

# GAME CHANGER SERIES

## INTRODUCTION



**“IT’S NOT THE WILL TO WIN, BUT THE WILL TO PREPARE TO WIN THAT MAKES THE DIFFERENCE.”**

— Bear Bryant, University of Alabama

## SERIES DESCRIPTION

As an athlete, we know the value and satisfaction you feel when coming home with the big win. But did you know that the steps you take both on and off the field have a huge impact in determining success? They can and will become your “game changer”! Join us in moving towards a healthful lifestyle both during and off-season with these “game changer” tips, guidelines, and recommendations.

## WINNING TIPS

1. Come to practice properly hydrated by consuming fluids throughout the day.
  2. Focus on Fueling. Yes, your body is a machine and needs fuel to work efficiently. Don't run on empty. Start with the basics. Fuel properly at breakfast, lunch, and dinner. Plan game changing snacks according to training and competition schedule. **Timing Matters!**
  3. Eat every three to four hours to meet energy and nutrient needs.
  4. Include a variety of foods in your daily diet.
  5. Make sure to try out new food/drink options in practice/workouts - NOT DURING GAME DAY!
  6. Make sure you are getting adequate rest. You should be getting between 9 and 9 ½ hours each night.
- › Maintain a regular sleep schedule. Go to bed and wake up at about the same time each day.
  - › Avoid oversleeping on weekends. Although catching up on some sleep on the weekends can be helpful, sleeping in until noon on Sunday will make it hard to get back on schedule.
  - › Take early afternoon naps. A nap of 15-20 minutes in the early afternoon can be beneficial.
  - › Turn off televisions, computers, and radios. Television viewing, computer-game playing, Internet use, and other stimulating activities at bedtime will cause problems falling asleep.
  - › Avoid caffeine, smoking, alcohol, and drugs. All of these cause sleep problems.
  - › Contact your doctor if you have difficulty falling asleep, snore, or are excessively sleepy during the day.

Learn what works for you and avoid undue risk to your game-day performance.

Adapted from  
**Sanford Sports Science Institute**  
Nutrition & Hydration for Team Sports Athletes

[Sanfordhealth.org/sportsscience](http://Sanfordhealth.org/sportsscience)

**SANFORD**  
HEALTH



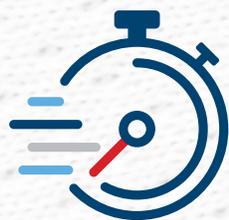
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## PRE-GAME NUTRITION



## PRE-ACTIVITY NUTRITION PLAYS A HUGE ROLE TOWARDS ATHLETIC SUCCESS!

Pre-activity nutrition is divided into two main time frames, based on when practice and/or games are scheduled.



**3-4 HOURS**

Before

### PRE-ACTIVITY MEAL

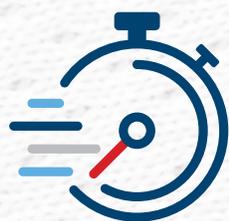
150-300 grams of carbohydrates

High in lean protein

Low in fiber and fat

12-20 fl. oz. (e.g. milk, juice, sports drink, water)

**Example:** Lean beef, brown rice, corn, green beans, salad, vanilla pudding



**30-60 MINUTES**

Before

### PRE-ACTIVITY SNACK

30-60 grams of easily digestible carbohydrates

Moderate in protein

Low in fiber and fat

5-16 oz fl. oz. (water, sports drink)

**Example:** Banana, Peanut Butter, deli sliced lean beef with whole grain crackers or bread, yogurt, and small amounts of granola, cereal and milk, granola bar, etc.

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## HYDRATION



Water is of major importance to all living things and is a major component of most body parts. Although it has many roles inside the human body, two that stand out for athletes are its role in lubricating joints and regulating body temperature. It is important for you as an athlete to monitor your sweat loss. Sweat loss of more than 2% of your pre-activity, normally hydrated body weight, has been shown to negatively affect your athletic performance, and even more so in a hot and humid environment.

### STRATEGIES:

- > Minimize pre-activity body water deficits by drinking regularly throughout the day.
- > Check the color of your urine. A darker color, similar to apple juice, signifies you are dehydrated (reference chart to the right).

