

2019 RIVERSIDE RAM FOOTBALL



PLAYER INFORMATION SHEET

Name: _____
 Last First (Real) Middle

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____ Email _____

Birth date: _____ Age: _____ Grade: _____

Height: _____ Weight: _____ Parent Email: _____

Parent /Guardian Names: _____

Offensive Position: _____ Defensive Position: _____

Specialist positions: _____ (Kicker, punter, holder, deep snapper)

Other sports: Winter _____ Spring _____

I have read the 2019 Football Packet and understand and agree to the rules, regulations, and philosophies of this program.

Signed by: _____

Player: _____ Date: _____

Parent: _____ Date: _____

Dear Parents,

I need to give you a summer schedule update. Our off-season schedule has changed due to the fact the Loudoun County Parks and Rec. will not allow us to run our camps as we normally do the CLYFL. I will not run camp thru Parks and Rec. as they wont even allow us to wear helmets.

In order to get us the work that we need to prepare for the season we will make the following changes:

Week of June 17th-June 20th

At Evergreen Sportsplex (You will sign up on their website) <https://evergreen.football>

7:30am-9:30am Pit Camp

These positions should sign up for this camp- QB/OLINE/RB/TE/DL/LB/SAFETIES

9:00am-11:30am Elite Skills Camp

These positions should sign up for this camp- QB/WR/TE/RB/LB/DB's (7on7)

We will essentially get both camps done in one week now vs. two weeks like in the past.

For those that have paid already for the CLYFL CAMPS-YOU WILL GET A REFUND.

For the week of June 24th-28th we will have our lifting and conditioning program.

Week of July 8th-July 12th

At Evergreen Sportsplex (You sign up on their website) <https://evergreen.football>

7:30am-9:30am Team Camp ALL PLAYERS AND POSITONS

I will generate a new calendar and send it home with the player's this week. If you have questions or concerns, please feel free to contact Coach Day at brian.day@lcps.org or (703) 973-1132.

Thank you,



Coach Day

June 2019

◀ May

July ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 LAST DAY OF SCHOOL	8
9	10	11 RVHS GRADUATION	12	13	14	15
16	17 PIT CAMP 7:30AM-9:30AM ELITE SKILLS CAMP 9:AM-11:30AM 9 TH GRADERS 1 ST DAY	18 PIT CAMP 7:30AM-9:30AM ELITE SKILLS CAMP 9:AM-11:30AM	19 PIT CAMP 7:30AM-9:30AM ELITE SKILLS CAMP 9:AM-11:30AM	20 PIT CAMP 7:30AM-9:30AM ELITE SKILLS CAMP 9:AM-11:30AM	21 LIFTING 9AM-NOON	22
23	24 LIFTING 9AM-NOON	25 LIFTING 9AM-NOON	26 LIFTING 9AM-NOON COACH DAY'S BIRTHDAY :)	27 LIFTING 9AM-NOON	28 LIFTING 9AM-NOON	29
30 VHSL DEAD PERIOD						

◀ June

July 2019

August ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 VHSL DEAD PERIOD	2 VHSL DEAD PERIOD	3 VHSL DEAD PERIOD	4 VHSL DEAD PERIOD	5 VHSL DEAD PERIOD	6 VHSL DEAD PERIOD
7 VHSL DEAD PERIOD	8 EVERGREEN TEAM CAMP AT EVERGREEN SPORTS PLEX. 7:30AM-9:30AM LIFTING NOON-2PM	9 EVERGREEN TEAM CAMP AT EVERGREEN SPORTS PLEX. 7:30AM-9:30AM LIFTING NOON-2PM	10 EVERGREEN TEAM CAMP AT EVERGREEN SPORTS PLEX. 7:30AM-9:30AM LIFTING NOON-2PM	11 EVERGREEN TEAM CAMP AT EVERGREEN SPORTS PLEX. 7:30AM-9:30AM LIFTING NOON-2PM - TBD	12 LIFTING 9AM-NOON	13
14	15 LIFTING 9AM-NOON	16 LIFTING 9AM-NOON	17 LIFTING 9AM-NOON	18 LIFTING 9AM-NOON	19 LIFTING 9AM-NOON	20
21	22 LIFTING 9AM-NOON	23 LIFTING 9AM-NOON	24 LIFTING 9AM-NOON FALL FOOTBALL TESTING	25 LIFTING 9AM-NOON FALL FOOTBALL TESTING	26 LIFTING 9AM-NOON FALL FOOTBALL TESTING	27
28	29 OFF-	30 OFF	31 OFF	NOTES-1ST DAY OF FALL SPORTS IS MONDAY, AUGUST 5TH.		

◀ July

August 2019

September ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 OFF	2 OFF	3 OFF
4	5 1 ST DAY OF TWO A DAYS 9AM-11AM 1PM-3PM	6 PRACTICE 9AM-11AM 1PM-3PM	7 PRACTICE 9AM-11AM 1PM-3PM	8 PRACTICE 9AM-11AM 1PM-3PM	9 PRACTICE 9AM-11AM 1PM-3PM	10 BLUE AND GREY SCRIMMAGE 9AM-11AM CARD SALES FUNDRAISER NOON-4PM
11	12 PRACTICE 9AM-11AM 1PM-3PM	13 PRACTICE 9AM-11AM 1PM-3PM	14 PRACTICE 4PM-7PM	15 SCRIMMAGE @BROOKEPOINT VS. BROOKEPOINTE AND PATRIOT	16 FILMLIFT	17 PRACTICE 9AM- NOON
18	19 PRACTICE 4PM-7PM	20 SCRIMMAGE VS. TUSCARORA	21 PRACTICE 4:15PM-6:30PM BACK TO SCHOOL NIGHT AT RVHS	22 PRACTICE 4:15PM-7PM	23 PRACTICE 4:15PM-7PM	24 OFF
25	26 WEEK 1 PRACTICE 4:15-7PM	27 PRACTICE 4:15-7PM	28 PRACTICE 4:15-7PM	29 PRACTICE 4:15-7PM	30 HOME VS. HERITAGE	31 FILMLIFT

RIVERSIDE FOOTBALL

Head Coach: Brian Day

(C) 703-973-1132

brian.day@lcpss.org

This will be Coach Day's fifth year as head football coach. In the past seventeen years Coach Day has been fortunate to win two AAA Division 6 State Championships, 3 Northern Region Titles and six Concorde District Titles. We have put together a comprehensive football program that will allow the students-athletes develop as players and as young people. Our work ethic will help determine our outcome. Our goals will determine our daily actions and our daily actions will determine our outcomes.

Eligibility-

You must take at least 5 credit classes regardless of what may be needed to graduate. You must also have passed 5 credit classes from the previous semester in order to be eligible.

FOOTBALL RULES AND REGULATIONS

1. All of the rules and punishments set forth by Loudoun County Public Schools concerning substance abuse, violence, and school attendance policies will be followed.
2. Missed practices excused or unexcused will require make-up conditioning at a time set by the coaching staff.
3. The coaching staff reserves the right to discipline any player for actions or attitudes which hurt the morale of the team or school and do not adhere to the philosophy of the program.



MOST COMMONLY ASKED QUESTIONS

- 1. What forms do I need to turn in to play football?**

All athletes must turn in a Virginia High School League physical form completed by a doctor dated after May 1, 2019. These forms are available on line at www.riversiderams.net. Each player must also turn in the completed online forms such as Emergency Care Card and concussion education form. All players must also turn in a Player Information Sheet which can be found as the cover page of the football packet. This page also requires the signatures of the player and a parent to insure that the football packet has been read and understood. All forms are due **BEFORE** August 5th and no equipment will be issued without them.
- 2. What equipment do I need to buy?**

All equipment is provided by the school except athletic shoes and a five pad girdle. Please buy shoes that our eith royal blue, white, grey or red.
- 3. When is practice?**

Practice begins on Monday, August 5th. The practices begin at 8:00 a.m. and will end about 11:00 a.m. Players will be required to stay at school, eat lunch, and then practice in the afternoon until about 3:30 p.m. We will not allow players to leave for lunch. During the school year practice begins at 4:15p.m. and will end by 7:00 p.m.
- 4. Will it hurt my chances if I go away for vacation and miss practice?**

Football is a highly competitive sport that requires a great deal of conditioning, learning, and dedication. Missing practice could have a negative effect on playing time.
- 5. What is the policy concerning playing time?**

Playing time is based on player performance in practice and games, attitude, following team policies, and game situations. There is no guarantee of playing time.
- 6. What should I do to get ready to play high school football?**

High school football in Northern Virginia is highly competitive and requires players to be in the best physical condition that they can. Starting June 17th we will start our camps and summer lifting program. Playing other sports during the summer is also encouraged.
- 7. How will I get my equipment and a helmet to use for camp?**

Equipment will be handed out as needed. All players will need a helmet, and shoulder pads for summer camps. Coach Day will announce the days equipment will be handed out.



