



AAA HOCKEY

GAME WINNING NUTRITION STRATEGIES FOR
ADOLESCENT ELITE HOCKEY PLAYERS



“The winners will be highly talented, highly trained and highly motivated. At one time that would have been enough. These days, it is highly likely that everyone will have these qualities....where everyone else is equal, it is diet that will make the vital difference.

Ron Maughan- International Olympic Committee





“Good nutrition accounts for 50% of my performance, with 40% being mental and 10% being physical.”

- *Five-time Olympian Hayley Wickenheiser*





Adolescents are not just small adults

...Need to be aware of growth considerations and safety...

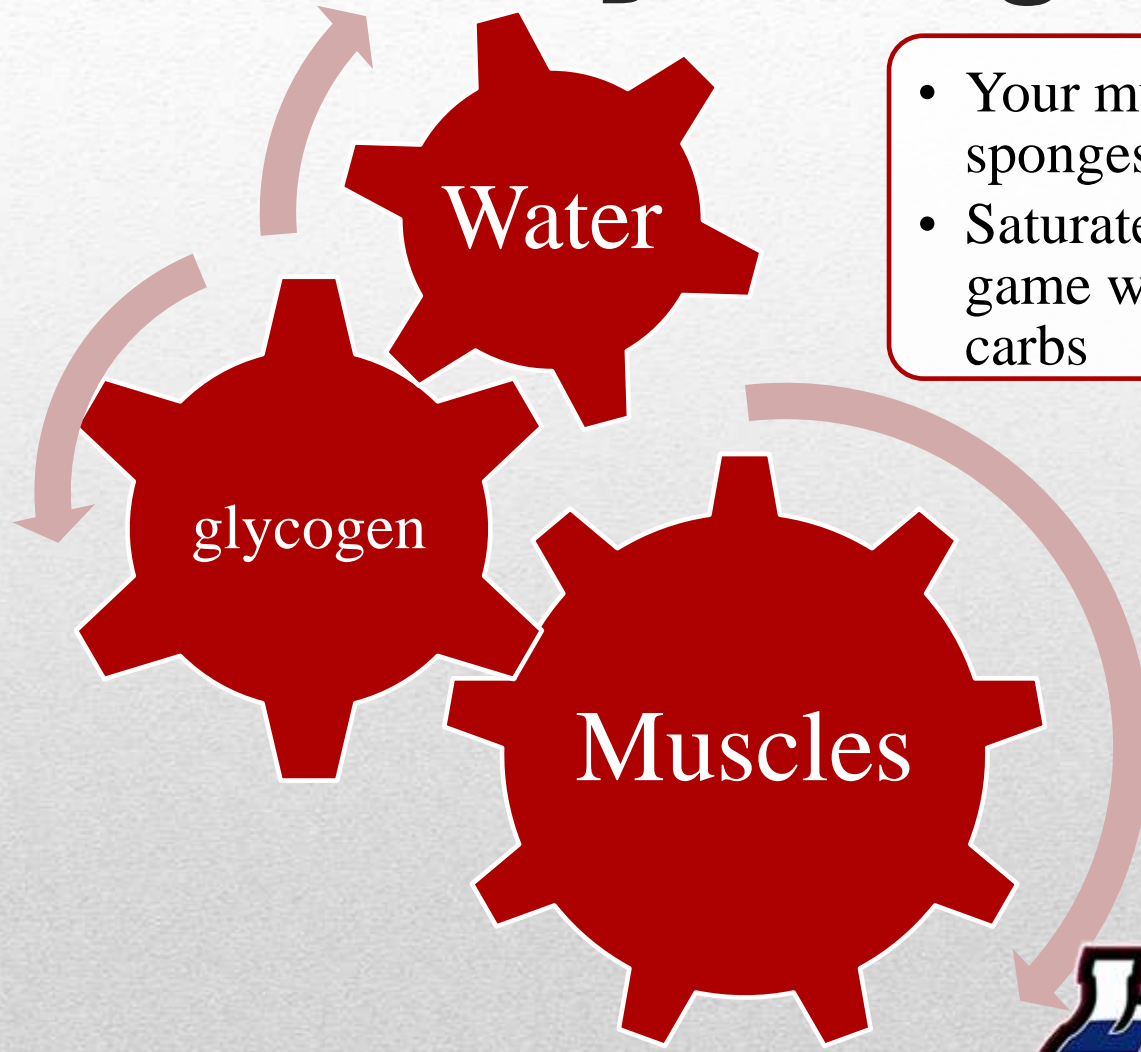


Pre-GAME: Get your edge on.

- Start hydrating about 2-3 hours before the game with 400-600 mL of water
- Choose lower fat food choices before the game to avoid GI upset. Fat is slow to digest and therefore doesn't convert well for quick energy in a game situation
- For early morning tournament starts, a liquid meal or a snack will provide the necessary fuel as well as optimize tolerance.
- Go “HIGH CARB, SOME PROTEIN”!



Pre-GAME: Get your edge on.



