the wrong things. Learn to plan and have what your body needs available. Having a snack/water bag with you on the way to a game is a very smart idea.
- A good breakfast is critical! You will have gone about 10 hours without fuel by breakfast time. By waiting to eat until lunchtime, it will be 14 hours without food and you'll likely end up eating the wrong foods because that's what is available. This is very hard on your body and affects your efficiency.
- Think of your school lunch as a supplement to your sports nutrition plan, not a primary source of calories. Getting some protein and calcium and loading up on fruits and vegetables for nutrients is the best plan for fuelling your body at this time of day. Your goal is to get just enough calories to get you to your afternoon snack in about 3 hours.
- Except when you are sleeping, you need to eat every 2 to 4 hours. This means that you should eat 6 times a day rather than 3-4. This frequency is essential to build muscle tissue, but even more important to recovering and repairing muscle tissue after workouts and games. Start getting something to eat 15-30 minutes after a workout or game. Learn to carry apples or raisins or other smart snacks with you as you will often find yourself with either no food or poor food options.
- There are three different feeding stages and each has its own nutritional requirements.
  - Meals during Training & Building
  - Meals during Game Day Ramp Up (24 hours before a game)
  - Meals during Post-Game Recovery (12 hours after a game)
- Your sports plan will be different depending on what you need to accomplish with your nutrition plan. Do you need to gain, maintain, or lose weight? Consult additional health resources to learn more.
- Determine what proteins work best in your body. It may be red meat or it may be chicken and cheese. Test yourself to determine this. Your body will let you know. Once you have seen what is best for you it is OK to use several protein sources, but try to maximize the one that works best for you.
- Avoid supplements, as most will not enhance performance and some will cause you problems.
- **Every body is different.** You should use these suggestions as a starting point to help you plan a smart program and then test different options to see what allows your body to run at maximum efficiency to give you peak performance.



**In collaboration with  
The Minnesota  
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