



## Nutrition for High Performance Athletes Policy

London – St. Thomas Croatia Soccer Club is committed to ensuring that players perform at their best. This involves not only proper training and injury prevention, but off field nutrition. LS Croatia SC will work with registered Dietitians and Nutritionists to ensure that players and parents understand the need to properly fuel the high performance athlete for injury prevention and on field performance.

To supplement the Healthy Snack Policy, below are some tips and examples of pre-game, tournament and post-game nutrition.

### Pre-game

Approximately 3 to 4 hours before a game, players should eat a small meal that comprises of 60-70% of the meal calories from carbohydrates that are easy to digest.

- Avoid high-fat and fried foods as they are difficult to digest and can cause gas and stomach upset.
- Avoid high-fiber foods which also cause gas and stomach upset.

Approximately 2 hours before the game, players should drink about 16-32 oz of a sports drink

- Avoid anything with caffeine.

### During the game

Players should replace fluids at every chance and should remind each other at half-time to take fluids to replace what is lost in the game.

- Don't worry about having to pee as most of the fluid will not make it to the bladder and instead is lost through sweat and supplying muscles with energy.

### After the game

Immediately after the game, players should start to replace fluids and carbohydrates, especially if in tournament play. Eat a high-carbohydrate bar immediately after the game to replace the carbs lost during the game (1g/lb body weight).

Players should drink 24-36 oz in the first 2 hours after the game.

While plain water is fine, sports drinks have electrolytes which help provide energy to muscles and are preferred.

Eat a good low fat, high protein/carbohydrate meal with fruits and vegetables for the post-game main meal.

### Examples of pre-game nutrition

Pre-game plan high-energy carbohydrates like bagels, cereals, pasta, vegetables (not high fiber), and fruits. Fill 2/3 of the plate with the foods above and the rest with lean protein like chicken or turkey.



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In between competitions, eat snacks that provide carbohydrates, low fat and energy (whole grain crackers with peanut butter, raisins, watermelon, raspberries, low fat yogurt with walnuts and dried fruit, oatmeal with fresh fruit, whole grain pita with hummus and spinach, cottage cheese with fresh fruit and almonds, pasta salad with fresh tomatoes and green peppers, ½ a turkey and mozzarella sandwich on rye bread, scrambled eggs on whole grain toast). No fat or fried foods, no caffeinated drinks.

## **Example - Tournament or Festival Nutrition Plan**

0630 Breakfast: Oatmeal or cereal with low fat milk, fresh fruit and orange juice.

0830 Game

0930 Snack: granola bar, orange slices, sports drink

1030 Game

1130 Lunch: Lean turkey sandwich, grapes, oatmeal cookies, juice/sports drink

1400 Game

1530 Snack: Fresh fruit, dried fruit, sports drink

1830 Dinner: Grilled chicken breast, pasta with marinara sauce (avoid heavy cream or fat), salad and low fat dressing, green beans, sorbet, low fat milk, extra fluids to start preparation for day 2. Early night to rest and recover from day 1.

In addition, please see additional resources at the Ontario Soccer Association available at:

[http://ontariosoccer.net/Player/HighPerformanceSportCentres/  
NutritionForHighPerformanceAthletes.aspx](http://ontariosoccer.net/Player/HighPerformanceSportCentres/NutritionForHighPerformanceAthletes.aspx)

<http://sportscentres.ca/pdf/OSA-U15-NutritionForCompetition.pdf>

<http://www.ontariosoccer.net/Player/HighPerformanceSportCentres.aspx>



## Sport Psychology and Lifestyle Management Policy

Byron Soccer is committed to the mental well being of all its players. Byron Soccer understands that the rigor of elite training will place additional stresses upon young athletes who are already dealing with the normal stresses from school, friends and family.

Therefore, Byron Soccer will arrange seminars and individual consultations when necessary to help players and parents maintain a healthy lifestyle balance and deal with the demands of high performance training or recovering from an injury. These will be arranged by the Medicine Personnel.

Below is a presentation available at [www.ontariosoccer.net](http://www.ontariosoccer.net), prepared by RW Consulting for the Provincial/National Women's and Canada Games Team Athletes on January 12 and 13, 2013.

### **Sport psychology, Coping with Injury, and Game Preparation: An introduction What is**

#### **Sport Psychology?**

- Performance enhancement through mental training
- Focuses on mental skills training
  - Goal setting, anxiety management, team building, etc.
- Compliments other aspects of sport preparation
- Like physical training, it takes work and effort to improve.

#### **Coping with Injury & Recovery**

- Stages of Injury - depending on the severity of an injury, coming to grips with an injury can be very complex
- Understanding the different stages, in addition to understanding the injury can help you "own" the injury and focus on recovery, rather than on possible negative outcomes.

#### **Managing Injury**

- Keys to self-management while injured:
  - Maintain integration with the team – Avoid social withdrawal
  - Understand and "own" your new role while injured – Rehab as training?
- How to stay involved?
  - Support position? Social? Assist coaches?
- Just because your body is out of action, doesn't mean your mind has to be
  - "Mental" drills and imagery

#### **Game Preparation**

- Allows you to focus on the task at hand, to block out distractions, and promote consistency.



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## Game Preparation and Goal Setting

- Goal setting be useful in-game as a means of self-management
  - Help you stay focused in game
- SMART goals
  - Be VERY specific
  - Stay “process” focused
- Focus on small, easily managed skills, rather than larger outcomes
- E.G. – Take a good shot vs. score a goal
- Concentrate on those things within your control
- Focus on skill execution and strategy