9th Grade Reminders

- 1. Player Information Sheet signed by both player and parent can be sent to:**
Brian Day or dropped off at either the Main Office or the Activities Office.
- 2. In order to get equipment, Coach Day must have the 4 page physical form completed, an emergency care card completed, and the player information sheet. The physical form, emergency care card, and player information sheet are all found in the packet.**
- 3. All rising 9th graders are encouraged to attend the Evergreen 7on7 league, and summer camps that are listed in the packet. The registration forms and camp information can be found in the packet. The camp is a non – contact, helmet/shoulder pads only camp.**
- 4. All rising 9th graders are welcome and encouraged to attend the weight room throughout the summer. Hours are 9am-noon Monday-Friday. A coach will be in the weight room at all times to supervise and instruct.**
- 5. Fall testing for everyone is July24th-July 26th at 9:00am. The testing will consist of bench press, squat, 40 yd. Dash, 2 – 300 yd. Shuttle runs and height and weight.**



PARENT EXPECTATIONS

- 1. Football parents are expected to volunteer at least once during the fall season to help our boosters with the concession stand.**
- 2. Parents are expected to be a role model for our community in the stands at all times. You also represent our football program and people are watching you.**
- 3. If there is an issue parents are expected to communicate directly with Coach Day via email brian.day@lcps.org or by phone at (703) 973-1132.**
- 4. If you want to discuss your player you will set up a meeting with Coach Day that is mutually beneficial to both parties. I will always ask your player to be present in any meeting that you request.**
- 5. Communicate well in advance of a player needing to miss a practice or game. Make up conditioning will be required to be made up for missed time.**
- 6. Be great ambassadors of the football program, our booster club and our school.**
- 7. Parents play a large role in our success and we want your partnership in building the program.**



END OF SEASON AWARDS

At the end of each season our coaches will decide who is worthy of a nomination for any All-District, Region or State Honors. All players will not be nominated. This is for an elite group who have shown many different qualities through out the season and then voted on by District Coaches. Each Head Coach CAN NOT vote for any of their players. If a player is selected 1st Team All-District, then that player will move on to the next round of voting by coaches. Again, the same rules apply that the players' coach CAN NOT vote for their player.

To be nominated players should have shown excellence on and off the field. Coaches look at all of their players and decide who has the best chance of getting a nomination based on certain performance statistics in comparison versus other district teams, the players character on/off the field, the players leadership in the off0season and in-season. The ultimate factor is what was produced on the practice field and game field.

Other awards from newspapers, media companies, etc. have nothing to do with our football program and are voted on by those running their media platform.

TEAM AWARDS

At the end of the season we will give out our RAM Leadership Award. This is the most coveted award in our program and is voted on by our players and coaches. Each year is different and the number of awards we award will vary. Players and coaches vote on players in the program they feel best represented our program and its values. Words we use to describe this award is Leadership, Excellence, Selflessness, Work Ethic, and Character.

RECRUITING

With the help of each family and the school counselor, the football coach can work together to see what options are available to a prospective student-athlete that will best fit his needs. An athlete must submit his paperwork for the NCAA clearinghouse to ascertain eligibility. Once those requirements are met then a student-athlete can look closer at the institutes he may be interested in attending.

If an athlete is Division I or Division II caliber, these level institutions will usually make contact during the junior year and maintain contact for the remainder of the athletes' high school career. An athlete should visit all of the institutions they are interested in to help make an informed decision. If an athlete is not a scholarship athlete and has the ability and motivation to continue playing there are Division III options as well.

An athletes' potential and ability will be evaluated by the institutions staff and they will determine if an invitation is forthcoming. The high school coach will help facilitate communications between a university and the prospective student-athletes with college potential. The high school coach cannot guarantee a scholarship or even an invitation to attend a university. This decision is made solely by the university's staff. It will be the desire of the high school coach to help find an appropriate placement for an athlete that wants to continue pursuing a career.



**REQUIRED FORMS FOR
PARTICIPATION IN LCPS ATHLETICS
FOR 2018-2019**

**REQUIRED FORMS CAN BE FOUND
ON RIVERSIDERAMS.NET. ALL FORMS
WILL BE TURNED IN ONLINE ACCEPT
THE ATHLETIC PHYSICAL DATED
AFTER MAY 1ST, 2019.**

**DO NOT COMPLETE ANY FORMS
UNTIL AFTER MAY 1ST 2019.**

**[https://riversiderams.net/main/other
ad/contentID/35765096](https://riversiderams.net/main/otherad/contentID/35765096)**



RIVERSIDE FOOTBALL SOCIAL MEDIA

FOLLOW US ON:

Twitter: @RiversideRamsFB
@RVHS_FreshmanFB
@RVHSRamsSports

Facebook: The Official Riverside Football Page

Instagram: @BDAY1120
@RIVERSIDE_FB

REGISTER AT RIVERSIDERAMS.NET FOR A FAN ACCOUNT FOR
ALL TEAM NEWS, COACHES INFORMATION, SCHEDULE
CHANGES, EMAIL ALERTS, AND FORMS!

LCPS SPORTS PHYSICAL NIGHTS
<https://webinter.lcps.org/spar/StudentRegistration.aspx>

USE THE ABOVE LINK TO CHECK DATES AND SCHEDULE YOUR
APPOINTMENT.



WHAT IS A RIVERSIDE RAM FOOTBALL PLAYER

I am a RIVERSIDE RAM Football player. This privilege comes with a great deal of responsibility and I am ready to accept this challenge.

IN MY CLASSES I WILL....

Do my homework

Prepare for test and projects

Respect and work with my classmates and teachers

Have excellent attendance

Have a positive effect on every class I am in

DURING THE SCHOOL DAY I WILL....

Follow school policies

Treat all students and school personnel with respect

Set an example of how a student should act

Be involved in some activity that helps the school

IN THE COMMUNITY I WILL....

Represent my school and team with class

Refrain from situations which will tarnish our school or team

Contribute by getting involved with civic projects

IN FOOTBALL I WILL....

Do what is best for our team not me as an individual

Take care of my teammates

Play both in practice and in games to the best of my ability

Out work our opponents both in and out of season

Communicate with my coaches

Not make excuses

Become part of the proud tradition of the best football program in the state

I WILL DO THESE THINGS BECAUSE....

I AM A RIVERSIDE RAM FOOTBALL PLAYER



RIVERSIDE FOOTBALL

WHAT I SHOULD BE DOING IF I AM A RISING 10TH, 11TH

JANUARY

1. Participate in the lifting program
2. Participate in playing or cheering on our winter sports.
3. Getting extra help with teachers after school.

FEBRUARY

1. Set appointment to meet with Coach Day to go over your semester grades and goals.
2. Participate in the lifting program
3. Participate in playing or cheering on our winter sports.
4. Getting extra help with teachers after school.

MARCH

1. Participate in the lifting program
2. Participate in playing or cheering on our spring sports.
3. Getting extra help with teachers after school

APRIL

1. Participate in the running and lifting program after school as well as the TEAM CHALLENGES.
2. Participate in playing or cheering on our spring sports.
3. Getting extra help with teachers after school.
4. Signup for the EVERGREEN 7on7 LEAGUE

MAY

1. Make appointment for physical (Must be done on or after MAY 1st)
2. Make sure Coach Day has all paper work that is required
4. Participate in the running and lifting programs after school as well as the TEAM CHALLENGES.

