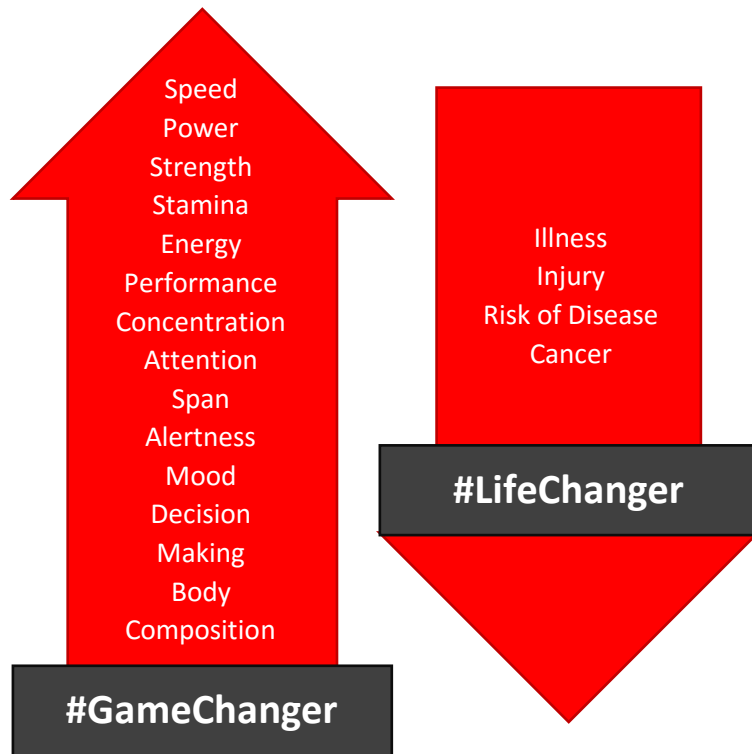


MA Hockey



Girls 14 - 18 years old

1. Drink more water and less of everything else. Avoid soda, energy shots or drinks and alcohol. Limit juice, sugary drinks and slushes.

- Hydration improves speed by 8-10% and muscle strength by 10-12%.
- Dehydration may lead to muscle cramping and premature fatigue as well as headache, dizziness, blurred vision, stomach upset and chills.

- Proper hydration decreases risk of injury, especially muscle pulls, tears or sprains.
- 65g of sugar found in a soda or iced tea/lemonade= \sim 23 sugar packets.

2. Eat real foods you can recognize as often as possible. If it swims, runs, flies, grows from the ground or falls from a tree and you can still recognize it, it's a better choice than something packaged in a shiny wrapper or crinkly bag.

- Eat breakfast every day. Include a source of protein like eggs or Greek yogurt.
- Look in your refrigerator before your cabinets when you need a snack.
- Add lots of colors to your plate (and ketchup doesn't count).
- Eat at least one fruit or vegetable at every meal and snack.

3. Play your best. Fuel your performance by eating a meal about 3 hours before you play and a snack within an hour. During the high school season, that last meal is lunch for most games. If you can't get a healthy lunch from the school cafeteria or dining hall, then please bring it into school. You may need to eat your snack during last period or in the locker room for home games and on the bus for away games.



- Drink water at every break in play.
- Use electrolyte replenishment/sports drink after you've been sweating for 60 minutes or more, in between games at a camp, clinic or tournament or in advance of a very hot game or practice.
- Plan ahead and pack a cooler for tournaments. Concession usually have plenty of food, but lack the "fuel" needed to power your performance.

TAILORED BODY COMPOSITION GOALS:

<p>LEANING OUT Eat 4-5x/day</p>	<ul style="list-style-type: none"> ✓ NUTRITION: Protein at every meal. Decrease starch with dinner. Eat only until satisfied. ✓ RECOVERY: 15g whey protein plus apple or berries.
<p>IDEAL BODY COMPOSITION Eat 5-6x/day</p>	<ul style="list-style-type: none"> ✓ NUTRITION: Protein at every meal. Eat when hungry, eat until satisfied. ✓ RECOVERY: 20-25g whey protein plus banana, grapes, raisins, berries or apple.
<p>GAIN MUSCLE Eat 6-7x/day</p>	<ul style="list-style-type: none"> ✓ NUTRITION: Protein at every meal. Increase portion sizes (Eat often. Eat more than usual.) ✓ RECOVERY: 30g whey protein plus banana and apple or grapes.

