

Please remember that hydration is very important and should begin a day or 2 prior to the tournament.

Also, please try to make sure that the girls have plenty of time for breakfast to digest before the first game Saturday. As usual, the girls should be at the field 1 hour before the morning game. Also, since our first game is at 8:00 and our second game at 11:00 please remember that the girls need to refuel immediately after the 8:00AM game, you might want to have something available at the field.

Thanks!

Below and attached are 4 articles/excerpts to help prepare for the Atlanta Cup. None of these are hard and fast rules, so use your discretion. The coaches will let the parents be the parent as neither of us want to be the food police.

For those looking for a concise and easy summary/recommendation:

Plenty of pasta and other carbs the week before tournament with plenty of water

Bagels and Bananas 2hr before games

Water and Sports Drinks during game, at half time, and after game.

PB & J and Fruit between games. Generally need to eat within the first hour after playing

A.

Step 1 - Encourage kids to eat a lot. Youth players should fuel like endurance athletes. They need calories and more calories.

Step 2 - Feed them often. Players should have a good meal one to two hours before playing and snack on fruit and/or sports drinks during the games.

Step 3 - Choose the right foods. Fruits, whole grains and easy-to-digest foods (e.g. not fried) are the best choices.

Step 4 - Avoid junk food. It can hamper performance.

Step 5 - Choose right on the road. Even fast food is fine if you make the best choices. Try to choose steamed or baked over breaded or fried foods.

Step 6 - Provide extra water and rolls or bread with each meal.

Step 7 - Make sure that food is available. Don't count on tournament concessions stands or supermarkets, which may not offer healthy foods or be convenient to your location. Bring a stash from home to be sure.

Step 8 - Refuel. Post-game nutrition is often overlooked, but nutritious foods speed muscle recovery for the next game.

B:

Fueling for Soccer The four time zones of sports nutrition

1. Training days prior to competition

the typical routine now is to gradually reduce training volume and intensity while increasing the fraction of the total diet that is carbohydrates. This will help the muscles load up extra glycogen (the main fuel for muscles) for the game.

Most research shows that the muscle glycogen levels of (male) soccer players are no better than those of the spectators in the stands: not good.

Studies on soccer players have shown that those with the most pre-game muscle glycogen run the farthest at the fastest speeds during a game.

2. Day of competition

Most pre-game meals are eaten three or four hours prior to competition. But realize that the food eaten then will have little to do with the energy expended in the game.

Remember, however, that the more calories (i.e. fat and protein) in a meal, the slower the food leaves the stomach. Carbohydrates are again the best choice; take fruits, cereals, juices, pancakes/waffles etc. over sausage, eggs, steak, or many choices on the breakfast menu at a fast food restaurant.

3. Eating during competition

Carbohydrate supplement drinks given before the game and at halftime have been shown to increase running volume and intensity in the second half in soccer players.

4. Eating after the game.

The game uses muscle glycogen (carbohydrate) so it must be replaced.

Research has shown that muscle is especially receptive to carbohydrate replacement in the first two hours after exhaustive exercise.

When playing twice in one day, it is all the more important to get some carbohydrates back into the muscles quickly.

Remember, fast foods are high in fat and protein and can remain in the stomach at the start of the next game (depending on when it was eaten and how much was eaten) and doesn't return much in the way of carbohydrates to the muscles.

Eating for sports performance requires a bit of planning and clock watching, but can lead to improvements in performance. When you do it properly, you will notice that you have more energy late in games and in the second of back-to-back games.

C.

Your muscles are the most "thirsty" for glycogen right after exercise. So try to eat a good supply of carbohydrates within the first 2 hours after play. Don't wait. Have carbohydrate-rich foods available right after a game. This is especially important if you are playing in a tournament with many games in a short time. Give yourself every advantage and refuel for the next games. Choose fruit juices, carbohydrate replacement drinks, bagels and jam, fresh or dried fruit, and uncooked "Chex Mix" types of finger food. If candy is acceptable to your parents, choose "clear" candy like "gummi" candy, jelly beans, etc. (chocolate-based candy has too much fat and calories). Stay away from the chips, burgers, fries, nachos, etc., which have too much fat and not enough carbohydrate.

D.

My favorite, and most simple of these, is in the attached article from "Parade" is last week's paper from the US Women's team trainer.

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Some succeed because they are destined to, but most succeed because they are determined to. Henry Van Dyke