





# Nutritional Issues with Tournaments Ung play times Sub-optimal recovery time between games Higher level of play/ intensity Disrupted eating schedules Poor food choices available Environmental conditions

### Optimizing Nutrition and Hydration – Before the Tournament Occupancy In Time of day Food consumed before Tournament Pre-competition rituals Digestive issues Away vs At Home tournaments Sleep quality Morning Tournaments Must have Breakfast before tournament Time out athlete's meal – 90 minutes before competition May need to consider modifying breakfast choices and volume Reduce fat, dairy and fibre intake

### Optimizing Nutrition and Hydration – Before the Tournament Afternoon Tournaments Regular breakfast Separate before lunch by 3-4 hours Modified Lunch – 90 minutes before tournament Reduce fat, dairy and fibre intake Consider what time they wake up Night Tournaments Regular breakfast May need modified lunch depending on start time May need modified lunch depending on start time Move dinner earlier if needed Reduce fat, dairy and fibre intake


#### Optimizing Nutrition and Hydration – During the Tournament

- Must time out events
- Consider time between games/ events
- Food choices should be lower in fat, fibre and avoid dairy
- 30, 60, 90 plan
  - 30 minutes between events Snack
  - 60 minutes between events Small meal or substantial snack
  - 90 minutes between events Small meal with snack
- Hydration + Flectrolyte
  - O Consider Sports Drinks
  - Be aware of overhydration






#### Optimizing Nutrition and Hydration – During the Tournament Cose study – Becky Cose study – Becky Cose study – Becky Cose day anxiety/ nerves Cosme day anxiety/ nerves Cost 2 Eggs and 2 strips of Bacon for breakfast wakes up at 8am Cont teat after games Cont eat after games Cont eat after games Cont of drinks water Experiences cramping Tournament – Games are 75 minutes long Cosme 1 – 9am Cosme 2 – 11 am Cosme 3 – 1 pm Cosme 4 – 5pm


# Optimizing Nutrition and Hydration – During the Tournament Issues/ Considerations with Becky Poor breakfast timing Breakfast high in fat and low in carbohydrates Game day nerves Long play time Low blood sugars throughout entire tournament Poor hydration status Inconsistent time between games


#### Optimizing Nutrition and Hydration – **During the Tournament**

- - 60 minutes between events 1 serving of fruit with 1 tbsp of peanut butter with 250ml Gatorade
     90 minutes between events ½ sandwich with 1 serving of fruit with peanut butter with 2x250ml Gatorade







# Optimizing Nutrition and Hydration – After the Tournament Ournament Need to consider Athlete taper? Increased intensity of competitive play Recovery with training goals Team Celebrations/ rituals Post game/ tournament athletic meetings Athletic schedule/ next tournament/ next game


### Optimizing Nutrition and Hydration – After the Tournament Have postworkout nutrition plan May need to modify Manage expectations Have empathy towards post game celebrations/ rituals Consider bedtime snack Addresses suboptimal nutritional intake throughout the day


# Must optimize recovery Prevent post tournament celebrations until the final day of tournament Repeat recommendations/ establish routines Provide multiday plan


#### **Supplements**

- O Never try anything new before competition
- May assist with maintaining peak performance and preventing Lactic Acid build up
- Beneficial Supplements
  - Sports Drinks/ Electrolyte Replacements
  - Caffeine
  - Protein Powders
  - O BCAA
  - Beta-alanine
  - Nitric Oxide






### Supplements – Sports Drinks/ Electrolyte Replacement Sports Drinks Very common and available Normally well tolerated Eg. Powerade, Gatorade Benefits are debatable Kontent? Isotonic? Primarily sugar Targeted to replace sweat loses and replenish glycogen stores Many on the market, well recognized brands May not always be needed Only needed if exercise is lasting more than 60 minutes (depending on variables)


#### Supplements – Sports Drinks/ Electrolyte Replacement Sports Gels Very common and available Eg. Stinger, Cliff, Powerbar Some contain caffeine Lightweight and transportable Good for during event replenishment

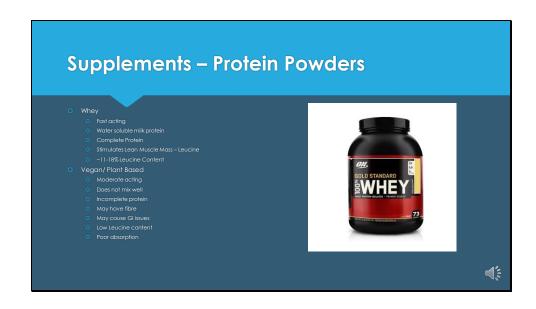
May cause dehydration – needs to be paired with water

#### Supplements – Caffeine

- Insufficient evidence for weight loss, but proven to increase metabolism and calories burnt (minimal ~50 kcal/250mg)
- - AnxietyAgitationChest pain





### Supplements – BCAAs BCAAs (Branched Chain Amino Acid) Made of Leucine, Isoleucine and Valine Stimulate muscle development and possibly reduce muscle breakdown (no evidence) Side Effects Fatigue Loss of concentration Not enough evidence for it's safety during pregnancy and breast feeding-Not advised When to use Vegetarians

# Supplements – Beta-Alanine Our Beta-Alanine Non-essential amino acid used to improve athetic performance, capacity, lean mass and improving physical functioning in the elderly Enhances performance by preventing acidic enviornment Needed for production of Camasine – pH control Used for high intensity/ weight lifting May enhance Creatine's effectiveness Conflicting research Side effects Rushing and fingling with high doses Insufficient evidence for safety in pregnant/ breast feeding women Good for Vegetarians/ Elderly


# Supplements – L-Arginine Our L-Arginine Amino Acid that is converted in the body into NO Our Causes blood vessels to open wider for improved blood flow L-Arginine can also helps release Growth Hormone and Insulia



# How to choose supplements Informed Choice/ Informed Sport label WADA compliant Product matches the label Free of contaminants Raw material evaluation at production site Review of facility accreditation Review of Quality system and Standard Operating Procedure Raw material supplier assessment Finished goods storage and distribution evaluation