JUNE

1. Attend passing camp at CLYFL PASSING CAMP June 17th-20th
2. Start summer weight program on June 17th
3. Sign up and attend CLYFL TEAM THUD CAMP June 24th-27th
4. Participate in the Passing Tournament

JULY

1. Continue conditioning program
2. Make sure all paperwork is done and equipment has been picked up.
3. Attend EVERGREEN TEAM camp on July 8th -11th.

AUGUST

1. Begin practice on Monday, August 5th at 8:00 a.m.
4. **FOCUS ON WINNING A CHAMPIONSHIP!!**



RIVERSIDE FOOTBALL CONDITIONING PROGRAM

The Football Coaches believe that speed, agility, quickness, strength, and flexibility are assets which help us to be a successful football program. The coaching staff has put together a workout that fulfills all these assets while building team unity and mental toughness. This workout program began on December 17th, 2018 and will continue until August 5th. The weight room will be open Monday-Friday during the summer. A running program will be made available for players as part of our summer training.

Athletes that are competing in another sport in the spring for the high school they will be given credit for each running workout that is held during their season and for one of the 2 weight workouts, but when they are finished competing they need to start with our workout.

Any athlete that is involved in a conditioning program such as TRUE AP,EP, Velocity will be given credit if their attendance is given to Coach Day by their instructor. Also if a player is attending either passing camp or lineman camp they will be given credit.

If an athlete is leaving town over the summer they can pre- arrange a workout with the coaches to be signed off by their parents.

This program is for all rising 10th, 11th, and 12th graders. It is not required for rising 9th graders, but they are welcome to attend all workouts throughout the summer.



2019 RIVERSIDE FOOTBALL LETTERING REQUIREMENTS

PLAYER MUST EARN 100 OF 160 POINTS AND COMPLETE THE SEASON IN GOOD STANDING – TRANSFERS – 50% OF POINTS APPLICABLE.

Score	Possible Points	
_____	10	A. 5 points – each team challenge participated in.
_____	20	B. Strength Improvement – Winter until Fall Testing Bench Press - +40 = 6 pts. +60 = 10 pts. Squat - +60 = 6 pts. +85 = 10 pts.
_____	20	C. Finishing conditioning program on time; 20pts. Finishing by August 5; 10pts.
_____	20	D. Weightlifting Awards (Amounts are bases on body weight) 10 points – IRON RAM 1 – 2x body weight + 150 15 points – IRON RAM 2– 2x body weight + 200 20 points – IRON RAM 3 – 2x body weight +250
_____	6	E. 3 points – May, August Testing
_____	5	F. Get equipment before July 1 with all paperwork turned in
_____	9	G. Attend team camp, passing camp, lineman camp
_____	5	H. Pass 300 test at fall testing RB, WR, DB, QB = 117 seconds DL, LB, TE = 122 seconds OL = 127 seconds
_____	10	I. 1 point – each \$25 credited in football fundraiser -max 10pts
_____	10	J. Honor Roll – 2 points each quarter.- 2 nd , 3 rd , 4 th , 1 st , all
_____	40	K. 1 point each varsity quarter played (games only)
_____	5	M. 5 points – no team rule violations/school suspensions/ unexcused practices (coach had no <u>prior</u> notice) (2 point deduction – each occurrence)

NAME _____
 VERIFIED _____



COMPETITOR'S CREED

“It is not the critic who counts, not the man who points out how the strong man stumbled or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes up short again and again; who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; who at best knows in the end of the triumph of high achievements; and who at the worst, if he fails, at least fails while daring greatly; so that his place shall never be with those cold and timid souls who know neither defeat nor victory.”

**Theodore Roosevelt
April 10th, 1899**



What My Parents Made Me Do When I Wanted to Quit the Team

When I was a freshman in high school, my basketball team was small. In fact, it was so small that we didn't have a freshmen or JV team. My coach was tough. He had high expectations and conducted physically and mentally demanding practices. I suited varsity, but only got in the last-minute or two (if we were winning by enough). Essentially, I only had the opportunity to play in practice. However, I battled, knowing that next year could be my year.



The beginning of my sophomore year was different. It was a huge disappointment for me. I still found myself sitting on the bench, going in the last-minute or so when

my team was up big. The basketball season is a grind, and I don't care what anybody says, winter sports (basketball and wrestling) are the most challenging. The weather is cold, it gets dark at 4:30, it's long, there are 3-4 games a week at times... it's exhausting. The weak will not survive, and at that time, I was weak. I begged my parents to let me quit the team.

They didn't say no, but they gave me a condition. I could quit, IF I approached my coach and asked him about my role, and what I could do to get better.

Approach Coach P? To me, this was an absolute nightmare. I didn't sleep that night. The entire school day, I didn't hear a single word my teachers said, because I was so focused on how and when I would approach him. I decided in math class that I would do it after practice that night.

Practice flew by. It always seems like when you are dreading something, time races to the moment. I took my practice shoes off, put on my sweats, and walked across the gym to what felt like my execution.

Coach was sitting in his office, already creating a scouting report for the next game. I asked if I could talk to him, and as soon as I sat down, I started sobbing. I was thinking, "OHMYGOD OHMYGOD EMMA STOP CRYING," but I couldn't. My disappointment and self-doubt all exploded into a disastrous ball of emotion. So here I was, bawling in front of the man I feared most in this cold dark world... and I mean bawling, and do you know what he did? Coach gave me a huge hug.

He let me talk (at least through my sobs), and then he let me listen. He was honest. He told me that I wasn't ready. I was too weak to be on the floor when it mattered the most, I didn't work hard enough in the offseason, but he told me that I had potential, and asked me to stick with it.

I am honestly crying as I write this, thinking about how grateful I am for that moment with him, and for the guidance from my parents. I finished the season, despite a lack of playing time, and worked hard that summer. The next year, I played in every single game. I was awarded Honorable Mention All-Conference, and our team made it to the substate regional final, where I had 15 rebounds against IKM-Manning.

The following year, I was a senior captain and starter. After the best athletic season I have ever participated in, my team made it to the first state tournament since the 1960s. I was again an All-Conference selection, and was invited to play at the Iowa All-Star Basketball game in Cedar Rapids. My senior year laid the foundation for a 2010 team that would win its first state title.

What would have happened if my parents sent Coach P an email demanding to know why I wasn't playing? What would have happened if they let me quit without having a

conversation with him? **My parents have taught me more things than I could ever count, but one of the most important things was to fight my own battles, and never give up.**

They could have badmouthed my coach in the stands, wrote terrible things about him on social media, or encouraged me to quit. I know this because as a coach, I get a lot of this every single season. I have even had parents take a picture of me, and post it on Facebook with some very nasty comments. I have also had to ask my parents to escort me out of one of my games, because I had parents waiting to confront me in the lobby. However, my parents didn't make this about themselves: they made it about the relationship between my coach and me.

To this day, Coach P has been one of the most impacting people in my life. Finding the courage to approach him, and having the ability to trust his honesty led me down one of the greatest paths in high school. Now as a high school coach myself, basketball continues to be one of the biggest pieces of my life.

I urge all parents to encourage your children to fight their own battles. Have your kids come talk to me, but also make sure they are open to my honesty. I am not going to tell your child she deserves to play if she doesn't. Coach P did not lie to me. He told me I wasn't good enough to play yet, and I accepted that. In fact, I felt that he respected me enough to be honest with me. It motivated me, and I worked harder, until it paid off.

This post originally appeared on [Becoming Bireline](#)

Photo credit: K.M. Klemencic

Related:

[Playing Sports in College: How to Help Your Athletic Kid](#)

[Why Parents Should Push Their Kids to Play Team Sports](#)

[Trendy Gift Ideas for the Holidays: Your Kids Will Love These!](#)

Emma Bireline is 27 years old and teaches high school English and language arts at Atlantic High School, in Atlantic, IA. She is the head varsity volleyball coach, and assistant basketball coach for the Atlantic Trojans.

