

# Tournament Tip Sheet



## Two Days Pre-Tournament

- Eat 3 meals and 2-3 snacks per day. You may feel just as hungry as if you were training hard; that's normal!
  - Choose snacks like fruit, cheese, crackers, pretzels, goldfish, yogurt, granola bars or edamame when hungry.
- Use the moderate athlete's plate to build your meals for the day
- Hydrate enough that you need to urinate every 2-3 hours, and urine is pale yellow in color. Dark yellow or going longer than 3 hours means you need to drink more!



## Night Before Tournament

- Use the hard athletes plate to maximize carbohydrate for game fuel!
- Eat to feel satisfied. Overeating will make you feel too full and could cause stomach upset during your game the next day.
  - **Sample dinners:** Spaghetti with meat sauce with small side salad; Chicken and potato with small side; Wrap with baked chips and fruit; Pancakes, fruit and eggs; Turkey sandwich with baked chips and fruit; Burrito bowl (without beans); Pasta with red sauce from restaurant; Rice bowl from restaurant

## Tournament Morning

- Eat 2-3 hours prior to first game. If it's a morning game, you need to get up early to eat. Drink water with your meal.
  - **Sample breakfasts:** oatmeal with fruit; peanut butter toast with banana; pancakes with eggs and fruit; cereal with milk and fruit; frozen waffles with turkey sausage; yogurt with granola, nuts and fruit
- Have a snack 30-60 min pre-game.
  - Choose a high-carb snack like pretzels, goldfish, oranges, banana, dried apricots or sports drink.

## Fueling Between Games

### If less than 30 minutes

- Continue to sip on sports drink before the next game.

### If less than 1.5 hours

- Continue to drink sports drink AND have a carbohydrate snack
- Choose goldfish, crackers, pretzels, oranges, banana, apple, grapes, or a granola bar as your snack

### If more than 2 hours

- Have a high carbohydrate, low fat meal and drink water
- Choose a deli sandwich with fruit; burrito bowl without beans; spaghetti; sushi; grilled chicken sandwich with fruit/baked chips

**Poor fueling choices between games:** deep fried foods (french fries, mozzarella sticks), fast food burgers, nachos, chili dogs, salad

- There may be times where these are your only options. Something is always better than no food at all.
- If you aren't playing game number two, choose a recovery snack and water

## Recovery Nutrition

- Have a meal or snack with both carbohydrate and protein
- Hydrate with water or the rest of your sports drink from the game
  - **Choose a snack:** string cheese and fruit, chocolate milk, deli sandwich, edamame, smoothie with yogurt and fruit
  - **Or choose a meal:** salmon with rice and salad; sandwich with chips and fruit; sushi and edamame; burrito with rice, veggies and meat; pasta or tacos with rice and beans

## To connect with our sports dietitian, see info below

**AMANDA MCCARTHY, MS, RDN, CSSD**  
Sports Dietitian

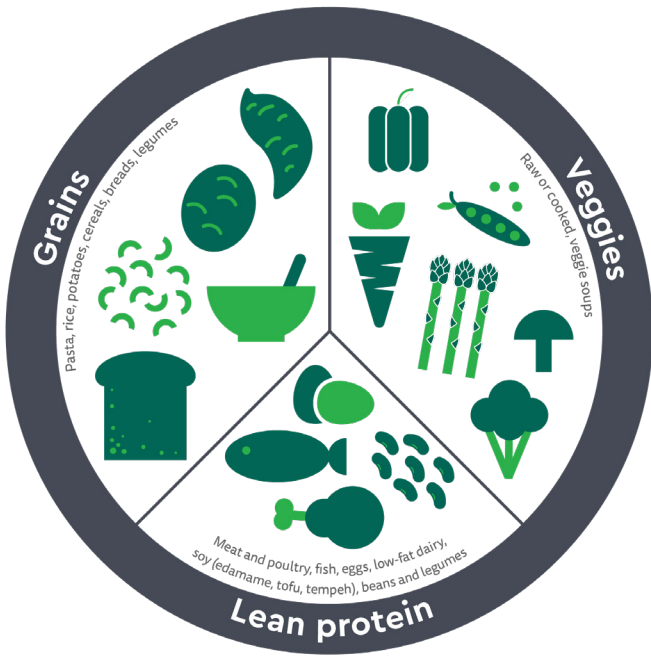
 [sportsnutrition@childrenscolorado.org](mailto:sportsnutrition@childrenscolorado.org)

 720-777-3101

BALANCE YOUR PLATE

**Moderate training**

Load your breakfast, lunch and dinner plate like this if you plan to train once in a day.



**Drinks**

- Water
- Milk
- Diluted juice



**Fruit**

- Fresh
- Stewed
- Dried



**1 teaspoon of fats**

- Nuts and butters
- Avocado
- Oils
- Seeds
- Spreads (mayo, cream cheese)
- High-fat dairy products

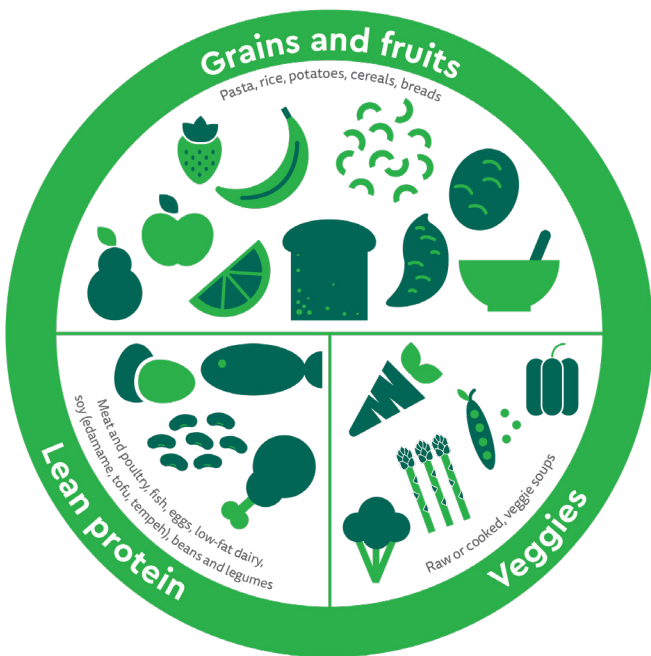


**Flavor ideas**

- Salt and pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Ketchup
- Mustard

**Intense training or game day**

Load your plates like this if you plan to have at least two intense workouts for the day or if it's the day of your game, race or competition.



**Drinks**

- Water
- Milk
- Diluted juice
- Sports drink



**2 teaspoon of fats**

- Nuts and butters
- Avocado
- Oils
- Seeds
- Spreads (mayo, cream cheese)
- High-fat dairy products



**Flavor ideas**

- Salt and pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Ketchup
- Mustard