

Quick and Easy Snack

Ingredients

4 tbs Greek yoghurt
1 scoop of whey
1 tbs chopped nuts
2 tbs berries

Instructions

Add Whey to Greek yoghurt
Mix until smooth
Add in other ingredients

Breakfast Smoothie

1 sachet or $\frac{1}{4}$ cup of porridge oats
 $\frac{1}{2}$ medium kiwi fruit
 $\frac{1}{2}$ cup of strawberries
1 scoop of whey
1 teaspoon almond butter
Unsweetened almond milk

Pre Bed Smoothie

$\frac{1}{4}$ cup cottage cheese
 $\frac{1}{2}$ cup blueberries
 $\frac{1}{4}$ cup frozen cherries
Honey to taste
Unsweetened almond milk

Recovery Strategies

- Hydration and electrolytes
 - Increase performance
 - Eliminate cramping
- Nutrition
 - Post-game protein and Meal
 - Tissue growth and repair
- Sleep
 - Research indicates <8 hours affects Athletic Performance
 - Time when the most growth and repair occurs

Recovery Strategies

We recommend that after each game you complete at least one of the recovery strategies

- Ice baths
- Compression leggings
 - Post-game
 - sleep
- Foam Rolling
 - Traps, Lats, Pecs, Glutes, Hams, Calves
- Stretching
 - Static and dynamic
- Active Recovery
 - Bike
 - Light swim
 - Deep water movement

Basic Habits

These are 10 basic points around nutrition and lifestyle to help you get the best out of your training and perform at competition

1. Don't miss meals – Get in a good eating routine. Typically 3 meals and 3 snacks should mean you are eating quality foods every 2-3 hours. This will involve planning and preparation
2. Stay hydrated – Make sure you start the day by taking on 500ml water/squash, then keep the bottle with you at all times, sipping throughout the day. Avoid using drinks containing high levels of sugar including fruit juices and caffeine too often. The body performs better when hydrated and injury risk is decreased.
3. Food first – Food should always come first over supplements.
4. Protein – Make sure all meals and snacks are based around protein, sources include meats, fish, eggs and dairy

Basic Habits

5. Healthy fats – Fats do not necessary make us fat, it's the excess calories from poor food choices that do. Healthy fats from nuts, seeds, red meat, oily fish, avocado, egg yolks, butter (not margarine), olive oil should be included each day to support calorie intake and cell health.
6. Plenty of greens – 8 a day and this should be predominantly vegetables over fruit. Use fruit in and around training for their natural sugars, but try to include vegetables, salad and veg based soups at meal and snack times. These provide us with vitamins, minerals, fibre and fluid.
7. Indulge wisely – Try to eat well at least 90% of the time. If you eat 6 times a day (3 meals, 3 snacks) that equates to 2 cheat meals and 2 cheat snacks per week.
8. Supplement safety – Supplements can be dangerous if you're not careful with where they come from. ALWAYS use a food source and avoid supplements
9. Effort – Improvements come from a good stimulus (training) and then your recovery.
10. Get enough sleep – TV can be recorded to watch another time, computer games can be saved and phones turned off. Find a good routine that works for you to be getting approx. 7-9 hours each night. You should not be waking up feeling tired.

Are you prepared?

Have you got 'plan A' in place around school/college/work and training so that you never miss a meal or snack? You should be eating approx. every 3 hours

Do you have a 'plan B' in mind in case things don't go to plan?

Make sure you stay hydrated, always keep a bottle with you. Use smoothies and isotonics when appropriate.

Are you eating enough protein to gain muscle mass & support recovery? Double your bodyweight, that's your target in grams

e.g. $80\text{kg} \times 2 = 160$ target 160g of protein

Are you timing your carbs dependant on training? Simple carbs/sugars such as fruit near exercise, good quality starches on training days, limiting them on rest days? Rest days 2g per kg of body mass, training 4g per kg of body mass, match prep (day before and day of match) 6-7g per kg of body mass