

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 as well as every day healthy eating.

General guidelines: Avoid/reduce sugar intake, especially 'high impact' sugars (added sugar, anything with high fructose corn syrup, etc.). Choose organic and local food as much as possible.

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 balanced with complex carbohydrates, protein and fat.

Healthy tournament breakfast food:	Foods to avoid:
<ul style="list-style-type: none"> ✓ Cereal with milk, almond milk ✓ Oatmeal ✓ Fruit (berries, oranges, apples, bananas) ✓ Yogurt ✓ Scrambled or boiled eggs ✓ Toast, bagels (small amounts of peanut butter) ✓ Milk, almond 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 one hour long and about anywhere from minutes to hours apart, so bring foods that are easy to prepare, and 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 protein sources (turkey, chicken, tuna, almond butter) ✓ Yogurts, cheese, crackers ✓ Water ✓ Healthy granola bars 	<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 for Athletes

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, berries) ✓ Nuts, almonds ✓ Sports drinks ✓ Water ✓ Soup ✓ Yogurt, granola 	<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
- ▶ Soda pop is a very unhealthy beverage choice in any circumstance. Please do not encourage or allow soda pop to be chosen as a beverage (anything with high fructose corn syrup is an unhealthy choice...it is not a treat!)

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

Your Stars Coaches



For healthy shopping and organic food, try **SPUD.ca**