FUEL FOR IMPACT:

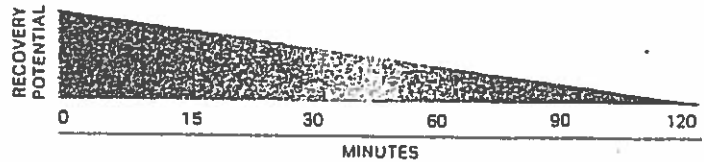
MAXIMIZE YOUR EFFORTS

POST-WORKOUT

THE SOONER YOU GET YOUR POST-WORKOUT NUTRITION, THE QUICKER YOU'LL RECOVER.



WINDOW OF OPPORTUNITY FOR NUTRITION RECOVERY



WITHIN 10 MINUTES OF TRAINING

1

REFUEL WITH CARBS.

The more intense the training, the more carbohydrates you need.

2

REBUILD WITH PROTEIN.

Body weight determines protein needs post-workout.

3

REHYDRATE WITH FLUID.

Drink 20 to 40 ounces of fluid for each pound lost during training.

WHAT YOU NEED TO RECOVER

BODY WEIGHT(lbs.)	PROTEIN (g)	CARBS (g)
120-150	15-20	30-40
151-180	20-25	40-50
181-215	25-30	50-60
216-250	30-35	60-70
251-300	35-40	70-80
301-330	40-45	80-90

RECOVERY NUTRITION OPTIONS

Whether you exercise in the morning, afternoon, or evening, make sure your performance nutrition strategy matches your goals. The right blend of nutrients will help you get the most out of your training, boost your energy levels to keep you sharp, and support your body's recovery process. Eating the right ratio of carbohydrates and protein after workouts repairs muscle, speeds recovery, and re-energizes the brain and body. And don't forget to replace lost fluids and electrolytes. Here are a few good options for post-workout snacks.

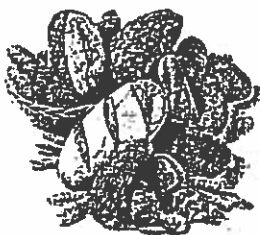
- + Recovery shake made with 100% whey protein isolate
- + Greek yogurt with fruit or honey
- + 20-ounce chocolate milk
- + 1 cup of oatmeal with milk and almonds
- + 1/2 peanut butter and jelly sandwich on whole-grain bread
- + 1 sourdough English muffin, 2 hard-boiled eggs, 1/4 avocado, and sliced tomato
- + 1 cup of Greek yogurt, whole-grain cereal, and berries
- + Whey or vegan protein blended with frozen fruit or Greek yogurt
- + Scrambled eggs with whole-wheat toast and 6 ounces of juice

NUTRITION FOR... HIGH SCHOOL ATHLETES

SET YOURSELF UP FOR A SUCCESSFUL PERFORMANCE IN YOUR SPORT BY FOCUSING ON YOUR PLATE. NUTRITION PLAYS AN ESSENTIAL ROLE IN HIGH SCHOOL ATHLETICS. CONSIDER THE FOLLOWING:

HOW BROWN ARE YOUR CARBS?

LOW-GLYCEMIC OR COMPLEX CARBOHYDRATES PROVIDE OPTIMAL FUEL AND NUTRIENTS THAT ARE ESSENTIAL FOR ATHLETIC PERFORMANCE AND GENERAL HEALTH.



EXPERT TIP

CHOOSE WHOLE GRAINS, SUCH AS BROWN RICE, QUINOA, STEEL-CUT OATS, WHOLE WHEAT BREAD AND PASTA

HOW COLORFUL IS YOUR PLATE?

FRUITS AND VEGETABLES CONTAIN CALCIUM, POTASSIUM, VITAMIN K, AND MAGENSIUM, AS WELL AS PHYTOCHEMICALS AND OTHER ESSENTIAL MICRONUTRIENTS THAT SUPPORT PERFORMANCE AND IMPROVE THE BODY'S FUNCTION.



EXPERT TIP

ADD 1 - 2 SERVINGS OF FRUITS AND VEGETABLES TO EACH MEAL AND SNACK

HOW LEAN IS YOUR PROTEIN?

LEAN PROTEINS HELP STRENGTHEN, REPAIR AND REBUILD CELLS AND TISSUES, THUS SUPPORTING A STRONG AND HEALTHY BODY.

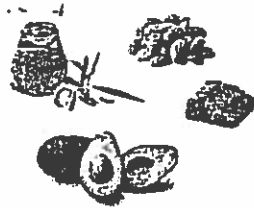


EXPERT TIP

CHOOSE LEAN PROTEINS, SUCH AS CHICKEN, TURKEY, FISH, EGGS, BEANS, LENTILS & LEAN BEEF

HOW HEALTHY IS YOUR FAT?

SATURATED AND TRANS-FATS (SUCH AS FRIED FOODS, CHIPS, PASTRIES, AND FATTY CUTS OF MEAT) PROMOTE INFLAMMATION, RESULTING IN JOINT STIFFNESS AND MUSCLE SORENESS. POLY- AND MONO-UNSATURATED FATS DECREASE INFLAMMATION, SUPPORT BRAIN FUNCTION AND PROVIDE THE BODY WITH PROTECTION.



EXPERT TIP

CHOOSE HEALTHY FATS, SUCH AS ALMONDS, WALNUTS, PUMPKIN SEEDS, FLAX SEED, AVOCADO, OLIVE OIL, FISH & FISH OIL SUPPLEMENTS

ARE YOU DRINKING ENOUGH WATER?

PROPER HYDRATION WITH WATER MAINTAINS STRENGTH AND INTEGRITY OF TISSUES, JOINTS, MUSCLES, BONES AND TENDONS AND IMPROVES DAILY PERFORMANCE.



EXPERT TIP

DRINK HALF OF YOUR BODY WEIGHT (IN LBS) IN OUNCES OF WATER EACH DAY

HOW GOOD IS YOUR TIMING?

PROPER TIMING OF MEALS AND SNACKS ENSURES THE BODY GETS ALL THE RIGHT NUTRIENTS AT THE RIGHT TIMES TO SUPPORT PERFORMANCE. START THE DAY OFF WITH A WELL-BALANCED BREAKFAST.



EXPERT TIP

EAT SOMETHING EVERY 3 - 4 HOURS. INCLUDE HEALTHY SNACKS BETWEEN MEALS

FOR MORE NUTRITION INFORMATION CONTACT INOVA sports performance powered by EXOS

Performance Dietitian; Julia Bell MS, RD, LDN; Jbell@teamexos.com

RIVERSIDE FOOTBALL

Apple Pie Smoothie

6oz. Almond Milk
3oz. 100%Apple Juice
1 Cup Frozen Apples
1 Scoop Vanilla Protein Powder
1 Teaspoon Cinnamon
5 Ice Cubes
295 calories
24g Protein
48g Carbohydrate
3g Fat

Strawberry Vanilla Smoothie

1 cup Almond Milk
1 cup Frozen Strawberries
1 Tablespoon Coconut Oil
1 Scoop Vanilla Protein Powder
315 Calories
24g Protein
19g Carbohydrate
16g Fat

Raspberry Vanilla Smoothie

1 Cup Almond Milk
½ Frozen Raspberries
1 Tablespoon Coconut Oil
1 Scoop Vanilla Protein Powder
300 Calories
24g Protein
15g Carbohydrate
16g Fat

Chocolate Strawberry Smoothie

1 Cup Almond Milk
1 Cup Frozen Strawberries
1 Tablespoon Coconut Oil
1 Scoop Chocolate Protein Powder
1 Teaspoon Cinnamon
315 Calories
24g Protein
19g Carbohydrate
16g Fat

Blueberry Vanilla Smoothie

1 Cup Almond Milk
½ cup Frozen Blueberries
1 Tablespoon Coconut Oil
1 Teaspoon Cinnamon
300 Calories
24g Protein
15g Carbohydrate
16g Fat

Mixed Berry Smoothie

4oz. Water
5 Ice Cubes
½ Banana
½ Frozen Berries
1 Scoop Vanilla Protein Powder
1 Tablespoon Chia Seeds
275 Calories
25g Protein
26g Carbohydrate
8g Fat

