WHAT TO BRING FOR A WEEKEND-LONG EVENT

Your goal is to maintain proper nutrition and hydration throughout your weekend-long event. In order to do, we suggest you bring the following items with you. You may not actually consume everything on the list, but it will help you be prepared.

- Bring 1 liter (33.8 ounces) of a sports drink for each competition. Be sure that you have tried this particular brand of sports drink before the day of the tournament. Label the bottle with your name and do not share.

- Bring a 1 liter (33.8 ounces) water bottle.

- An energy bar for each day of competition. Be sure that you have eaten this type and flavor before the day of the tournament. It should have less than 30% of its total calories from protein.

- Snacks: assorted fruits, pretzels are good to bring.

- Meal: If you are concerned about a good pre-game or post-game meal, bring along a light sandwich and fruits.
HYDRATION PLAN

This worksheet is designed to give general advice. If you have a specific condition or concern or are unsure how to improve your eating habits, please see a Certified Athletic Trainer. Please be aware that the term “fluids” means water or sports drink.

PRE EVENT MEAL:
You should eat a well-balanced meal 2-3 hours before your activity.

PRE EVENT FLUIDS:
- 17-20 ounces (500mL) of fluid should be consumed 2 hours before exercise (practice or competition) in hot and/or humid environment.
- 7-10 ounces (200-300mL) of fluid should be consumed 10-20 minutes before exercise.

DURING YOUR EVENT:
- Based on your sweat rate, cool fluid should be consumed every 20-30 minutes of exercise. In events less than one hour, water is preferred. In events longer than one hour of continued activity (marathon race, etc.), a carbohydrate solution (Gatorade, PowerAde) is preferred.

AFTER YOUR EVENT:
- You should restore fluid deficits within 1-2 hours after exercise.
- 125-150% of your fluid losses should be regained over a period of 4-6 hours after exercise.
- Include carbohydrates (granola bars, pretzels, pasta, breads, etc.) in your post exercise snack or meal.

IN GENERAL:
- Athletes should consume a well-balanced diet, which includes:
  - 6-12 (depending on gender) of starches (breads, whole grains, rices, potatoes, etc)
  - 3-4 servings of dairy
  - 4 servings of fruit per day
  - 5 servings of vegetables per day
  - 15% of your total calories should come from protein
  - Less than 20% of your total calories should come from fat
- Athletes should get 6-8 hours of quality rest per night.
- Your urine color should be clear to pale yellow on a daily basis. If it is darker, you are probably dehydrated.
- Athletes should avoid caffeine, alcohol and carbonated beverages. Fruit juice is not a preferred fluid for rehydration. Water and/or sports drinks are better choices.