



Endurance Event Nutrition Tips

For Game Day and Tournaments

The Woodcreek Coaching Staff is providing its players with the physical tools needed to be successful on the soccer field. Speed, endurance, agility, ball skill, and teamwork are all made more effective with proper nutrition and hydration. The coaching staff spoke briefly at the preseason meeting about proper hydration. The following tips are very important in providing our athletes the basics for proper nutrition when preparing for an endurance event.

Carbo-load: Avoid fatty foods that make you feel full but won't supply your muscles with usable, sustainable fuel. To be eaten the night before game day. Focus on good carbs - non-sugary cereals, fruits, juices, baked potatoes, breads, and pastas. Avoid donuts, cookies, ice cream, lasagna (cheesy and/or buttery foods – pizza).

Avoid Last Minute Hard Training: In order to properly store pre-event carbohydrates and fluid, activity levels should be reduced. The coaches will modify pre-event practices. Each athlete should avoid excessive physical activity when on their own (swimming, long bicycling, running, etc.).

Avoid Last Minute Dieting: Dieting will not allow for proper nutrition or hydration, endurance will suffer, and performance and concentration will be hampered. As above, proper carbo loading will enhance performance. Cramping and the potential for injury are reduced.

Hydrate Properly: Water is the best for pre-event hydration. Sipping from a water bottle 2-3 hours prior to the event is ideal. As a result, urine output will increase to every 2-4 hours and it should be relatively clear.

Eat Familiar Foods: Stick with the foods that are not only good for you, but foods you are used to and have eaten successfully in the past. No drastic changes in food types and don't overeat.

The Morning of the Event: A healthy, light to moderate breakfast will "top off" fuel stores in your blood, preparing you for the game. Good carbs are the best. Avoid high fiber foods (foods with a lot of refined white flour).

Game Day Eating: Maintain a steady water or diluted sports drink intake. Energy foods between games and at the half (fruit or part of a familiar sports bar) will help sustain energy.