

Hello Parents,

We have been working hard to prepare our players bodies for tournament season at practice. We would like to encourage you all to work them out at home also. The workout I am speaking of is nutrient, an athlete's best friend. When we mix good competition, with harsh ambient condition, and several games, their bodies slowed down. So we are proposing an athletics diet.

This has nothing to do with losing weight, or building muscles, but it has everything to do with increased energy storage and replenishment. We encourage you to start the diet on the Wednesday prior to the tournament, and continue throughout the weekend. Most tournaments will be a battle of the fittest.

We are looking to increase the carbohydrate intake, and have lots of vitamins, minerals, proteins and good sleep. An alternate is to carb intake daily, such as pasta Monday, Tuesday no carb extra veg, Wednesday Rice etc. This helps athletes prepare for game day by more efficiently absorbing and storing the necessary nutrients. The day before tournaments or game day have slightly more carbs than normal at evening meal and game day breakfast should be eggs, oatmeal and slightly under ripe banana. Please note that there are many sources to these fuels, for both vegetarians and non-vegetarians. Below are some example foods.

<b>Good sources for Carbohydrates</b>	<b>Good sources for hydration</b>	<b>Good sources for protein/good fat</b>	<b>Good sources for vitamins</b>
Breads & Whole Grain rolls	Water	Grilled chicken/white fish	Fruit
Pasta/Noodles	Fruit juice	Turkey	Green Leaf vegetables
Rice	Sports drinks	Rice	Broccoli
Porridge	Semi/skimmed milk	Avocadoes	Tomatoes
Oats	Fruit smoothies	Potatoes (baked or boiled)	Berries
Breakfast Cereals (unsweetened)		Baked beans	Vegetables
Pulses (beans, lentils, peas)		Cheese	
Baked Beans		Nuts	
Apricots, Peaches			
Potatoes			

Just remember that sports drinks should only be consumed during practice or games. They should not be a substitute for water. Water should be the main source of hydration. Try to keep meal times at least 1 1/2 hours before bedtime for better nutrient absorption and recovery. Stay away from acidic foods on game day, snack on granola bars, vegetables, nuts until after game. Also, No Junk i.e. Candy, chips, soda, fried foods etc. I have attached a document that has some good meals to follow.