

TOURNAMENT NUTRITION GUIDE

Learn about best practices for
fueling, recovery, and
hydration throughout
tournaments



OUTLINE

1. Training your Nutrition
2. Nutrient Timing
3. Hydration
4. Sleep
5. Travel Tips



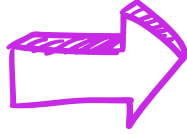
TRAINING YOUR NUTRITION

Similar to how you practice skills and conditioning to prepare for a big tournament, you also want to practice your nutrition so you know what works for you. This will take away the guess work, and you can be ready for the high physical demands of a tournament.

STEP 1

Never try new foods on game days. Use practices leading up to tournaments to trial food and meal options. Find foods that you like, sit well in your stomach, and give you long-lasting energy. A well-balanced pre-training/game meal contains:

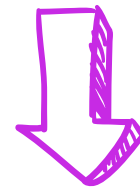
- Carbohydrates, lean protein, and fruits/vegetables



STEP 2

Have a well-balanced meal 3-4 hours prior to practice. Limit fried and high-fiber foods. Notice how each option makes you feel and sits in your stomach. Find a few options that work for you so you have choices on game days and while traveling.

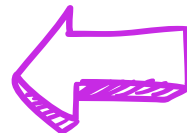
- Example: chicken with rice, a dinner roll, and side salad



STEP 4

Leading up to a tournament, make sure you are eating every 3-4 hours with 3 well-balanced meals and 2-4 snacks. To ensure proper hydration, drink a **minimum** of 1/2 of your bodyweight (pounds) in ounces per day.

- Example: 150 pounds = 75 ounces per day



STEP 3

It is also helpful to find a couple different snack options to top off energy right before a practice or game. Within 1 hour before practice, have a carbohydrate-rich snack such as:

- Banana
- Granola bar
- Fruit snacks

NUTRIENT TIMING: FUELING AROUND GAMES

BEFORE

Eat a well-balanced meal 3-4 hours before your game

- **1/2** plate carbohydrates
- **1/4** plate lean protein
- **1/4** plate fruits/vegetables

Have one of your carb-rich snack choices 30-60 minutes before to top off energy

DURING

At half time, consume a carbohydrate-rich snack such as:

- Fruit or fruit snacks
- Granola bar: Nature Valley, That's it, Nature's Bakery

Consume 16-32 ounces of fluid - include electrolytes if it is hot

- Gatorade, Skratch, Liquid IV

AFTER

Eat a snack with protein + carb within 30-60 min after your game then a well-balanced meal within 2 hours

OR

Have a small meal with mostly carbs + some protein if you have another game within 2-3 hours



NUTRIENT TIMING: FUELING AROUND GAMES

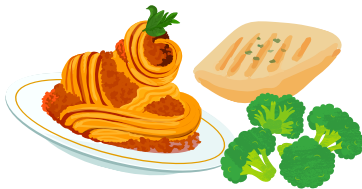
During tournaments, it may be difficult to follow the nutrient timing guidelines depending on when your games are scheduled. Review the information below to know how to adjust accordingly so you can still optimally fuel and recover.

TROUBLESHOOTING:

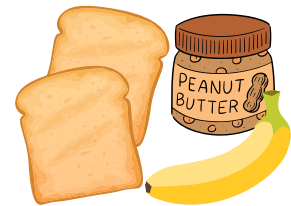
Early morning games:

- Treat your dinner the night before as your pre-game meal + add a bedtime snack
- Eat a small meal in the morning 60-90 minutes before game

Night before:

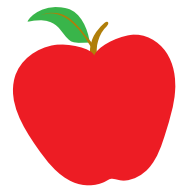


Morning of:



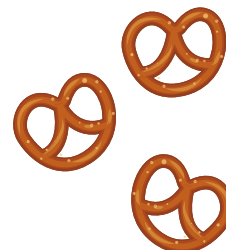
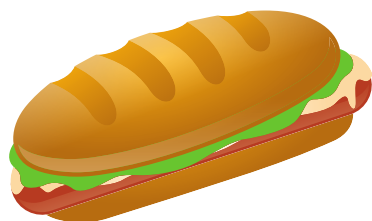
Between games:

- Eat a small meal or large snack for recovery + pre-game fuel
- Hydrate with 16-24 ounces - use a sports drink if it is hot



Evening games:

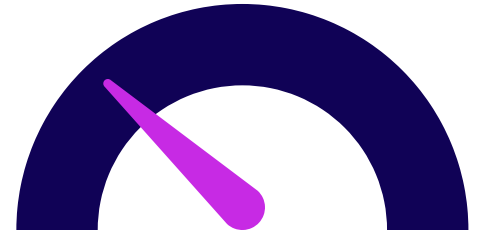
- Always eat after - a simple meal like a turkey sandwich + chocolate milk will provide building blocks for recovery plus fuel you for the next day



NUTRIENT TIMING: FUELING AROUND GAMES

Below is an example of a tournament fueling plan. **Please note individual needs will vary.** This is meant to be used as a general guide showing how to create balanced meals and snacks and eat around games.

