

Hockey Nutrition Sessions – Fuelling Great Athletic Performance!

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Do you know the role proper nutrition plays in athletic performance?

Proper nutrition is extremely important for an athlete's performance, and for proper growth and development. Young athletes require over 30 essential nutrients to feel and perform their best – knowing what to eat, what not to eat, and when to eat – is critical!!

Consider a detailed 'Nutrition Session' for your team to ensure your athletes know how to fuel themselves to maximize performance!!

Topics Covered

1. Hydration:

Proper hydration is vital – dehydration can decrease performance significantly!

- Review the importance of water in the body
- What happens to water levels in the body when athletes exercise
- Dehydration signs and impact on performance
- How much athletes need to drink before, during and after games/practices
- Sports Drinks – necessary or not?

2. Pre game eating:

Food is an athlete's fuel! What they eat before a game (and leading up to a game) will impact performance.

- What to feed the athlete:
 - 2-4 hours before a game
 - 1 hour before a game
 - 30 minutes before a game

3. Post Game Eating:

The objective of post game eating is recovery. The athletes' glycogen stores must be replenished and muscle tissue must be repaired and restored. There is a window of time within which an athlete should consume certain foods to enhance recovery.

- Adhere to the 3 'R's':
 - Rehydrate
 - Refuel
 - Recover

4. Smart Snacking:

Keeping an athlete fuelled between meals is critical so that energy levels are maintained throughout the day.

- 3 key factors for snacks
- List of snacking ideas

5. Key Nutrients for Female Athletes (age appropriate)

- Female athletes have a higher need for a few key nutrients given their intense athletic schedule and their growing bodies.
- Review these nutrients and the foods in which they are available.

6. Eating well at Hockey Tournaments:

Tournament fuelling can be difficult! Games can be scheduled early in the morning, too close together, or during meal times. This section covers:

- How to organize meal timing
- Foods to pack for 'away' tournaments
- Breakfast, lunch, dinner ideas
- Tips for eating out at restaurants
- Fast food ideas: the best of the worst!

Administrative Details:

- Sessions to the parents can be held in the change room during a practice. Sessions to the athletes can be held in the change room after a practice.
- Full session lasts up to 45 minutes with questions
- Preference is to give sessions separately to the athletes and parents.
- Sessions can be tailored with additional information if required

Peewee Level and Under

- Full Nutrition Talk is given to the parents. With the athletes, the discussion focuses on hydration and the negatives of fast food/junk food.
- Hand outs are provided to parents only.
- Cost: \$200 covers both sessions (parents and athletes)

Bantam Level and Above

- Full Nutrition Talk is given to the athletes and parents separately.
- Hand outs are provided to parents and athletes.
- Cost: \$100 for parent session, \$100 for session to the athletes.

NOTE: Personalized Nutritional Consultation is also available.

