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BALTIMORE

Area Sports Health Initiative

Presents

The Sports Handbook Series:

Nutrition & Performance

Simple tips for High School athletes who want to optimize their performance

Welcome to a resource that will help you perform and recover better. In this handbook you'll find expert tips from professionals in the sports industry.

**As you read
our handbook,
keep these
thoughts
in mind...**

Am I practicing any of these strategies already?

What is getting in the way of me doing these things regularly?

Looking forward, how can I make plans to ensure that I am maintaining good habits?

Nutrition Basics

■ Drink at least half of your body weight in ounces of water

This is the minimum amount of water you'll need to stay properly hydrated. Drink even more during the hot days of the summer. For exercise in hot conditions or exceeding 60 minutes be sure to drink a beverage with sodium and carbohydrates during and after completion. Use a water bottle to teach yourself how much water you need.

Example: an athlete weighing 140 pounds should drink AT LEAST 70 ounces of water a day. ($140/2=70$)

■ Meal Components

Starchy Carbs, Fruits, Vegetables, Protein, and Fats will make up anything you eat. Keep these in mind when getting food or making food for yourself. Starchy carbs, fruits and fats will provide you with the most energy so use them more or less depending on if you're very or not very active. You should have a source of protein at every meal. A proper serving of protein should be at least the size of your fist. A variety of fruits and vegetables should be eaten daily and they will help your body recover.

■ Eat every 2–4 hours

It's as simple as that. Whether you're snacking or having a full meal, eating this often will ensure that you are giving your body enough nutrients and within manageable times for your body to process them. Start eating within the first two hours of waking up. As a high-schooler your body is continuing to grow and mature. This adds to your body's daily energy and nutrient needs.

Eating for Optimal Performance

■ **Have a snack 60 minutes before you play**

Give your body some quick fuel before training and games. You should feel more able and energized when you incorporate snacks into your routine.

A banana, PB&J, granola bar, some cereal, cheese and crackers are some examples. You should shoot for a snack with 30–60g of carbs. Try to avoid any foods (spicy, fatty, heavy) that might upset your stomach before or during training.

■ **Get some protein within an hour of finishing performance**

Whether you're having a meal, protein shake or a protein bar, make sure to eat at least 20 grams of protein after finishing your training or game. Animal or soy-based proteins provide the highest quality protein for muscle growth.

■ **Rehydrate after you train**

Make sure to have a sports drink or some water after you finish exercising to rehydrate your body. If you're playing in hot, humid weather make sure to have electrolytes (most importantly salt) in the fluids you drink when you finish.

Navigating Nutrition Misinformation

■ Nutrition information in the media rarely holds any real weight

Diets, food trends, and supplements rarely hold up to the benefits that they claim to give you. Do yourself a favor and ignore what you see on social media.

■ Real foods first—keep it simple!

You can get most, if not all, of your nutrients from meals and whole foods. You should never prioritize a pill or powder over a real meal if you have a choice between the two. If anyone tells you differently, they are most likely trying just to sell you something (that you don't need). Good eating habits will outweigh the supposed benefits of a supplement any day

■ When are supplements good?

Protein supplements (powders, shakes, bars) *could* be relevant to your performance if you do not have access to a meal during the day or after training. If you are struggling to gain weight, a protein supplement would be a good option in between meals. Otherwise, don't concern yourself with taking a nutrition supplement.

Improving Your Performance

■ Play your sport on its court or field

The weight room is important, but at no point during your games does the power rack get brought out for a lift-off. You must spend a large amount of time training in the surface that you play on.

■ Sprint FAST

Going for a long run is okay but the name of the game in sports is SPEED. You need to maximally sprint. Give yourself 1 minute of rest for every 10 yards of sprint.

■ Lift something heavy

Your body needs to lift something heavy (safely) for your tendon health.

■ Lift something light for a lot of reps

In order to grow your muscles, you need to place your muscles under tension for a lot of time. This will be done with higher rep schemes of 12–15 reps per set.

■ Lift something as fast as you can

Like with running, you need to learn how to contract and relax your body AS FAST AS POSSIBLE. Do this by lifting light weight swiftly for 1–4 reps per set.

Practice Safety While Lifting

■ Lift with a spotter

When lifting weight, be sure you have a safety spotter to help in the event you cannot lift the weight yourself. Having a spotter on each side of the bar is extremely safe and ensures each spotter will only have to help with half of the weight.

■ Use the safety bars/catches when training

When lifting for your lower body (squat, lunges, etc....) power racks have bars or catches that will stop the bar from hitting the ground in the event of an unsuccessful lift. Stay lifting inside of these safety catches.

■ Ensure bar is loaded correctly on both sides, put collar on

Ensure the bar is properly loaded with the same weight on both sides; many times people do not realize they made a mistake. Always double check. Lastly, make sure that the safety collar is on the bar so the weights do not slide off!

Develop a Mindset for Growth

STRESS + REST = GROWTH

Your body needs (physical) stress and rest in order to improve. If you skip one or the other, you will not be able to train at your best.

STRESS + NO REST = OVERTRAINING

If you only train hard and don't rest (recover) with 7–9 hours of sleep daily, and good nutrition habits listed above, you are at risk for an injury from overtraining.

NO STRESS + REST = UNDERTRAINING

If you only rest and never actually train hard, your body will not be prepared for the stress of your sport, and you are at risk for an injury from being under trained.

BASH was built on the idea of collaboration. Our members work together by contributing their expertise and thoughts in order to bring you this content. We would like to ask you how you can actively collaborate in your team setting!

What does collaboration look like to you?

How can you bring your idea of this to life in your sport?

When is it difficult to work with others? How can you overcome that?

How can you inspire others to work together?

Closing Note

Food For Thought

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