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GAME DAY *fuel*

What to pack for practice, tournaments and sports days.

Hungry kids don't play their best. Neither do hangry ones. A little planning means more energy on the field and fewer meltdowns in the car.

Before

A real meal that sits well.

During

Easy snacks and lots of water.

After

Protein and carbs to refuel.

Girls gotta eat. So do the athletes. Feed them like they're training, because they are.

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WHEN TO *eat what*

2 TO 3 HOURS BEFORE

A real meal

Carbs for energy, some protein, not too greasy or heavy.

Ideas: pasta with chicken, oatmeal with banana and milk, eggs and toast with fruit, rice bowl.

30 TO 60 MIN BEFORE

A small top-up

Quick, easy carbs. Skip big fatty or fibre-heavy snacks right before playing.

Ideas: banana, applesauce pouch, a few crackers, half a granola bar.

DURING

Sip and snack

Water at every break. For long games or tournaments, small snacks between games.

Ideas: orange slices, grapes, pretzels, fruit snacks, dry cereal.

WITHIN AN HOUR AFTER

Refuel

Protein plus carbs to help their muscles recover.

Ideas: chocolate milk, turkey sandwich, yogurt and granola, cheese and crackers with fruit.

THE COOLER *list*

Quick energy

- Bananas and clementines
- Grapes or orange slices
- Applesauce pouches
- Pretzels or crackers
- Granola or oat bars
- Dry cereal in a baggie

Protein

- Cheese strings
- Yogurt tubes (frozen = ice pack)
- Hard-boiled eggs
- Turkey or chicken wraps
- Roasted chickpeas or edamame
- Chocolate milk

Hydration

- Start the day with a full glass of water before you leave.
- Bring a big bottle per kid. Refill at every break.
- Water first. Save sports drinks for long, hot, sweaty days.
- Pale yellow pee means they're on track. Yes, ask them.

Skip these right before a game

- Greasy fast food or a big heavy meal
- Pop and big sugary drinks
- Brand new foods they've never tried
- Going in on an empty tank

Pack it the night before. Future you will say thank you at 6 a.m.

TOURNAMENT DAY *checklist*

Night before

- ☐ Bag packed and by the door
- ☐ Uniform, socks, gear washed
- ☐ Snacks bagged
- ☐ Water bottles in the fridge
- ☐ Early bedtime

Morning of

- ☐ Real breakfast eaten
- ☐ Glass of water
- ☐ Cooler packed with ice
- ☐ Sunscreen on
- ☐ Schedule and address saved

In the bag

- ☐ 2 full water bottles
- ☐ Snacks for between games
- ☐ Lunch
- ☐ Extra shirt and socks
- ☐ Hoodie or rain layer
- ☐ Band-aids and wipes

After

- ☐ Recovery snack within the hour
- ☐ Water, water, water
- ☐ Wet gear out of the bag
- ☐ Good dinner and early night
- ☐ Tell them what they did great