



Fueling Guide: Tournament Weekends

1. Importance of a balanced diet while on the road
 - a. What you do on your days off is just as important as what you do on game days!
 - b. You want to be sure you are fueling appropriately on tournament weekends (food, hydration, and rest) so you can perform at your best
 - c. This includes avoiding super high fat/high sugar meals because they can sit like a rock in your stomach and make you feel heavy and sluggish on the ice
 - d. Drink plenty of water
 - i. Utilize rehydration drinks (like Gatorade or Powerade) before, during, or after/between games to replenish electrolytes and carbohydrates
 - e. Focus on lean proteins and carbohydrates between games to avoid gut bombs
 - f. As an athlete, you are expending a ton of energy on the ice- you need to choose foods that will fuel you through the 2-3 games/day on tournament weekends vs highly palatable (super tasty high fat/high sugar/ low nutrient) foods that can leave you feeling nauseous, sluggish, or cause GI upset.
2. Timing of meals/snacks
 - a. 3-4 hours prior to game: lean protein, whole grains, fruit/vegetables, fat
 - i. Turkey sandwich on whole grain bread with cheese, lettuce, tomato + banana, apple slices, or grapes + juice
 - ii. Rice bowl with stir fry chicken and veggies with fruit and juice
 - b. 2 hrs prior to game: lean protein, grains, minimal fat and fiber
 - i. Peanut butter and jelly sandwich + fruit + Gatorade/juice (juice for younger athletes)



- ii. Turkey and cheese sandwich on whole grain bread + fruit + Gatorade/juice
- c. 45-60 min prior to game: simple carbohydrates
 - i. Apple sauce pouches, banana, Nutri grain bar, granola bar, fig bar, fruit snacks, dried fruit, oranges, grapes
- d. Between periods/on the bench:
 - i. Stay Hydrated!!!! Be sure to sip water or sports drink while on the bench between shifts to stay hydrated throughout the game
 - ii. Between periods: Grapes, orange slices, apple sauce pouches, sports drinks like Gatorade, granola bars, and fruit snacks are all good options for quickly digestible carbohydrates to keep you fueled throughout the game and avoid the wheels falling off in the 3rd period
- e. Immediately after the game:
 - i. Sports drinks, granola bars, banana, water, other fruit within the first 30 min getting off the ice
 - ii. 1-2 hrs post-game: aim for a meal for optimal recovery
 - 1. If games are <3hrs apart, try to consume a smaller meal 2 hrs prior to the second game, then follow the same pre-workout guidelines above
 - a. Avoid high fat/high sugar meals between games- high fat meals will sit heavy in your gut and not fully digest before your game leading to sluggishness and stomach upset



3. Hydration

- a. Hydrate early and often to prevent dehydration during games.
- b. Drink water primarily
- c. Teenagers could have a sports drink (like Gatorade) 2 hrs prior to their game
- d. Coaches should encourage their players to rehydrate between shifts on the bench.
 - i. Teenagers should continue drinking a sports drink mixed with water while on the bench throughout the game- this provides electrolytes and carbohydrates to help keep energy levels up during the game
 - ii. Younger athletes can stick with water- consuming a snack higher in salt post- exercise should be enough to replenish their electrolytes (like a jerky stick or pickles)
 1. If your athlete is particularly sweaty or seems like they aren't recovering well between games, the smaller servings of Gatorade may be appropriate mixed into their water while on the bench.
 - iii. Make sure you choose sports drinks that contain carbohydrates- athletes need energy from carbohydrates (sugar) to help fuel their performance on the ice and it helps maintain hydration

4. Eating out

- a. Eating out can be easy and convenient but also expensive and harder to control contents of the food
 - i. Recommendations:
 1. Utilize free Continental Breakfast:
 - a. Protein: Greek yogurt, eggs, bacon, sausage, peanut butter, milk



- b. Carbohydrates: Fruit, waffles/pancakes, bagels, toast, cereal, jam/jelly
- c. Fat: butter, peanut butter, bacon, sausage, cream cheese, cheese
- d. If you have an early game, avoid high fat foods and high sugar foods that will sit heavy in your stomach or potentially cause GI upset
 - i. Aim for some protein like eggs or Greek yogurt with a bagel and peanut butter or cereal and milk
 - ii. Grab an orange to keep in your bag to eat between periods for an added carbohydrate boost during the game
 - iii. Juice is a good option for added simple carbohydrates prior to the game
 - iv. Avoid fried foods and pastries (I know we all love Tim's, but it may not be the best choice right before your player hits the ice!)

2. Lunch:

- a. Sandwich shops are a good option like Jimmy John's and Subway
 - i. Choose a lean protein, whole grain bread, and whatever veggies you enjoy
 - ii. If you have 3+ hours between games, chips are fine but if it's < 2hrs before your game, you might want to save the chips for later and opt for extra fruit
- b. Avoid fast food- greasy foods take a long time to digest and can make you feel sluggish on the ice



- c. If eating at a restaurant, aim for lean protein, grains, veggies, and fruit.

3. Dinner:

- a. Again, high fat foods take longer to digest and can make you feel heavy and sluggish. Reserve burgers and pizza for after the tourney or when games are finished for the day if you don't have a super early game the next morning.
- b. Lean protein, grains, veggies, fruit
- c. Corn, squash, and potatoes are high in carbohydrates so they can double for veggie and carbohydrate servings
- d. Dessert is fine- pay attention to how you feel. If you don't sleep as well or have GI distress, reserve desserts for after the tourney

5. Team dinners

- a. Great way to save money and have more control over the food you are eating
- b. Crock pots are allowed in hotels, InstaPots or pressure cookers generally are not allowed
- c. Sandwich, taco, and pasta bars are easy to put together as a team
- d. Most hotels have conference rooms that can be reserved for team dinners if booked ahead of time (or the breakfast area)
 - i. You can also set up in a room if no other options are available
- e. Signup Genuis is a great way to organize team meals
- f. Can be easier for younger teams so the kids can run around and socialize rather than wrangling them in a restaurant



- i. Restaurants can be really slow when they are hosting multiple teams at a time- if you choose to eat out as a team, call ahead with your order to help expedite dinner

6. Rest!!!

- a. Get plenty of sleep at night- spending time bonding with your teammates is super important- but so is sleep!
 - i. Athletes need anywhere from 8-10 + hours of sleep to properly recover
 - ii. Power naps/quiet time are also great options between games
 1. The pool is always a good time but may be best to wait and go to the pool after the last game of the day so you aren't expending energy that could be used on the ice
 - iii. Limit screen time 60 min before bed

Always remember, what you do on your off days is just as important as what you do on practice/ game days. Stay hydrated, eat a balanced diet, get plenty of sleep, and have fun!!!

If you'd like a more personalized plan, contact Sara Davis with Davis Nutrition so set up an Initial Consultation to get you on track to improve your performance this season!