Chocolate Raspberry Smoothie

1 Cup Almond Milk
½ Cup Frozen Raspberries
1 Tablespoon Coconut Oil
1 Scoop Vanilla Protein Powder
1 Teaspoon Cinnamon
300 Calories
24g Protein
15g Carbohydrate
16g Fat

Strawberry Banana Smoothie

1 Cup Almond Milk
1 Banana
½ Cup Orange Juice
1 Cup Strawberries
1 Scoop Vanilla Protein Powder
5 Ice Cubes
1 Tablespoon Chia Seeds
390 Calories
29g Protein
50g Carbohydrate
8g Fat





USOC
SPORTS NUTRITION

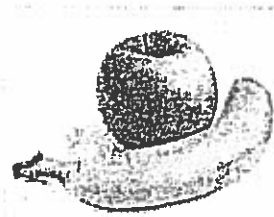
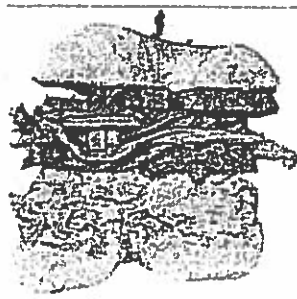
WEIGHT GAIN FACTSHEET

THE UNITED STATES OLYMPIC COMMITTEE

Weight Gain in Sport

An athlete's desire to gain weight, usually in the form of lean muscle mass, should be rooted in achieving ideal body composition for performance. Increasing muscle tissue requires a combination of nutrition strategies, appropriate stimulus on the muscle tissue in the form of weight training, and sleep.

When significant changes in body composition are made, it is favorable to make changes in the off / pre-season since the demands of competition and travel will make consistent body composition changes more difficult to achieve.



Getting Started

1. **Consult a sport dietitian** to assist you with an individual plan to meet your goals and maximize performance.
2. **Get a baseline assessment** to determine current weight and body composition and to set appropriate goals.
3. **Anabolic preparation** by beginning training sessions well fueled to maximize the anabolic stimulus on muscles during training.
4. **Recovery** is a key element for muscle growth. Prioritize a recovery nutrition snack or meal immediately post-training as well as a bedtime snack.
5. **Increase daily calorie intake** in order to create new muscle tissue by adding in 1-2 snacks OR increasing portion sizes at meal times. Additional calories should come from all nutrients, not just protein.
6. **Choose quality calories** in the form of whole grains, fruit, dairy, veggies, lean animal protein, oily fish, and healthy fats to ensure nutrients are available for muscle growth in addition to training and daily physiological functioning.
7. **Monitor progress** and track your weight on a weekly to bi-weekly basis and have body composition reassessed every 4-6 weeks to ensure weight gain is primarily muscle.



Tips for Achieving Weight Gain Goals

Increase protein & leucine – ensure foods containing the amino acid leucine (meat, fish, poultry, dairy & legumes) are spread evenly through the day, at meals AND snacks, not all at one time, to aid in the growth of new tissue.

Eat frequently – aim to eat every 2-3 hours to help increase calorie intake.

Consistency is key – as with training, practice consistency with these tips Monday – Sunday.

Focus on food – aim to increase calories first with food and supplements as a secondary option.

Consult a sport dietitian to help identify an appropriate weight gain supplement if needed.

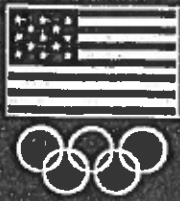
Plan ahead – outline meals and snacks for the week. Shop at least once per week to have extra calories readily available.

Eat a bed time snack – include a source of protein (cereal + milk, smoothie, cheese + crackers).

Ideas for adding in extra “quality” calories

- 1 slice or 1 oz cheddar cheese = 100 kcals
(add to salads, sandwiches, wraps, eggs, and dips)
- ½ avocado = 150 kcals
(add to sandwiches, smoothies, and salads)
- 4 Tbsp. hummus + 10 baby carrots = 200 kcals
- Whole wheat bun (200 kcals) or bagel (250 kcals)
(use instead of bread for sandwiches)
- ½ cup dried fruit = 200 kcals
(add to cereal, yogurt, ice cream, and salads)
- 1 cup whole milk (150) + ½ cup oatmeal (dry 150) = 300 kcals
- 1 cup 4% fat cottage cheese (220) + 1 cup pineapple = 300 kcals
- ½ cup granola (200) + 5.3 oz. low-fat Greek yogurt = 350 kcals
- Cook vegetables and meat in 1-3 Tbsp. olive oil = 120-360 kcals
- 1 medium apple (100) + 3 Tbsp. almond butter = 400 kcals
- ½ cup pistachios, almonds, walnuts, sunflower seeds = 350-400 kcals
- 2 Tbsp. peanut butter + whole wheat bagel + 1 Tbsp. honey = 500 kcals
- 4 Tbsp. almond butter + banana = 500 calories
- Smoothie: 8 oz milk (80) + 3 dates (200) + 1 Tbsp. almond butter (100) + 1 banana (100) = 460 kcals
- Smoothie: 6 oz whole milk (115) + 8 oz. low-fat Greek yogurt (230) + ½ avocado (150) + 1 cup frozen berries (70) = 565 kcals
- Smoothie: 8 oz chocolate milk (2%) (120) + 2 Tbsp. peanut butter + 8 oz. low-fat Greek yogurt (230) + 1 banana = 650 kcals

Athlete Recommendations:



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TRAVEL NUTRITION FACTSHEET

THE UNITED STATES OLYMPIC COMMITTEE

Planning for Travel

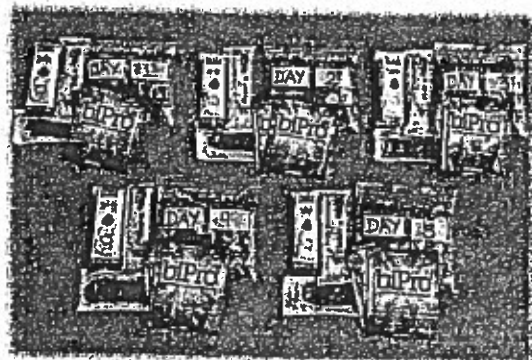
Coping effectively with travel takes preparation and planning. How much you need to prepare and take with you will depend on a number of factors including where and how far you are traveling. Consider the following strategies to help develop a travel nutrition plan:

Before Leaving:

- Familiarize yourself with the flight itinerary, flight time, and meals served on board
- Identify training and competition environment (humidity, temperature, elevation)
- Identify food availability (regional foods, supermarkets), and food safety concerns (water and food contamination)
- Pack a food bag to supplement destination food – prioritize nutrients less available, pack 1-2 water bottles, sport foods
- Consume foods rich in probiotics at least 2 weeks before leaving to increase immunity (e.g. yogurt, kefir)
- Bring eye mask, ear plugs, compression garments, hand sanitizer and plane snacks

KEY POINTS

- Planning and preparation is the key to success when traveling
- Jet lag and long flights can compromise performance. Stay on top of nutrition needs by keeping well-hydrated and eating properly



During Travel:

- Maintain optimal hydration by drinking small amounts of fluid regularly. Choose water or milk. Add electrolytes to help ensure optimal absorption of water (do not limit fluid intake to prevent using the restroom!)
- Bring entertainment to prevent eating from boredom, plan meal/snack times to avoid continuous eating, walk around, stretch

At Destination:

- Aim to eat as similarly as you do at home – bring snacks for between meals, eat on new time zone, choose sensibly at buffets
- Alter meal and snack size according to changes in training volume



Travel and Training Meals and Snacks

Carbohydrate Sources

- Pre-cooked or instant rice, noodles, couscous, quinoa, or pre-cooked lentils
- Instant oatmeal, cream of wheat
- Granola, muesli (higher fiber options)
- Shelf-stable bread
- Instant mashed potatoes
- Granola bars, sports bars, fig bars
- Snack crackers (graham, rice cakes, wheat)
- Fruit snacks (dried, dehydrated, leathers)
- Instant soup mixes
- Instant breakfast or meal replacement powder
- Dried veggies (peas, beans)
- Pureed fruit and veggie packets
- Powdered sports drink, gels, gummies

Protein Sources

- Tuna, salmon, chicken packets
- Tofu (shelf stable)
- Mountain meals
- Jerky (turkey, beef, bison, lamb, salmon)
- Edamame, chickpea packets
- Peanut or almond butter
- Dried hummus mix
- Nuts and seeds
- Non-fat dry milk
- Recovery drink mix
- Protein powder (whey, soy) – NSF certified
- Protein bars

**Note: some foods require equipment to prepare (e.g. hot pot, electric kettle) or spices/seasonings*

Traveling internationally?

