

Hockey Tournament Nutrition Recommendations

Goal: to eat and drink in a consistent, timely manner to provide optimal nutrition for peak performance.

Friday: Games between 1 PM and 7 PM, Saturday: 8AM and 5PM, Sunday: 8AM and 5PM

- Ensure Breakfast is consumed between 6-8 AM . If the game is at 8AM then either have Breakfast at 6AM or have a snack sized meal before and a large meal after the game.
- Food must be consumed 3-4 hours before games to ensure it is available for energy and muscle repair.
- However, if there is only 2 or 3 hours between games than a smaller balanced meal/snack is necessary and will keep the player's body energized.
- Water must be consumed throughout the day, especially during the game when dehydration occurs rapidly. Each player must have 2-3 litres daily. Some diluted electrolyte drink during the game is good to drink. (i.e. Cytomax, E-load or Gatorade): dilute 1 teaspoon to 1 litre water.
- Post Game Recovery Drink: this can be a big difference maker when the competition is drinking pop or juice, the winning team is having a protein shake mixed with juice. This repairs/builds muscle and replenishes carbohydrate/glucose (fuel) just spent in the game, getting the player ready for the next one.

Examples of Meals:

Breakfast: A) 2 eggs, 2 toast with butter B) Scrambled eggs, 2-3 large pancakes, cup of Fruit C) 1 bowl of Oatmeal with Milk, ½ cup yogurt and cup of fruit. D) 2 Eggs, 1 cup Hash Browns, 1 Toast.

Lunch / Supper: A) Pasta with Meat Sauce, Salad B) Chicken with Pasta, Vegetables, C) Steak, Potato, Salad, D) Chicken/Beef Stir-Fry E) 1 Foot Long Meat Sub with lots of Veggies F) **Supper Only:** Pizza (with meat on it) with Salad.

Restaurants: the better the quality the food the better it is for everyone. For example The Keg vs. Wendy's. However, in a pinch you could still eat the right combinations at a fast food place. Swiss Chalet, Kelsey's, Montana's etc. are better choices for Lunch and Supper while a reasonable quality quick meal like a Sub Sandwich from Subway or Quizno's can work for Lunch if time is tight between games. Both Lunch and Supper meals are interchangeable and the above examples are some ideas to point you in the right direction. Each meal contains Protein, Carbohydrate and Fat, the balance that is needed to keep a players energy high and muscle recovery rapid.

Snacks: If snacks are needed then they must also have the correct portions of Protein, Carbohydrate and Fat. A protein bar, some nuts and 1 fruit, Peanut butter on a small bagel are a few quick snack ideas. Avoid having just a high carbohydrate like a granola bar, fruit or worse yet, a sugary treat, like a chocolate bar. This will not provide adequate long-term energy.

Whey Protein Shake: Mentioned above as the secret to rapid repair/recovery it is best consumed within 20 minutes after the game in the dressing room. Have a 10-20 gram scoop of Whey Protein in 6-8 oz of juice like grape (not citrus juice like Orange)

Drinks: At each meal have 1-2 8 oz. Glasses of Water, a small glass 4-6 oz of Orange or Apple Juice is allowed but not too much and always accompanied by at least 1 glass of water. No Pop or Coffee.

Supplements: Take your Multi Vitamin/ Mineral and Flax Oil 2-3 times per day, either with meals or with your Post Game Recovery Shake