

# Athlete Nutrition for Tournament Day

*Tournaments are long days with a lot of volleyball, which requires a lot of energy for athletes to play at their best all day. Not only does this require more nutrients than normal days, but it requires the right kind of nutrients to sustain the kind of physical activity that volleyball involves. Volleyball is an intermittent sport; it requires some endurance, but ultimately volleyball athletes are power athletes relying on fast bursts of energy for short plays with rest periods. The majority of a volleyball player's fuel source will come from carbohydrates. Good sources of fat will also be important to endure through long matches. While protein is not a main source of energy it is important for recovery, building muscle, and decreasing soreness. Lastly, hydration is extremely important; athletes should be hydrating the day before a tournament in preparation and should be drinking lots of water throughout tournament day and post-tournament for recovery.*

## List of Suggested Tournament Day Food:

- Cereal (low in sugar)
- Eggs
- Fruit
- Bagels, English muffins, Toast
- Low-fat cream cheese and/or peanut butter
- Smoothie (homemade is the best to ensure there's not a lot of added sugar)
- Juice (low in added sugar)
- Vegetables
- Salad and/or pasta salad
- Yogurt
- Cheese
- Crackers
- Healthy granola bars (low in sugar)
- Sandwiches (w/ lunch meat, whole wheat bread, cheese, lettuce, mayo, mustard)
- Tortilla wraps
- Nuts
- Dried fruit (low in added sugar)
- Sports drinks
- Chocolate milk (great for recovery!)

## List of Foods to Avoid on Tournament Day:

- Pastries and Donuts
- Caffeinated drinks and foods (No soda or Starbucks drinks!)
- Fried foods and fast food
- Foods high in salt
- Candy
- Foods high in added sugar (sugar provides immediate energy, but will burn out fast!)