**Tip:** A color closer in appearance to lemonade means you are properly hydrated

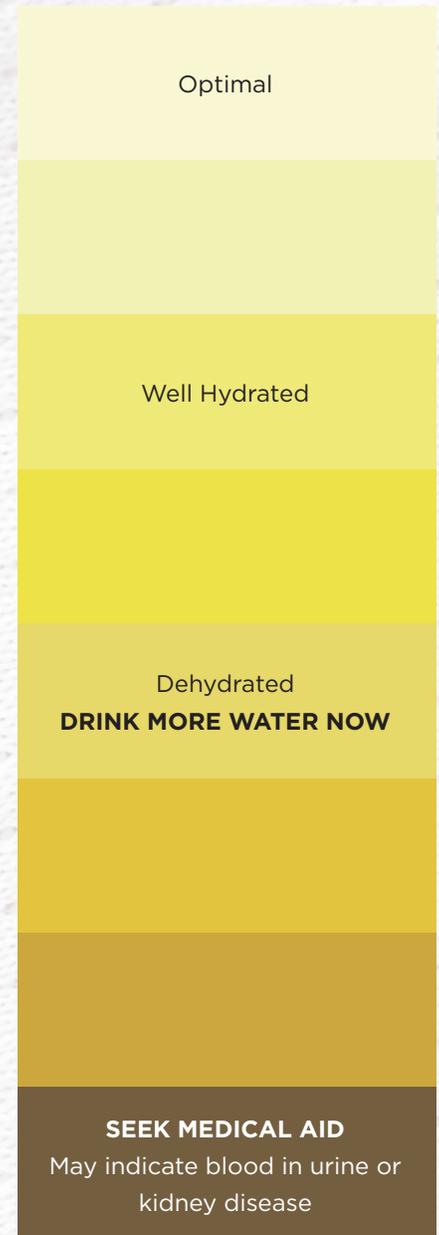
- > Determine your sweat rate.

**Tip:** Weigh yourself before and after a practice or training session and competition on different day and in different environments to get an average rate of sweat loss. The difference in body weight divided by time will give you an estimate of sweat rate.

Example: If you lost 3 pounds in a 90-minute practice on a hot summer day, you can estimate a sweat rate of approximately 2 pounds an hour.

**Tip:** After activity, for every one pound lost, drink 16-20 oz. of fluids before the next bout of activity, unless you have a short recovery time.

**Tip:** If you are a heavy sweater, incorporate salty snacks into your diet. Salt encourages you to drink and helps to distribute and retain ingested water.



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## DURING TRAINING/COMPETITION



There are many factors that play a role during training and competition time. Two of the most significant continue to be nutrition and hydration. Strategies revolve around session length, environment, and type of competition. One important question you need to ask yourself is: Do I compete once or multiple times during the day?

**FACT:** It takes 60-90 minutes of high-intensity activity to become almost completely depleted of your glycogen stores.

**Tip One:** If the activity is going to be less than 60-90 minutes and you are well nourished prior to the competition, focus on water.

**Tip Two:** If the activity is more than 90 minutes and/or you have multiple practices or competitions a day, a sport's drink can play a more important and effective role. This will help replenish glycogen as well as sodium losses:

## GAME TIME STRATEGIES:



### HYDRATE

Drink 5-10 oz. of fluid every 15-20 minutes



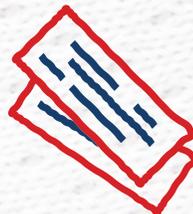
### FUEL

Consume 30-60 grams of carbohydrates every hour



### REPLENISH

During halftime (Break) eat a simple carbohydrate snack with limited amount of protein, low in fiber and fat

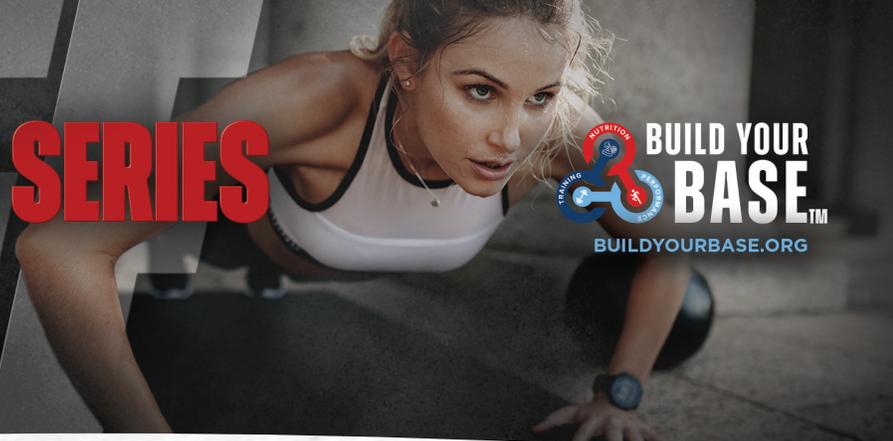


### BEEF JERKY

Consume snacks that contain sodium (salt)  
**Example:** Banana, pretzels, crackers, beef jerky, and/or sports drink

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## RECOVERY



Don't underestimate the need for recovery during the post-workout or game/activity phase. It is extremely important for your body as this allows it to continue to work for you at an optimum performance level. Positive nutrition practices during this timeframe promotes recovery by replenishing glycogen stores and helping repair muscle damage.

**Tip:** Focus on protein and carbohydrate foods and/or drinks within 30-40 minutes after activity completion.

**Tip:** Consume a ratio of 1:3 or 1:4 protein to carbohydrate.

**Example:** Chocolate milk, beef jerky with a piece of fruit or dried fruit, Greek yogurt, and granola, deli sliced lean beef with whole grain crackers.

## POST ACTIVITY MEAL

1-2 Hours after activity / competition



### CARBS

High in whole grain carbohydrates



### FIBER AND FATS

Good amount of fiber and fats



### PROTEIN

High in protein



### HYDRATE

16-24 fl. oz.- Chocolate milk, smoothie, water

**Example:** 6-12-inch sandwich with beef, cheese, veggies, trail mix, oatmeal cookie