

# YARMOUTH COLTS - FUELING RECOMMENDATIONS

## **DID YOU KNOW THAT PROPER FUELING CAN DO THIS FOR YOUR TEAM???**

- ★ **Dramatically increases stamina to last the whole game**
- ★ **Increase mental focus to play strategically.**
- ★ **Helps maintain performance level game after game**
- ★ **Aids in recovery from games and practices.**
- ★ **Helps prevent performance slumps.**
- ★ **Helps prevent injury.**

## **FUELING GUIDELINES FOR COACHES:**

- 1) Ask about allergies! Make sure that you are aware of any allergies or health conditions that may require specific nutritional needs (ie. nut allergies, diabetes, Celiac disease, etc).
- 2) Provide a specific snack schedule for parents to sign up for opposed to allowing free choice in order to ensure the foods provided will help performance and refueling. Generally no food is recommended for the hour preceding and during the game. However, young players have smaller bodies and sometimes they can't pack in enough food before a game to last them until the final whistle blows. When needed a halftime snack should be a combination of both fluids and carbohydrates and ideally be comprised of whole fruits that have a high juice content. Foods appropriate for half-time snacks can also be utilized as between game snacks during tournaments or multi-game scenarios.
- 3) Encourage athletes to drink water during practices and single games opposed to commercial sports drinks. Explain that drinks containing high fructose corn syrup, artificial flavorings, chemicals and unnecessary neon colorings create more work for our bodies to process which can result in delayed reaction time and reduced speed on the field.
- 4) Teach your athletes the importance of the *Post-Game Refuel Window*. It is imperative that young athletes re-fuel quickly and properly to come back stronger for their next practice or game. Research has shown that our muscles are able to replenish glycogen needs more quickly when we eat or drink carbohydrate containing foods within the first 30 minutes after a game or practice. During this time muscles will convert carbohydrates into glycogen up to three times faster than if the player waits until 2 hours after the game to eat.

HALF-TIME/BETWEEN GAME SNACKS	POST-GAME SNACKS
WATERMELON	CHOCOLATE MILK
ORANGES	CHEESE AND CRACKERS
GRAPES	YOGURT TUBES (no high fructose corn syrup)
RAISINS	MINI BAGELS AND NUT BUTTER
PINEAPPLE CHUNKS	SMOOTHIES
MELON	MINI SANDWICHES (NUT BUTTER/BANANA, MEAT AND CHEESE, CUCUMBER/CHEESE)
SUGAR SNAP PEAS	APPLESAUCE SQUEEZERS (no added sugar)
BABY CARROTS	CHOCOLATE CHIP BANANA OATMEAL CUPS (see recipe below)
APPLE CHIPS	RECOVERY SMOOTHIE (see recipe below)
CUP OF BERRIES	
POWER BALLS (see recipe below)	

### **Chocolate Chip Banana Oatmeal Cups**

Prep time: 10 mins

Cook time: 30 mins

Total time: 40 mins

Serves: 12

#### Ingredients

3 ripe bananas, mashed

1 cup milk

2 tbsp sugar

1 tbsp baking powder

3 cups oats (old fashioned or quick cooking)

1 tsp vanilla extract

1/3 cup chocolate chips

#### Instructions

Preheat oven to 375 degrees

Mix all ingredients, spray muffin pan (or use liners) with cooking spray and pour the batter into 12 muffin cups.

Cook for 20-30 minutes or when muffins start to brown.

Cool on a wired rack.

### **Power Balls**

Prep time: 10 mins

Total time: 40 mins

#### Ingredients

1 cup old-fashioned oats

1/2 cup peanut butter

1/2 cup ground flax seed

1/2 cup chocolate chips (optional)

1/3 cup honey

1 tablespoon chia seeds (optional)

1 teaspoon vanilla extract

#### Directions

Combine oats, peanut butter, ground flax seed, chocolate chips, honey, chia seeds, and vanilla extract together in a bowl. Cover and chill dough in the refrigerator 30 minutes.

Remove dough from refrigerator; roll into balls, about 1 inch in diameter.

### **Recovery Smoothie**

Prep time: 5 minutes

#### Ingredients

1 cup coconut water

2 bananas

2 tbsp Greek yogurt

1 tbsp almond butter

1/2 cup ice cubes

#### Directions

In a large cup (if using an immersion blender) or a blender, combine ingredients and blend until smooth. Add more coconut water if necessary to reach desired consistency. Serve immediately.