- Check flight arrival and departure times as well as layovers in order to plan when you will eat
- Order any special meals on flight (e.g. vegetarian, low-sodium) at least 48 hours in advance
- Check arrival country customs regulations for foods that can be transported into the country
- Familiarize yourself with food safety for the destination country
- Take nutritious snacks on board and don't be shy in asking for extra snacks and water
- Consider taking a probiotic 2 weeks prior to departure to support immune function – consult a dietitian for recommendations

Precautions when traveling:

High risk areas like Asia, South America, the Middle East, and Eastern Europe

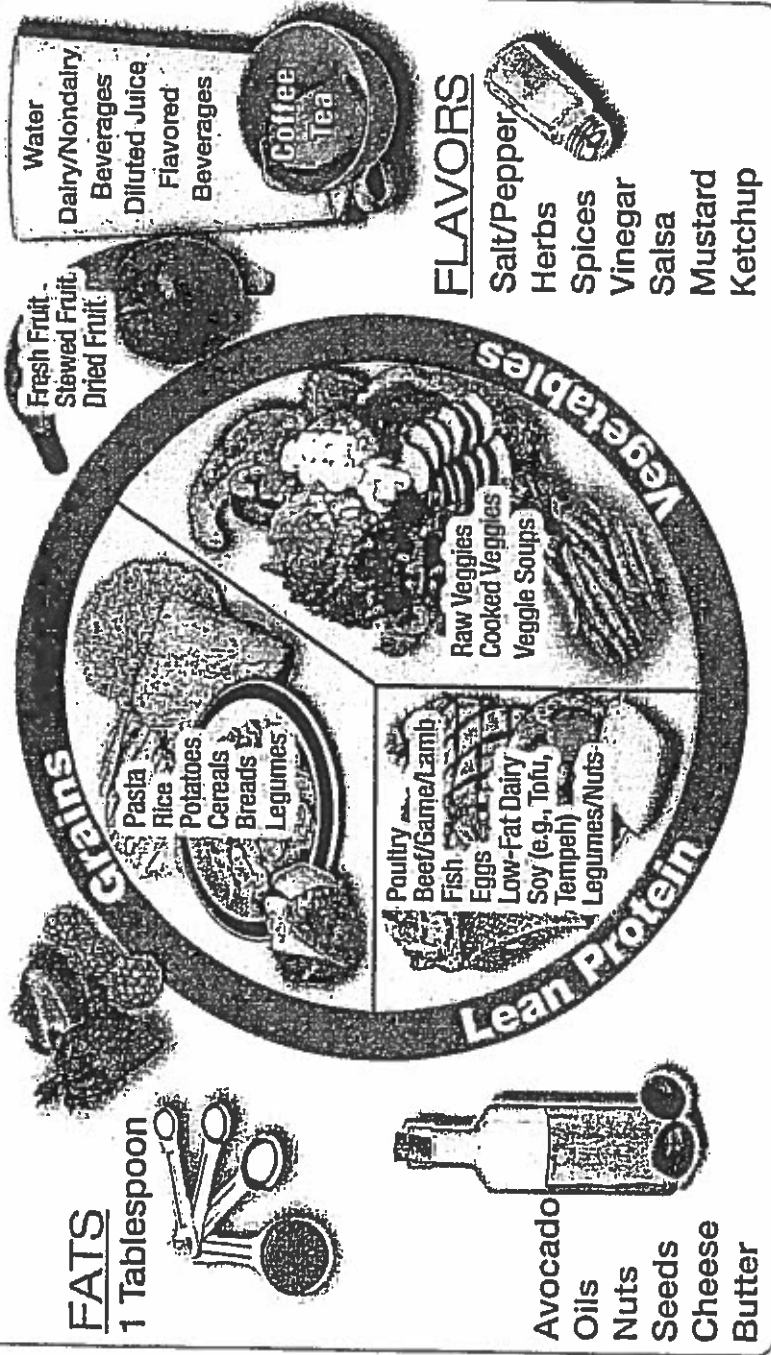
- *Drink bottled, boiled, or carbonated beverages*
- *Avoid ice cubes & juices diluted with tap water*
- *Avoid brushing teeth & washing dishes with tap water*
- *Make sure food is fully cooked and served hot*
- *Ensure dairy products have been pasteurized & are served cold*
- *Avoid raw foods like sushi*
- *Do not eat or drink items from street vendors*
- *Avoid raw fruit and salad / veggies unless you can peel them*
- *Reduce your meat and chicken intake if in China or Mexico (potential clenbuterol contamination)*

Athlete Recommendations:



ATHLETE'S PLATE

MODERATE TRAINING:



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.
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ATHLETE'S PLATE

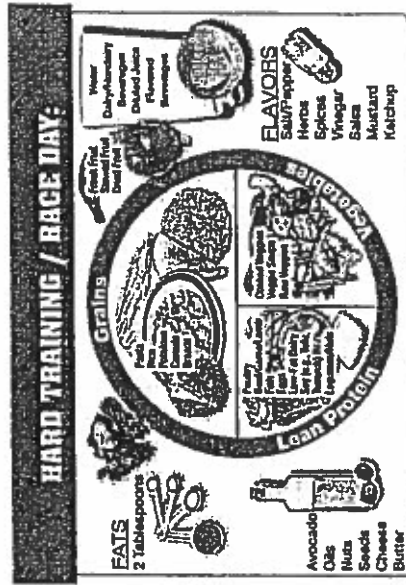
Training volume and intensity vary from day to day and week to week along your training/competition plan. Eating your meals and fueling your workout or race should also be cycled according to how hard or easy it is. Consult with your sport dietitian to put the Athlete's Plate into practice!

The Athlete's Plates are tools for you to better adjust your eating to the physical demands of your sport!

EASY An easy day may contain just an easy workout or tapering without the need to load up for competition with energy and nutrients. Easy day meals may also apply to athletes trying to lose weight and athletes in sports requiring less energy (calories) due to the nature of their sport.

MODERATE A moderate day may be one where you train twice but focus on technical skill in one workout and on endurance in the other. The moderate day should be your baseline from where you adjust your plate down (easy) or up (hard/race).

