

Tournament Tip Sheet



Two Days Pre-Tournament

- Eat 3 meals and 2-3 snacks per day. You may feel just as hungry as if you were training hard; that's normal!
 - Choose snacks like fruit, cheese, crackers, pretzels, goldfish, yogurt, granola bars or edamame when hungry.
- Use the moderate athlete's plate to build your meals for the day
- Hydrate enough that you need to urinate every 2-3 hours, and urine is pale yellow in color. Dark yellow or going longer than 3 hours means you need to drink more!



Night Before Tournament

- Use the hard athletes plate to maximize carbohydrate for game fuel!
- Eat to feel satisfied. Overeating will make you feel too full and could cause stomach upset during your game the next day.
 - **Sample dinners:** Spaghetti with meat sauce with small side salad; Chicken and potato with small side; Wrap with baked chips and fruit; Pancakes, fruit and eggs; Turkey sandwich with baked chips and fruit; Burrito bowl (without beans); Pasta with red sauce from restaurant; Rice bowl from restaurant

Tournament Morning

- Eat 2-3 hours prior to first game. If it's a morning game, you need to get up early to eat. Drink water with your meal.
 - **Sample breakfasts:** oatmeal with fruit; peanut butter toast with banana; pancakes with eggs and fruit; cereal with milk and fruit; frozen waffles with turkey sausage; yogurt with granola, nuts and fruit
- Have a snack 30-60 min pre-game.
 - Choose a high-carb snack like pretzels, goldfish, oranges, banana, dried apricots or sports drink.

Fueling Between Games

If less than 30 minutes

- Continue to sip on sports drink before the next game.

If less than 1.5 hours

- Continue to drink sports drink AND have a carbohydrate snack
- Choose goldfish, crackers, pretzels, oranges, banana, apple, grapes, or a granola bar as your snack

If more than 2 hours

- Have a high carbohydrate, low fat meal and drink water
- Choose a deli sandwich with fruit; burrito bowl without beans; spaghetti; sushi; grilled chicken sandwich with fruit/baked chips

Poor fueling choices between games: deep fried foods (french fries, mozzarella sticks), fast food burgers, nachos, chili dogs, salad

- There may be times where these are your only options. Something is always better than no food at all.
- If you aren't playing game number two, choose a recovery snack and water

Recovery Nutrition

- Have a meal or snack with both carbohydrate and protein
- Hydrate with water or the rest of your sports drink from the game
 - **Choose a snack:** string cheese and fruit, chocolate milk, deli sandwich, edamame, smoothie with yogurt and fruit
 - **Or choose a meal:** salmon with rice and salad; sandwich with chips and fruit; sushi and edamame; burrito with rice, veggies and meat; pasta or tacos with rice and beans

To connect with our sports dietitian, see info below

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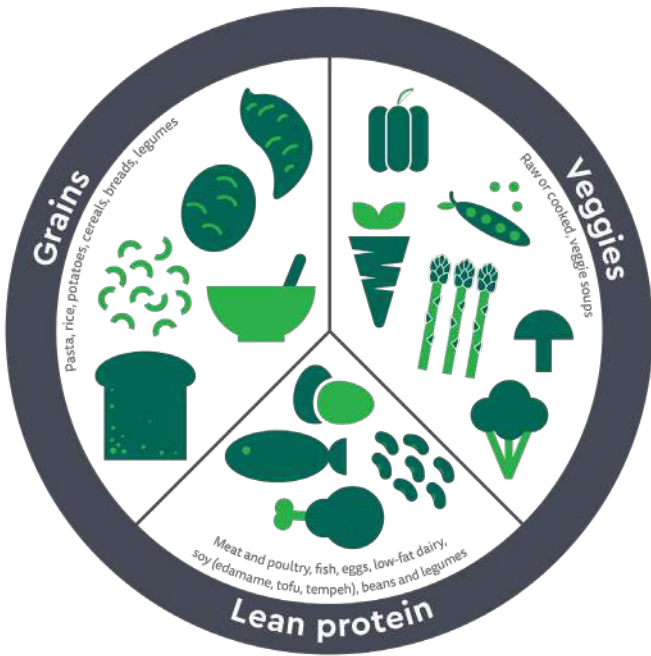


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BALANCE YOUR PLATE

Moderate training

Load your breakfast, lunch and dinner plate like this if you plan to train once in a day.



Drinks

- Water
- Milk
- Diluted juice



Fruit

- Fresh
- Stewed
- Dried



1 teaspoon of fats

- Nuts and butters
- Avocado
- Oils
- Seeds
- Spreads (mayo, cream cheese)
- High-fat dairy products

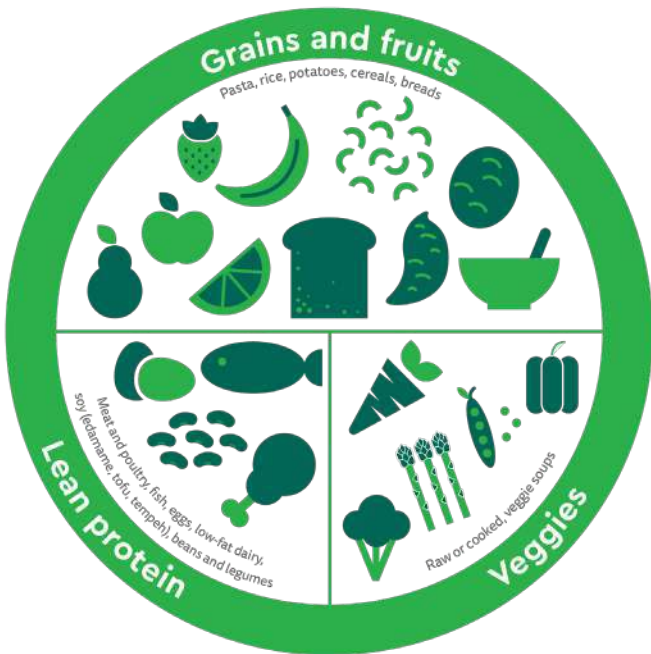


Flavor ideas

- Salt and pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Ketchup
- Mustard

Intense training or game day

Load your plates like this if you plan to have at least two intense workouts for the day or if it's the day of your game, race or competition.



Drinks

- Water
- Milk
- Diluted juice
- Sports drink



2 teaspoon of fats

- Nuts and butters
- Avocado
- Oils
- Seeds
- Spreads (mayo, cream cheese)
- High-fat dairy products



Flavor ideas

- Salt and pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Ketchup
- Mustard