

# **Tournament Eating and Drinking**

- 1. What you eat all week will affect your energy level this weekend. That doesn't mean eat a bowl of pasta every hour. That means eat healthy meals all week, and no skipping meals.**
- 2. Drinking caffeine can dehydrate you in hot weather.**
- 3. Pre-game meals (3 hours before a game) should be light and low-fat. This will speed the emptying of your stomach. Remember that any solids you eat within 3 hours before your game will not be used for energy for your game. Digestion of food in your stomach at game-time will divert energy from muscles, which leads to early fatigue.**
- 4. Drinking sports beverages during games might help your energy level. Try different flavors to find the one that quenches your thirst.**
- 5. A sugar beverage is necessary immediately after each game (sports beverages are not high sugar drinks), followed by a healthy meal within 2 hours of a game. This will help your body rebuild energy stores. The carbonation in sodas may fill you up and keep you from drinking adequate amounts of fluid.**
- 6. Some players will not be hungry between games, others will be ravenous. You will have to use your judgment. Try to at least avoid high fat foods.**
- 7. Tournaments test endurance – any edge a player can gain by watching what they eat may make the difference. The kids who benefit most are the ones at risk for depletion -- players who play most of each game. Players will need to find out what works for them.**