

1. Should we be providing away game pre game food? Would a pregame sandwich/fruit be better than post game?

Answer: I believe both pre and post game meals are important. A pre-game meal that they eat 2 hours before that may include:

- Turkey or ham subs
- Fruit, yogurt,
- Piece of fruit (Banana)
- Yogurt if available
- A small "fun size" candy bar is also acceptable at this time. (Mini Snickers)
- For beverages, sports drinks, juices, and water.

2. Appropriate half time snack, would peanut butter (2 Tbsp) on mini bagel with banana be better choice than granola bar? Other suggestions?

Answer: A bagel with peanut butter may be a great choice but we must make sure not to put more than the 2 table spoons of peanut butter on the bagels. Too much protein causes fluid intake to be poorly absorbed. The 2 tablespoons will be the perfect amount. We need to however have someone hand out this at halftime so athletes do not double up. If they eat too much they will just feel sluggish. Also the banana with this will be perfect. We also provide Gatorade during halftime so this will get them the rest of the carbohydrates they need. This will become less of a problem to worry about if we can get switched over to Accelerade for half time which already includes the protein. Then we only need to provide a banana and the Accelerade.

3. After game-we already do 2 cartons chocolate milk(which in my reading seems to be the wonder beverage). Maybe this is enough post game.

Answer: Two cartons of chocolate milk will give the athletes what they need in terms of immediate nutrients but the athletes will need more fuel than that after a game and will then most likely make poor choices later. The best practice is to provide the same type of meal plan I talked about in the Pre-game meal but substitute the sports drink for the 2 cartons of chocolate milk. This will give them the immediate nutrition with the chocolate milk but with the sandwich and other included food, will digest 2 hours later when they need those nutrients again. This sets the stage for greater recovery.

Proper hydration guidelines:

- Drink 16 ounces of a sports drink one hour before exercise as it takes one hour for one liter of fluid to leave the gut.
- Drink 20 to 40 ounces of fluid (sports drink/water) per hour of practice.
- Drink 24 ounces of fluid (based on recent studies) for every pound of body weight lost during exercise, immediately post exercise.
- During practice, coaches must implement scheduled fluid breaks, and they must make sure every athlete stops to rehydrate.

Ideally, players should weigh themselves before and after practice and drink enough fluid to replace the lost weight. That is, 150 percent of the lost water weight should be consumed. A player who loses five pounds during a practice would need to drink 120 ounces of fluid to replace the water weight loss.

Are sports drinks better than water?

During two-a-days, sports drinks most likely provide an edge over straight water. Sports drinks provide necessary fluid, fuel, and electrolytes during exercise, so they provide a great package deal.