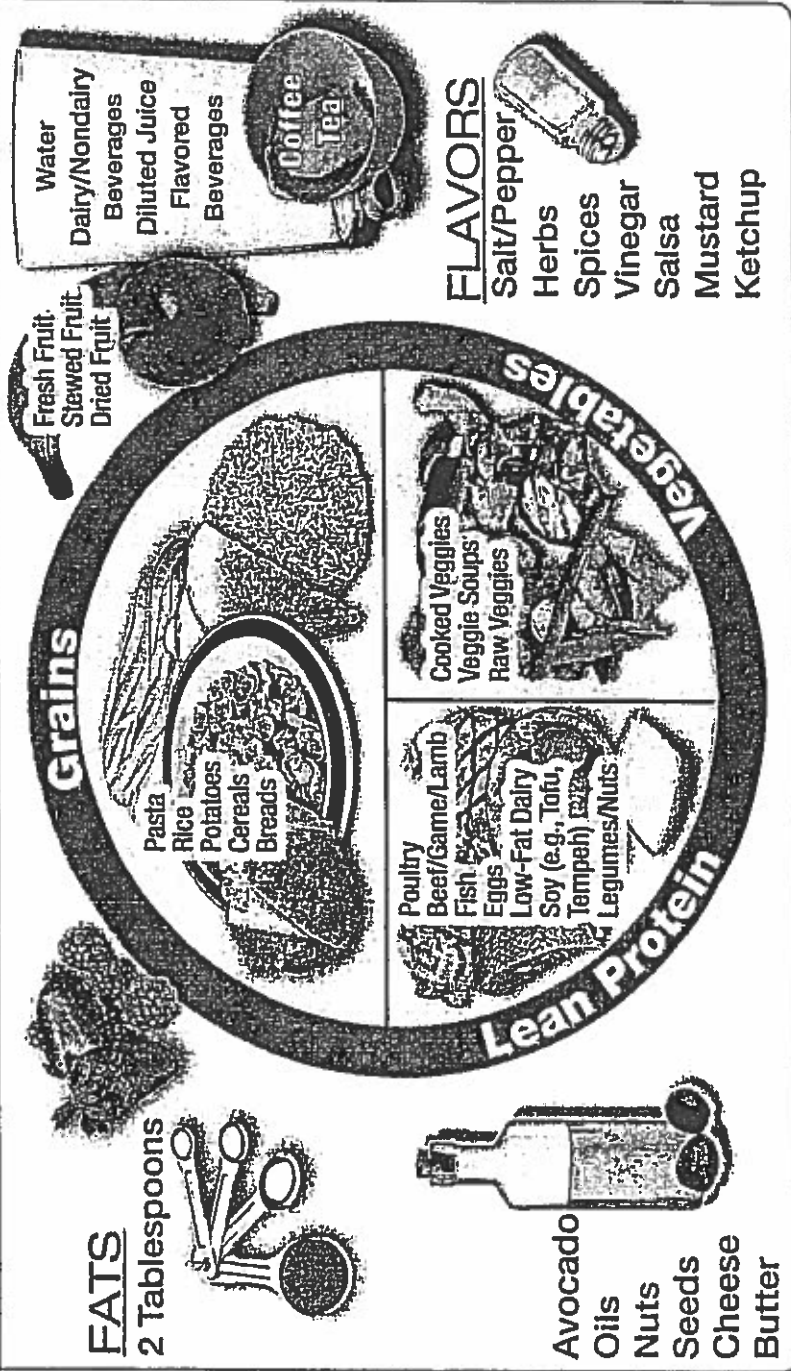
HARD A hard day contains at least 2 workouts that are relatively hard or competition. If your competition requires extra fuel from carbohydrates, use this plate to load up in the days before, throughout, and after the event day.



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ATHLETE'S PLATE

HARD TRAINING / RACE DAY:



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ATHLETE'S PLATE

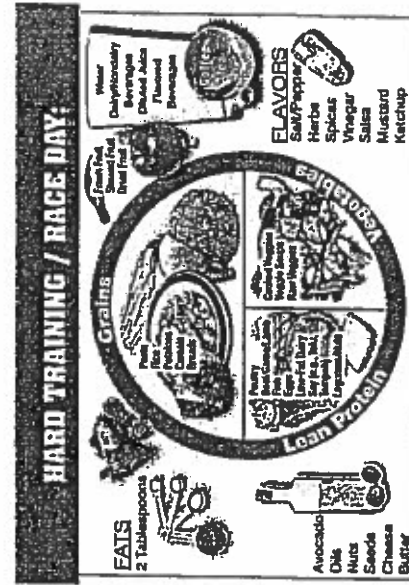
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Sample 1

The Teenage Diet Plan

Wake-up: 6:30 a.m.

Drink at least 10 ounces of water. Your body is between 60 and 70 percent water, and drinking more on a daily basis will increase your energy. Your internal organs need water to function properly, so if you're lacking water in your diet, you will ultimately experience deficiencies when training.

A popular guideline is to drink half your body weight in ounces of water per day. If you are exercising on a particular day, add 16 to 20 ounces per hour of exercise.

(Read Hydration Facts Athletes Need To Know.)

Breakfast: 7:00 a.m.

- Two egg whites and one whole egg
- 1/2 cup oatmeal with 1/3 cup blueberries
- 16 ounces of water

Breakfast is truly the most important meal of the day. What you ingest 30 to 60 minutes after waking up essentially determines how the rest of your day will play out.

Mid-Morning Snack: 10:00 a.m.

- 1/2 cup fresh fruit and 1/2 cup low-fat cottage cheese
- 16 ounces of water

Lunch: 12:30 p.m.

- Grilled chicken breast (8 ounces)
- Spinach (1/2 cup)
- Medium baked potato
- 16 ounces of water

Pre-Practice: (45 minutes before practice)

For optimum energy levels, consume a small snack no less than 45 minutes before practice; for example, one of the following:

- 16 ounces of Gatorade
- 16 ounces of water and peanut butter crackers
- 16 ounces of Gatorade and one banana

Dinner: 7:00 p.m.

- Grilled salmon (8 ounces)
- Brown rice (1 cup)
- Steamed broccoli (1 cup)
- 16 ounces of water

Before Bedtime 10:30 p.m.

- 10 ounces of low-fat milk (may add chocolate syrup)

Summary

Your daily food intake need not look exactly like this, nor do you have to follow the specific timeline. But if you make good nutrition a priority and include healthy choices like the examples above, not only will you lose weight, you will see performance benefits in your sport as well. (Also read How to Sustain Healthy Eating Habits.)

Sample 2

Eating is just as much a part of training as lifting, running and learning plays. Whether you're a quarterback or a lineman, you need to fuel adequately to train well, recover quickly and increase endurance.

Specific nutrient requirements are based on your body size and position. What works for one player may not be the best strategy for someone else. But, all players can benefit from the following guidelines:

Organize the food on your plate into a peace sign. Break your plate into thirds, placing a protein in one third, a starch [rice, pasta, potato] in a second, and a fruit and/or vegetable in the last.

Consume at least three meals per day with snacks between. Try to eat every four hours. Your daily caloric total should range between 20 to 25 calories per pound of body weight.

Skipping breakfast is not an option, especially when you have early morning practice or lifting. If you're not overly hungry, try a lighter alternative such as a milk shake, yogurt, cereal or fruit, or even a sports drink and sports bar.

Take breaks to rehydrate. Drink early and often to sustain performance. Consume fluids during training sessions, and follow these guidelines:

1. Gulp, don't sip.
2. Swallow fluids; don't spit.
3. Drink, don't pour on your head.
4. Do not over drink. Don't come to a training session with a gallon jug of water. Consume fluid as the guidelines suggest: 20 oz one hour before; and during, consume based on your sweat rate (see below).

Football is a game of strength, speed and stamina—so you need to eat enough carbohydrate to fuel your muscles and brain during activity. Every meal or snack should contain carbohydrate-rich foods, such as bread, bagels, tortillas, rice, pasta, quinoa, barley, potatoes, corn, fruit, vegetables, juice, crackers and pretzels. Likewise, you should also consume protein for muscle growth and a healthy immune system. Try eggs, jerky, nuts, peanut butter, baked beans, bean dip, chicken, turkey, beef, pork, fish/shellfish, tofu, low fat milk, yogurt and low fat cheeses.

You can measure your daily protein intake using the following formulas:

Minimum grams: $0.6 \times \text{body weight [pounds]}$

Maximum grams: $0.9 \times \text{body weight [pounds]}$

Pre-, during and post-training guidelines

1 hour before

Drink 20 oz of a sports drink or water with a small amount of carbohydrate, such as a handful of pretzels or cereal or a granola bar Include some protein such as $\frac{1}{4}$ C nuts, a few pieces of jerky, an 8 oz low fat yogurt, or 12 oz of low fat chocolate milk

During

Drink enough fluid per hour based on your sweat rate, which you can determine with the formula below:

1. Weigh yourself before and after exercise. Try to weigh in wearing as little clothing as possible
2. Keep track of the number of ounces of fluid you consume during exercise

3. Subtract your post-exercise weight from your pre-exercise weight, then convert it to ounces [16 ounces to a pound, so if you lose 2 pounds during exercise, you have lost 32 ounces.]
4. To get your hourly sweat rate, add the number of ounces of fluid lost to the number of ounces of fluid consumed. Divide the sum by the number of hours you exercised

Example

Pre exercise weight = 190 pounds/ Post exercise weight = 187 pounds

Difference = 3 pounds [48 ounces]

