



# AAA HOCKEY

GAME WINNING NUTRITION STRATEGIES FOR  
PRE-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*







**Kids are not just small adults**

**...Nor should they  
eat like them...**



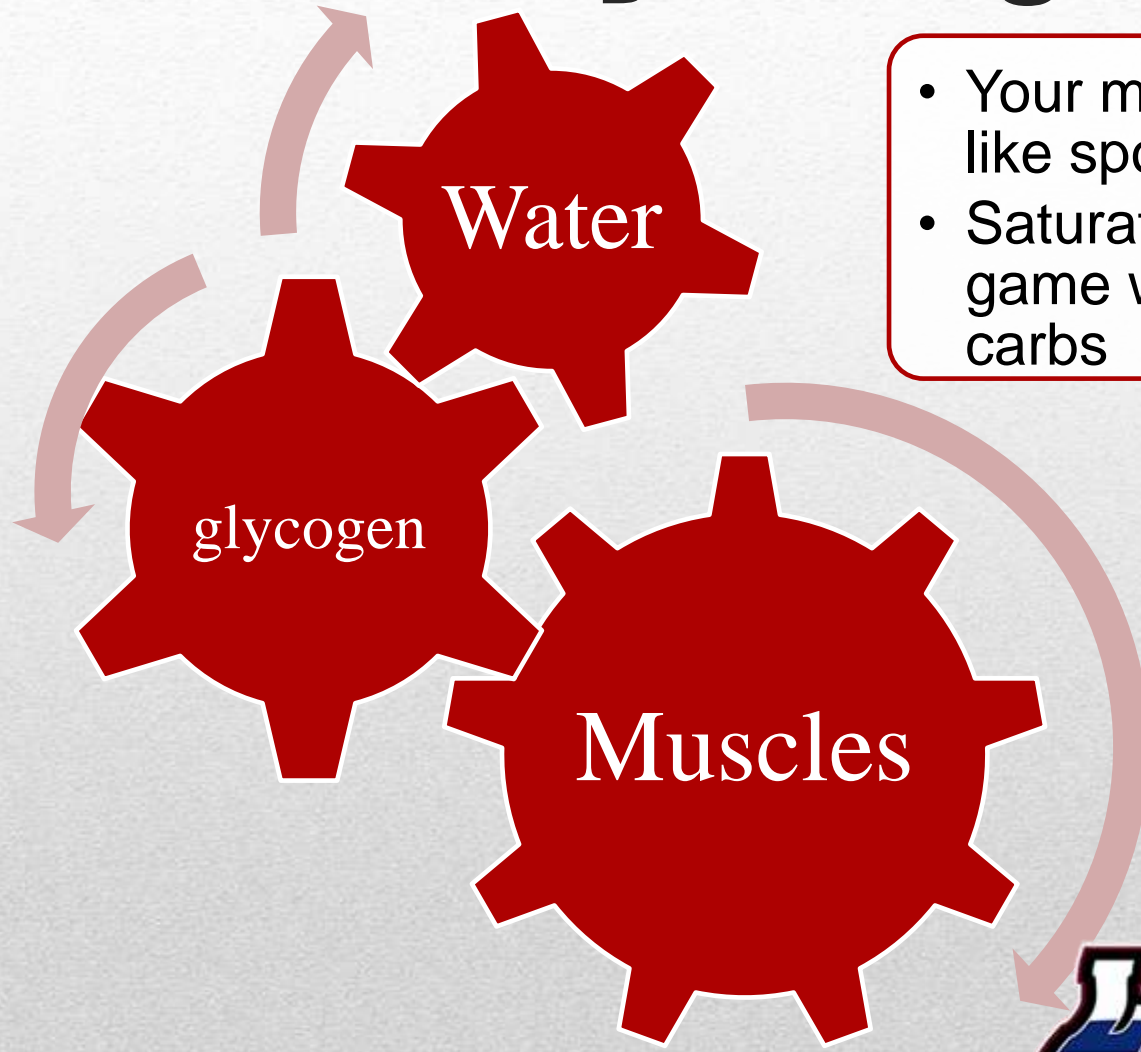
# Pre-GAME: Get your edge on.

- Start hydrating about 2-3 hours before the game with 400-600 mL of water. Use flavoured water to encourage more fluids
- 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

- Muffin/crackers/granola bar
- Piece of fresh fruit
- Chocolate milk/fruit smoothie/shake



# Hydration and Fluids:

- Drinking enough fluid is the #1 priority for pre-adolescent hockey players





# Why Is Fluid SO important?

- Cold dry arena
- Hockey equipment is heavy
- Base layer
- Children have more surface area to body mass; therefore increased heat absorption and increased heat stress
- Decreased awareness of hydration status



# Why Is Fluid SO important?

- Dehydration will decrease mental focus and acuity as well as decrease performance!
- Parents **NEED** to support their young athletes to meet fluid requirements.





# During GAME



- **WATER is BEST!**

- However, it's most important that you drink enough fluids. Aim for 5 ml/lb body weight per hour.
- 2% dehydration **NEGATIVELY** affects performance
  - ↓ fuel to your muscles AND
  - ↓ mental awareness



# 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: 80lb athlete: 320 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!







**Sports drink ≠ 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 energy drinks!





# Meals on Wheels – On the go nutrition



- 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](http://www.delish.com)
- [www.superhealthykids.com](http://www.superhealthykids.com)
- [www.kidshealth.com](http://www.kidshealth.com)
- [www.eatingwell.com](http://www.eatingwell.com)
- [www.eatright.org](http://www.eatright.org)
- [www.superkidsnutrition.com](http://www.superkidsnutrition.com)





**Have an amazing game!**

**Thanks!**

