

# **Volleyball Tournament Weekend: Nutrition Guide Plan**

## **Pre-Competition Nutrition**

A hearty breakfast is essential during tournament weekends. Ideally this large meal should take place 4-6 hours before competition a lighter meal should be consumed followed by a snack 30 minutes to an hour before competition. However, with early tournament start times a large meal might not be possible so a rich carbohydrate dinner the night before along with water consumption the day before and light meal (2 to 3 hours before) that consists of 200-400 calories on tournament morning is essential.

An example of a light pre-tournament meal is 1 piece of whole wheat toast or 1 whole wheat bagel with jam (2 tsp), 1 egg and 4-8oz of apple juice, or A healthy protein shake. If the athlete feels that this meal is not enough, they should consider getting up earlier and consuming a larger meal. Pre-exercise food choices should be low in fat (<30%), moderate in protein (10to 15%) and rich in carbohydrates because fat and protein take longer to digest and absorb. Further, carbohydrates are going to be the athlete's main fuel source during competition.

## **During Competition Nutrition**

During competition meals can be somewhat of a challenge because it can be difficult to consume high quality foods. Some suggested items to have on hand during competition are sports drinks (no high fructose corn syrup), diluted juices (1/2 the strength), energy bars (higher in carbohydrate, should have protein too), fruit, hard candies, water and gels. Players should experiment with which foods and fluids work best for them in terms of performance and not irritating their gastrointestinal (GI) tract.

## Post Competition Nutrition

After each match players need to re-hydrate their bodies. They also need to consume protein and carbohydrate in order to replenish what they lost during competition. Timing is crucial for replenishing their bodies. Within 15 minutes from completion of match players should consume carbohydrate and protein. An example of is a small bagel, 2 ounces of string cheese, 8 ounces of low fat yogurt and a sports drink to replenish the electrolytes. I personally make my own homemade protein bars which provides the carbohydrates and protein needed instead of the listed meal above. The recipe is at the bottom. I also use a recovery shake. Players have to find what works best for them to supply them with energy.

## Hydration

Players hear me talking about this all the time at trainings. Maintaining hydration on a daily basis is key. Players should be consuming enough fluid to urinate every 2-4 hours. Suggested pre-competition fluid guidelines are 16 to 24 ounces of fluid 2 hours before competition, 8-16 ounces of fluid 15 minutes before competition, 6 to 12 ounces every fifteen minutes during exercise and enough fluid after exercise to ensure their urine is pale. Players should not wait until thirsty to drink, that is a sign of dehydration.

## Sample Tournament Food/Snack List:

### **Mixed Food Choices:**

- Pasta Salad
- Granola or non-sugary cereals
- Low fat yogurt (plain and add real fruit)
- String cheese

- Bagels or English muffins (cut into halves/quarter) with cream cheese or peanut butter
- Lean Meat (chicken, turkey, roast beef) tortilla wraps cut into small sections
- Chicken, turkey, roast beef sandwiches cut into quarter)
- (with wraps and sandwiches: Keep the condiments on the side to have the players add their own)

**Fruit:**

- Strawberries or chopped/mixed Fruit
- Apples (red and green: sliced and whole)
- Grapes
- Oranges
- Bananas

**Vegetables (cut up and be careful with high fat dips):**

- Carrots
- Celery
- Broccoli
- Cauliflower
- Mushrooms

**Light Snack:**

- Granola bars or Protein Bars (be careful they are not high in sugar or is not made with high fructose corn syrup)
- Whole grain crackers (no high fructose syrup)
- Nuts (unsalted peanuts, walnuts, almonds)

**Drinks:**

- Water
- Small bottles of sports drinks (no high fructose corn syrup)
- 100% juice diluted down with water

### Energy Bar Recipe

1 cup old fashioned oats

¼ cup grape nuts

1 cup Healthy meal replacement (Herbalife product)

½ cup all natural peanut butter

½ PURE maple syrup (or organic honey depends on taste going for)

Mix together with hands press into an 8x8 pan. Cut into bites size pieces. Cover and store in fridge. Store in cooler at tournaments.

### Optional add ins

¼ cup chocolate chips

or

¼ dried fruit.

To view the pre/during/post products I recommend go to [www.herbalife24.com](http://www.herbalife24.com). You can customize your program as well. If you have any questions please contact Bobbie at 614-579-7263 or by email [bukuhns@netscape.net](mailto:bukuhns@netscape.net)