

Kingsmen Lacrosse Nutrition and Hydration Guide

Hydration is Key for Performance

Fluids should be replaced during conditioning, practice, and games, as dehydration decreases performance. Two hours before the event consume 12 - 20 oz. of fluid with your pre-event meal. Then 10 - 15 oz. within 15 to 20 min. prior to the event, followed by 5 - 15 oz. of fluid during exercise every 15 to 20 min.

Fluids include both water and sports drinks. DO NOT drink only water. A combination of the two is recommended.

Sports drinks (Gatorade, etc.) should include electrolytes, sodium, and potassium and chloride, which are lost in sweating. They should incorporate a combination of sugars that enables the drink to maximize absorption during exercise. (The combination of glucose and fructose is proven to allow for the best performance production.)

Nutrition

1. Fueling for lacrosse: fueling is like part of your lacrosse equipment
 - a. Eat 30 - 60 min. before practice, conditioning or game
 - b. Eat within 30 min. after practice, conditioning or game
2. Eat like it is a part of the game plan: Consume 5 to 6 small meals throughout the day, at 3-hour intervals; small nutritious meals throughout the day provides sustained energy and promotes muscle growth
3. Composition of your plate – what does a “power plate” look like?
 - a. 1/3 carbohydrates, i.e. brown rice, pasta, sweet potatoes, yams
 - b. 1/3 vegetables/fruits, i.e. the more colorful, the more nutrition value
 - c. 1/3 lean protein, i.e. chicken/turkey (white meat, skinned), lean beef (loin or round), fish
4. Be consistent! If you are an athlete, you are an athlete 7 days a week. Therefore, eat like an athlete every day!

Food for Fuel

Step One – Pregame Meals:

Pregame meals should be eaten 3-4 hours before the game. Choose a meal high in carbohydrate (bread, pasta, rice, wheat bread), moderate in protein (chicken, ground beef or tuna) and low in fat and fiber to prevent a delay in digestion.

Healthy Picks

1. Grilled chicken wrap (wheat) + light ranch dressing and veggies + fruit
2. Subway 6" sandwich (deli turkey/ham/chicken) + fruit
3. Pita pizza pocket: Fill a wheat pita with pizza sauce, light mozzarella cheese and additional pizza toppings + fruit
4. Egg sandwich: Great for morning games! Sandwich: 1 cooked egg between and English muffin + slice of Canadian bacon and 1 slice of cheese + fruit

Step Two – Pregame Snacks:

Most likely, the window of time between the meal and the game are too long for your athletes to go without a meal. Here are pre-game snacks to be eaten 60-90 minutes before the game.

Healthy Picks

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| Peanut butter + jelly sandwich | Honey Nut Cheerios + milk |
| Turkey sandwich | Applesauce |
| Tuna salad + crackers | Low-fat cheese + crackers |
| Mini bagel + light cream cheese | Banana/apple + peanut butter |
| Yogurt + granola | Fruit + cheese kabobs |
| Nature Valley Bar + peanut butter | Sports bar (Cliff, Powerbar) |

Step Three – Post Game Recovery:

Recovery after a grueling game or practice is crucial to aid in the athlete's muscle repair, so they can be ready for the next game. Choose foods slightly higher in carbohydrate, moderate protein (-10g) and lower in fat (-10g).

Healthy Picks

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| Low-fat chocolate milk | Cottage cheese + apple slices |
| Milk + fruit | Protein bar |
| Low-fat Greek yogurt + granola | |