- Your muscles are like sponges
- Saturate them pre-game with fluids & carbs



Pre-GAME + milk, water or fruit juice

3-4 hrs
Full Meal

- Veggie/ham omelet, whole grain sub
- French toast, fruit, yogurt
- Chicken, vegetables, rice
- Spaghetti w/ meat or tomato sauce

1-2 hrs
Large Snack

- Whole grain sandwich w/ lean meat & veg, or nut butter/jam
- Cereal, fruit & yogurt parfait
- Energy bars or bites

15-30 min
Quick Fuel

- Crackers, muffin, granola bar
- Piece of fresh fruit
- Chocolate milk/fruit smoothie/shake



During GAME



- **WATER is BEST!**
- Adding flavour to water or choosing electrolyte drinks will help promote drinking enough fluids
- 2% dehydration **NEGATIVELY** affects performance
 - ↓ fuel to your muscles AND
 - ↓ mental awareness



During GAME



- **WATER is BEST!**
- **Goal: is 6 ml/ lb per hour of training/game**
- **Ex: 90 lb'er needs 540 ml/hr**
- **Ex: 120 lb'er needs 720 ml/hr**



Post Game Priorities

- **Rehydration** is the first goal, which should equal total amount of sweat lost, or calculate 4 mL/pound current body weight.
 - Ex: 140lb athlete: 560 ml
- Aim to **eat within 30 minutes** of game, and repeat every 1-2 hours until the next meal.
- Choose foods **high in carbohydrates** to replenish glycogen stores & **good sources of protein** to help build and repair muscle.
- **Healthy fats** help to ensure adequate energy intake and decrease inflammation.
- **Cut the junk!** Minimize sources of empty calories.



Tournament Meal Planner

| TIME | THINK ABOUT... |
|-------------|--|
| 7 am | Breakfast |
| 8 am | FLUIDS |
| 9 am GAME 1 | Water between shifts & between periods |
| 10 am | 2:1 CARB:PROTEIN RATIO RECOVERY |
| 11 am | |
| 12 pm | Small meal/large snack |
| 1 pm | FLUIDS |
| 2 pm GAME 2 | Water between shifts & between periods |
| 3 pm | 2:1 CARB:PROTEIN RATIO RECOVERY |
| 4 pm | |
| 5 pm | Small meal/large snack |
| 6 pm | FLUIDS |
| 7 pm GAME 3 | Water between shifts & between periods |
| 8 pm | 2:1 CARB:PROTEIN RATIO RECOVERY and INCLUDE HEALTHY FATS |

Off-season advantage

- The off-season is a perfect time to work at optimizing your diet. Whether you are looking to increase lean mass, decrease total body fat, try new foods, practice game-day strategies...
- Using the off-season will give you an edge for pre-season conditioning and getting back in the game.
- Use this time as a golden opportunity!



Off-season advantage

1. Rebuild any weight loss from playoffs via high energy eating plans to ensure optimal growth
2. Consider possible decreased energy expenditure (Phil Kessel weight gain effect)
3. Get your hands dirty in the kitchen. Increased independence means that you'll need to navigate the kitchen on your own too!
4. Try healthier options at restaurants and test tolerance of new foods to use when traveling.



What about WHEY?

- Whey protein is an excellent lean complete protein meaning that it contains all the essential amino acids
- It is highly bioavailable meaning that you can digest it easily and quickly
- Keep in mind the reasons people take whey and don't let it work against your ultimate goals
 1. Glycogen repletion with carbs
 2. Weight loss & appetite suppressant
 3. Minimize loss of lean body mass with training





Sports drink \neq Energy drink



HIGH'S AND LOW'S OF ENERGY DRINKS

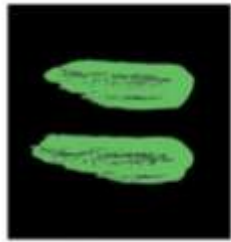
What you need to know...



- People use energy drinks to increase physical and cognitive performance
- Many drinks contain ingredients that mask actual caffeine content (ginseng, guarana, taurine, theine, mateine, panax)
- As little as 250 ml (1 cup) of energy drinks in adolescents increases anxiety and depression
- Avoid before or during practice/game



Ergogenic Aids among youth



WORLD
ANTI-DOPING
AGENCY



Supplement Safety

- Supplements are NOT regulated.
- Often an effect of a supplement can be from another ingredient (ie. Caffeine added for effect)
- Much of the supplement research is in fully grown adults, and health risks to younger athletes have not been studied
- The very best supplement is “adequate energy availability”
- No supplement will counteract the negative implications of a poor diet.
- Long term health consequences are not available



Meals on Wheels – on the go nutrition tips



- AAA Hockey is an on-the-go sport.
- Hockey performance can take a big hit if you are choosing high fat, high sugar fast food when you eat out
 - Increases inflammation, muscle soreness & pain
 - Decreases immunity
 - Decreases performance
 - Decreases mental acuity
 - Decreases recovery
 - Causes weight gain of FAT not MUSCLE!!



Meals on Wheels – snack-atize your car...

- Granola bars, energy bars, whole grain crackers,
- Apple/fruit sauce, pudding, fruit cups, fruit bars
- Trail mix, cereal chex mix, nuts, seeds, dried fruit, nut butter

- Then, just add your recovery drink and your set!!



You are what you eat...

- Eat garbage, feel like garbage, play like garbage
- Eat well, feel well, play well
- You get to choose everyday!



Check these out...

- www.delish.com
- www.superhealthykids.com
- www.kidshealth.com
- www.eatingwell.com
- www.eatright.org
- www.superkidsnutrition.com



Have an amazing game!

Thank you!!

