

Las Lomas Volleyball Nutrition Notes

Proper nutrition is necessary to be successful in volleyball. Below are some guidelines you should consider when planning meals around matches and/or tournaments.

The Day Before a Match/Tournament

Lunch

Eat a carbohydrate rich meal, something like:

- Pasta (especially whole-wheat) with red sauce, protein/lean meat, vegetables, fruit
- Grilled lean meat, potatoes, vegetables, fruit

Dinner

Same as lunch, being careful to avoid overly fatty foods like:

Cheese, french fries, milk shakes, potato chips, ham, bacon, fried meats, etc.

Hydration

This is when the athletes should really boost their water intake. Since muscles are 72% water, we want them to be full and ready to work

Tournament Day

Breakfast

The players should eat a good breakfast, one that is neither too heavy (nor fatty) or too sugary. Something like:

- Oatmeal with raisins or dates & low-fat milk
- Eggs (preferably egg-whites only), whole wheat toast, fresh fruit
- Cereal (Special K, Kashi Go Lean, Bran Buds, etc.) with low-fat milk, banana, OJ
- Pancakes/waffles with very little syrup, low-fat milk, fresh fruit

Pre-Match

30-60 minutes prior to the match, the players should have a healthy snack, something with a lot of easily converted carbohydrates (known as High GI or High Glycemic Index), like:

- Whole wheat toast or 1/2 bagel (plain)
- High GI cereal (Cheerios, Rice Krispies, Rice Chex, Corn Flakes)
- Rice Cakes, Graham Crackers
- Fruit (watermelon, strawberries, cantaloupe)
- Plain white rice or pasta (avoid the tomato sauce because the high acid level can upset the stomach as players are often nervous pre-match)
- Sports gel (Gu, PowerBar Gel, Clif Luna Sport Moons, Cytomax, etc.) & water

During

Sports drinks (for energy and electrolytes) and water is really all that is needed for an hour match. It's best if the players have a little something to nibble on between matches, like:

- Sports gels (Gu, Gu Chomps, PowerBar Gel, Clif Luna Sport Moons, Cytomax, etc.)
- Sports bars (PowerBar Energy Bites, Clif or Luna Performance Bars, Cytomax Performance Bars, etc.)
- High GI Fruit like watermelon, dried dates, banana

Note: Players can have different reactions to the sports gels/bars as well as protein-rich Recovery drinks (see below). It is best to have your player try out several different brands/flavors prior to the tournament to make sure they like the flavor/texture and to make sure they don't cause any stomach issues

Immediately Following

By the end of the day, the players have likely depleted their readily available stores of energy. Unfortunately, at this point the body begins to cannibalize lean muscle for fuel, so it's important to refill this energy store as quickly and efficiently as possible. The body needs to replenish glycogen (muscle fuel), protein (muscle build) and electrolytes (muscle communication). The first 30 minutes after the last match is the most important, and the players should look for foods like:

- Pasta with meat sauce, grapes
- Lean beef/turkey sandwich on whole wheat bread
- Yogurt with Grape Nuts cereal or granola
- Nuts & pretzels
- Chicken Caesar salad
- Cottage cheese
- Chocolate Milk
- Sports Recovery Drinks/Shakes
 - Gatorade G3 Recover
 - Protein with Pizzaz @ Trader Joes
 - Endurox R4 (powdered)
 - Clif Shot Recovery Sports Drink

You can visit a store like GNC and look for something that has 20-30 grams of protein and 40+ grams of Carbs (Recovery Designed)

Current research indicates that players should eat 1.5 grams of protein per kilogram of body weight per day. In other words, a 125 pound player should eat approx. 85 grams of protein. To put that in perspective, a 6 oz chicken breast contains approx. 33 grams of protein

That Night

Continue feeding the body that which it needs – carbohydrates for glycogen recovery and protein for muscle repair. Any/all of the foods listed above are appropriate.

The Day After

The key here should be on getting ready for the next event, so concentrate on proper hydration and fueling the body with lean proteins and complex carbohydrates