



NUTRITION GUIDE

Parent's Responsibility

Make sure that your athlete is prepared, at the meets early and ready for his or her events.

The Week of the Meet:

All athletes should get in a habit of drinking at least 40 oz of water each day.

The night before the meet:

All athletes should receive 8 to 10 hours of sleep 2 nights prior to meet (i.e. Thursday and Friday nights if meet is on Saturday). They should also eat a good dinner that is between 5-7 pm that includes complex carbohydrates, such as pasta and whole grain rice along with a moderate amount of protein lots of fruits and vegetables.

The Morning of the Meet:

Athletes should eat a nutritious breakfast. This includes fruit, toast, pancakes, grits, and water. Little or no meat is best. More information is provided in the Nutrition section of the handout.

HEALTH AND NUTRITION

Pre-Competition Sleep

- Athletes should receive 8 to 10 hours of sleep the night before a meet.

Pre Competition Meals- 3-4 hours before the event.

- High in complex carbohydrates, such as bread, fruit and vegetables
- Moderate in protein
- Low in fat
- Plenty of Fluids
- Athletes should eat a nutritious breakfast before a meet, including fruit, pancakes, toast, and grits. Little if no meat is best. (If meat is required ready & serve bacon or Canadian bacon is best because is low in fat & grease.)

Snack Hints- For All Day Meets

- WATER
- ICE
- Fresh Fruit-bananas, raisins, grapes, oranges, peaches, watermelon.
- Bread, bagels, muffins. With peanut butter, cheese or cream cheese if within 3 to 4 hours before competition.
- Crackers and pretzels
- Fig newtons, oatmeal-raisins cookies
- Peanut butter and Jelly Sandwiches
- Fruit and Vegetables-oranges, tomato

Post-Competition

- Sports drinks, energy bars, and fruit, for carbohydrates replacements.
- Dinner should include foods high in proteins (chicken, beef, fish, milk, cheese, soy protein, etc.) to build muscles