

Hurricanes Athlete Preparation for Volleyball Tournaments

As a competitive athlete you want to do all that you can to be at your best for yourself and the team when it really counts. The food you eat and drink has a tremendous impact on your ability to perform. Controlling what you eat prior to and during competition is very easy to do. Remember there are many ways to outperform other teams.

Day Before:

Eat a high carbohydrate diet each of the 2-3 days before a tournament

****Drink an extra 4-8 glasses of water the day before the tournament****

Packing the Cooler (what food to bring to tournaments):

- Water, water, water, juices, electrolyte drinks (Gatorade is OK in the afternoon)
- Low fat granola, energy bars
- Bagels, stuffed pitas with low fat meats (ham, turkey)
- Crackers (no cheese), popcorn, pretzels
- Yogurt
- Fruit, dried fruit, cereal
- Veggies
- Sushi

Avoid cheese, hot dogs/burgers, Bologna (only low fat meats) fried foods, mayo.

NO CANDY -if you have candy because you think it is a source of quick energy you will find 1/2 hour later you have less energy than before the candy.

Sleep:

Team members are expected to be ASLEEP BY 10:30 PM the night before a tournament.

NO SLEEPOVERS.

Morning of Tournament:

Eat a light breakfast (bagel/fruit) at least 2 hours before your first match

You can eat a larger breakfast if you have 3-4 hours until your first match

Avoid foods with large amounts of sugar

Drink 2-3 glasses of water with breakfast

Avoid caffeine (tea or caffeine)

ALL ATHLETES MUST ARRIVE 1 HOUR PRIOR TO FIRST MATCH

On Tournament Day-During the Day:

WATER: NO POP OR DRINKS WITH CAFFEINE *HYDRATION DURING THE DAY IS HUGELY IMPORTANT-DRINK, DRINK, DRINK Thirst is an indicator of dehydration. IF YOU ARE THIRSTY IT'S TOO LATE.**

- 3 to 4 cups 2 hours before the match
- 1 cup 15 minutes before match (5 big gulps)
- 2 to 3 big gulps after warm-up and during each time out

1 Hour before a match(right at the end of a match):

Have a snack after each match: Fruit/juice, bagels, crackers, popcorn, muffins, energy bars/granola bars, yogurt. **NO CANDY, POP OR CHIPS!!!** Resist the poor choices at the snack bar-think team!

If you have 2-3 hours before the next match:

High carbohydrate/Low fat/ Relatively low fibre foods

Good choices are- sushi, muffins, pizza, sandwich (low fat meat and no mayo)

Never try new foods before a match they may upset your stomach

At the end of the Day:

There is a two hour time period after intense exercise that is optional for refueling your body and is essential for speeding recovery and preparing for the next athletic training period. If you can't eat a solid meal within 2 hours after the tournament ends, try to eat a sandwich with low fat meat like turkey or even have a caramel instant breakfast.