



Nutrition for Athletes During Tournaments



Volleyball tournaments are fun and exciting events for young volleyball players (and old ones too!). Adequate nutrition throughout the day can help keep the energy levels high and the body fuelled for the day. Here are a few tips for nutrition for players during tournaments. The same principles can be applied to every day that you play in a sports activity.

Nutrition before competition:

Prior to arriving to the event, make sure you are up early and ready in time to have a proper breakfast that is high in carbohydrates and small amounts of protein and fat.

Healthy tournament breakfast food:	Foods to avoid:
<ul style="list-style-type: none"> ✓ Cereal with milk ✓ Fruit (apples, bananas) ✓ Yogurt ✓ Scrambled or boiled eggs ✓ Toast, bagels (small amts of peanut butter, nutella) ✓ Juice, milk ✓ Lots of water (try to drink 2-3 glasses of water in the morning before you leave home) 	<ul style="list-style-type: none"> ✗ Danishes, donuts, pastries ✗ Sweet breakfast foods (syrups, sugar, honey) ✗ Coffee or caffeinated beverages ✗ Fried foods ✗ Limit high fiber and heavy protein ✗ Starbucks blended, fatty drinks etc.

Nutrition between/during competition:

Since we will be at the venue all day, please bring food for the entire day. It is important to eat frequently and consume healthy foods between matches. Most matches are about 1 hour long and about anywhere from minutes to hours apart. So bring foods that are easy to prepare, quick to eat and digest. Often, there is no refrigeration or microwave at the venues so please bring foods that are easily packed and won't spoil. While tournaments are a fun, social atmosphere, try to **limit** the "party" foods. (everything in moderation!)

Healthy tournament "grazing" food:	Foods to avoid:
<ul style="list-style-type: none"> ✓ Fruit ✓ Cut up veggies (carrots, bell peppers, cucumbers, etc),, salads ✓ Sandwiches made with luncheon meat (turkey, chicken, tuna,) ✓ Yogurts, cheese, crackers ✓ Water, juice ✓ Healthy granola bars ✓ Lots of water 	<ul style="list-style-type: none"> ✗ Chips ✗ Chocolate bars ✗ Pop, especially Coke and caffeinated beverages ✗ Candy ✗ Fast foods like hamburgers, french fries ✗ High-fat, sweet "granola" bars ✗ Starbucks or other blended drinks





Nutrition post-event-recovery

After the tournament, you will probably be hungry and tired. Bring some food for the car ride home.

Healthy tournament recovery food:	Foods to avoid/limit:
<ul style="list-style-type: none"> ✓ Fruit (bananas, apples) ✓ Nuts, almonds ✓ Dried fruit ✓ Fruit juice ✓ Sports drinks ✓ more water 	<ul style="list-style-type: none"> ✗ Chips, salty foods ✗ Pop, especially Coke and caffeinated beverages 

Tips for parents and players:

- ★ Label all water bottles and lunch bags with players name and team
- ★ Designate a “tournament” lunch bag, that has some sort of thermos type padding
- ★ Designate a “tournament” water bottle and have extra water in the car for the ride home
- ★ Freeze juice boxes and add to lunch bag to act as a cold pack
- ★ Have players prepare and pack their own tournament lunch bag
- ★ Give players a budget and have a few of them shop together for healthy tournament food and snacks.
- ★ Of course... snacks and treats are ok..just in moderation and not the primary source of “fuel” for the body.

Here’s to a healthy, energetic day of volleyball!

Your Stars Coaches