EXAMPLE FUELING PLAN:



Day 1:

Wake up @ 7:30 am

Breakfast @ 8 am: Bagel + cream cheese, scrambled eggs and a banana

Snack @ 11 am: Greek yogurt + granola + berries

Pre-game snack @ 12:30 pm: Applesauce

Game at 1:00 pm

Snack @ 3:00 pm: Peanut butter and jelly sandwich

Dinner @ 5:00 pm: Pasta with marinara, grilled meat and a side salad

Snack @ 8:30 pm: Chocolate milkshake

Bed @ 10 pm

Day 2:

Wake up @ 6:30 am

Small meal @ 7 am: Toast with peanut butter + banana and a Greek yogurt cup

Game at 8:30 am

Breakfast @ 10:30 am: Omelet with ham, veggies, + cheese, hash browns and fresh fruit

Lunch @ 1:30 pm: Turkey and cheese sub with pretzels

Snack @ 4 pm: String cheese + granola bar + apple

Dinner @ 7 pm: Burrito bowl with rice, beans, chicken or beef, lettuce, salsa and guacamole

Bed @ 10:30 pm

HYDRATION

DAILY HYDRATION GOAL



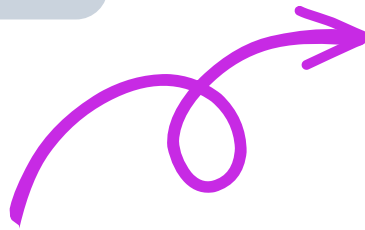
$\frac{1}{2}$ of your bodyweight (pounds) in ounces per day
+

Additional 24-64 ounces depending on temperature, intensity & number of games

ELECTROLYTES

Use when:

- ✓ Hot or at altitude
- ✓ High intensity
- ✓ Greater than 90 minutes




GATORADE,
GATORLYTES,
POWERADE, SKRATCH,
FLUID, LIQUID IV, DRIP
DROP

BEFORE

DURING

AFTER

- Consume 12-20 ounces within 2-3 hours before game
- Drink another 8-12 ounces within 15-30 minutes before game
- An electrolyte drink may be helpful when having multiple games in a day 

- Drink 4-8 ounces (2-4 big gulps) every 15-20 minutes if possible
- If not, drink 16-32 ounces at half time
- Use electrolytes with 250-500 mg of sodium to decrease fatigue and increase water absorption

- Consume 16-24 ounces fluid plus carbs & sodium
- Choose hydrating beverages such as water, smoothies, or chocolate milk
- Try salty snacks like pretzels or nuts
- Urine should be pale yellow 2-3 hours after

SLEEP

Traveling for tournaments can disrupt normal sleep patterns. Follow the tips below to ensure a good night's rest even while on the road.

SLEEP SCIENCE

Improves performance, coordination & reaction time


Enhances muscle repair & recovery

Decreases injury & illness risk

Promotes recovery from injury & illness

Increases memory, focus & stress management

Benefits learning & skill in sport



AGES 6-13 NEED 9-11 HOURS PER NIGHT
AGES 14-17 NEED 8-10 HOURS PER NIGHT

SETTING UP FOR SLEEP SUCCESS



Stick to a sleep schedule even on the weekends and while traveling - consistency is just as important as the amount you sleep



Limit screen time 60 minutes before bed - this includes phone, computer, and tv. Dim the light or use "night" mode if necessary



Keep a dark, cool, and quiet room in the evening. Use light in the morning to help wake up naturally.



Avoid large meals and spicy, fried or acidic foods before bed



Find a relaxing bed time routine, such as reading, stretching, or listening to music

TRAVEL TIPS

WHAT TO CONSIDER



Type of travel

The pressurized plane cabin dehydrates you faster

Temperature

Higher temps increase fluid loss & risk for cramping

Altitude

Higher altitude increases fluid loss & decreases thirst

Accommodations

What can you bring? What food will be available?

WHAT TO DO

Travel:

- Drink an extra 8 ounces of fluid per hour on plane
- Continue to eat every 3-4 hours and hit daily hydration goal
- Look at your route and know where you can stop for meals
- Stick to foods that are familiar - **never** try new foods before games

Temperature/Altitude:

- Drink an extra 24-32 ounces per day if traveling to a warmer climate
- Drink on a schedule vs. drink to thirst - take small, frequent sips every 15-20 minutes
- Use electrolyte drinks to increase thirst and aid in hydration

Accommodations:

- Bring shelf stable snacks and/or a small cooler with you if possible
- Look at what groceries and restaurants are nearby prior to arriving