Amount of fluid consumed during exercise = 20 ounces

Number of hours of practice = 2

$48 + 20 = 68 \div 2 = 34$ ounces of fluid required per hour

- Alternate between sports drink and water

15 minutes after

Replace sweat losses by drinking 24 ounces for every pound lost during practice. If you're a salty sweater, consume a sports drinks and salty foods instead of sweet items. Try:

- A high carbohydrate sports bar with 300 to 400 calories
- A few pieces of jerky and a handful of pretzels
- A peanut butter sandwich
- 2 large handfuls of trail mix

Sample daily menu

Breakfast

2 eggs

2 slices whole-grain toast with butter or margarine

1 slice ham

12 oz low fat milk or 8 oz yogurt

8 oz juice

12 oz water

Lunch

Sandwich on a hoagie roll

5 slices lean meat [e.g., turkey, ham, lean roast beef or a packet of tuna]

1 slice cheese

1 piece fruit

Crackers, pretzels or baked chips [2 handfuls]

A granola bar or a low-fat muffin

12 oz water and 12 oz milk, juice or water

Dinner

8 to 10 oz lean meat, poultry or fish

2C pasta, rice or potatoes, with some fat added

2C vegetables (cooked or in a salad) with some fat added

1C light ice cream, frozen yogurt, sherbet, sorbet or pudding

12 oz milk or juice

Evening Snack

Sandwich made with whole-grain roll or bread, 4 slices turkey breast, lettuce, tomato, mayonnaise, pickles

20 oz water

FOODS AND FLUIDS FOR TEAM SPORTS



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Most athletes know that being part of a team requires them to think and set goals as a group. Competitors in stop-and-go team sports like basketball, soccer, volleyball, baseball, and hockey understand the importance of speed, agility, and power. These athletes also need to know that nutrition and hydration will fuel their team to victory.

Foods: Pre-Workout Fuel

Athletes should fuel their bodies 2 to 3 hours before practices and games with a high-carbohydrate meal or snack (see "Pre-Workout Meal Ideas"). This will give the body enough energy to make it through the workout.

- Team leaders can organize pre-game meals for the whole team, including high-energy foods like breads, cereals, pasta, rice, fruits, and vegetables – as well as lean sources of protein. Athletes should fill 2/3 of their plates with high-carbohydrate options.
- Before exercise, players should eat foods they know work well for them.
- Athletes should replace the sodium lost in sweat – especially for heavy crampers. Athletes can do this by regularly salting their food, eating some salty snacks like pretzels, crackers, and soups and favoring sports drinks over water during training and games.

Pre-Workout Meal Ideas

Menu #1	Menu #2	Menu #3
Roast beef with meat sauce	Roast turkey sandwich on whole grain bread	Baked chicken breast
Italian bread	Fresh fruit salad	Rice pilaf
Steamed vegetables	Apple bars	Steamed broccoli
Salad with lowfat dressing	Sports drink	Plain yogurt
Canned fruit		Fruit juice
Lowfat nonfat milk		

Foods: Post-Workout Fuel

Athletes burn up muscle energy stores during a workout. So it's important that athletes:

- Replenish muscle energy stores by choosing carbohydrate-rich foods within 30 minutes after a practice or game and again within 2 hours.
- Have snacks like cereal mixed with peanuts and raisins, an energy bar, and a sports drink to refuel fast.

Easy Access to Snacks

Many athletes run from school directly to practices and have no time to stop for a high-energy snack to boost energy for performance. To stay fueled, athletes should keep healthy snacks accessible in their backpacks, lockers and coolers.

Backpack and Locker Snacks	Cooler Fuelers
• Granola and cereal bars	• Gatorade® Fruit Quencher
• Energy bars	• 100% fruit juice
• Dried fruit such as raisins, apricots, apples, or peaches	• Lowfat nonfat milk
• Dry cereal	• Fruit lemons/limes
• Pretzels	• Cheese sticks
• Graham crackers and peanut butter	• Yogurt cups and squeeze tubes
• Oatmeal cookies	• Rubbing cups
• M&M's	• Fresh fruit and/or fruit cups
• Animal crackers	• Fresh vegetables
• Juice boxes	• Peanut butter, turkey, ham, or roast beef sandwiches
• Sports drinks	

Foods & Fluids Series: Volume I, TEAM SPORTS is one in a series of six sports science articles written by Susan Kundrat, M.S., R.D., L.D., an expert in sports nutrition. Any of these articles can be reproduced for educational purposes to distribute to athletes, students, parents or to post in the athletic training room, locker room, or weight room.

Eat Well On the Road

Making good food choices while on the road can be tough, especially when restaurant options are limited. However, it's important for athletes to pay attention to nutrition both at home and away. There are plenty of options even at fast food restaurants that will fuel the body for optimal performance.

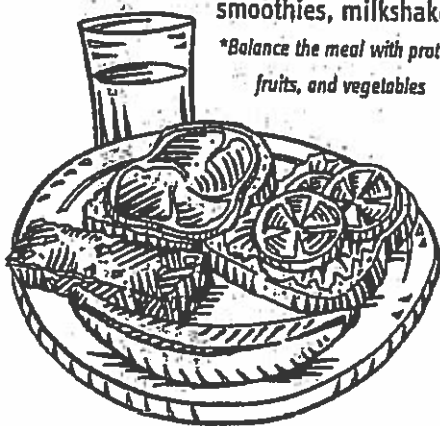
Good Fast Food Choices

- Pancakes, scrambled eggs, waffles, cereal, English muffins, Ham, Canadian bacon
- Lowfat sandwiches like turkey, ham, roast beef, or veggie submarines, or grilled chicken breast, ham, or lean roast beef sandwiches
- Two regular hamburgers or cheeseburgers
- Tacos, burritos, refried beans, and rice
- Salads with grilled chicken breast, turkey, or ham, extra vegetables and a small amount of light dressing
- Baked potatoes, chili, and mashed potatoes (easy on the toppings)
- Lowfat/nonfat milk, 100% juices, or milkshakes

Good Sit Down Choices*

- Proteins like chicken breast, or eggs with fruits and vegetables (e.g. salad, steamed vegetables, fresh fruit, fruit salad, or canned fruit).
- Grains like pancakes, toast, bagels, bread, rice, or pasta (with meat sauce or marinara).
- Fresh salads, vegetables, fruits, pasta salads, lean meat slices, and soups. (Go easy on dressings and salads with creamy mayonnaise-type dressing.)
- Lowfat/nonfat milk, 100% fruit juices, fruit smoothies, milkshakes.

*Balance the meal with protein, carbohydrates, fruits, and vegetables



* Gisolfi, C.V. and D.R. Lamb. *Perspectives in Exercise Science and Sports Medicine: Fluid Homeostasis During Exercise*, Chapt 1 pp. 1-38, 1990.

* Gopinathan, P.M. et al. *Arch Environ Health*, 43:15-17, 1998.

Fluids: Hydration is Key

Water is a key component of the athlete's body, making up 60 to 65 percent of total body weight.

- If athletes lose too much fluid in sweat without replacing what they've lost in both fluids and important electrolytes (like sodium and potassium), they risk becoming dehydrated.
- Dehydration can diminish energy and impair performance. Even a 2-percent loss of body weight through sweat (i.e., 3 pounds for a 150-pound player) can put athletes at a disadvantage. Some athletes, however, lose more than a gallon of sweat during a practice or game, especially in hot weather.

How to maintain peak performance

Athletes who train in hot and humid conditions, whether it's outside or in a gym, and don't properly replace their fluids run the risk of dehydration. Because dehydration can take a serious toll on performance, it's important for athletes to know how to get plenty of fluid:

Remember fluids throughout the day.

This may be as simple as grabbing a sports drink first thing in the morning, then using fountains, coolers, and cafeteria beverages as triggers for drinking throughout the day.

Hydrate 2 to 3 hours before practices and competitions.

Athletes should aim for at least 16 ounces (2 cups) of fluid at this time and an additional 8 ounces (1 cup) 10 to 20 minutes prior to getting into competition.

Drink during workouts or competition.

Sports drinks, like Gatorade, can help ward off dehydration and muscle cramps because they help replenish both fluid and electrolytes (i.e., sodium and potassium) lost in sweat without overdrinking.

Favorably

Reviewed by

