

# PERFORMANCE PLAYBOOK



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## Volleyball: The Ultimate Match

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The thrill of volleyball lies in speed. **SERVE, SET, SPIKE, SCORE** – within seconds, a point is made. The combination of agility, strength, accuracy, and explosive power is required during practice, matches and especially multimatch tournaments. Fueling the body before, during and after competition is essential to maximize the performance of each athlete.

### **SERVE Powerful Foods Pre-Game**

The evening before a competition is critical for loading the body with adequate carbohydrate. The choice: lots of carbohydrates (like bread, pasta and rice) with moderate protein (like lean chicken, fish, or beans) and moderate fat (like frozen yogurt or oatmeal cookies). And don't forget an evening snack. Cold cereal with low-fat milk or a turkey sandwich is great.

After-school matches require planning. Athletes should take pre-game foods along to school so that they have high-carbohydrate foods as soon as the bell rings. Try these portable high-carbohydrate snacks:

#### **HIGH-CARBOHYDRATE SNACKS**

Graham crackers or low-fat crackers	Fruit snacks
Trail Mix	Fresh fruit
Applesauce or fruit cups	Gatorade
Low-fat granola bars	Peanut butter and jelly sandwich
	Dried fruit

### **SET an Accurate Hydration Plan**

Dehydration can foil the efforts of the most skilled athletes. Gatorade replaces carbohydrates needed for volleyball's bursts of energy. Dehydration is easy to prevent with the following few simple steps:

- Monitor fluid losses by weighing in and out of practices. Teach athletes to aim to drink enough during practice so that they don't lose or gain weight. During recovery and for every pound of weight lost through sweat, drink 20 to 24 ounces of fluid.

- Remind athletes to check the color of their urine. If it is pale like lemonade, that's a sign of good hydration. If it's dark like apple juice, they need more fluids.
- Favor a sports drink over water, because electrolytes replace the sodium lost in sweat, carbohydrates fuel working muscles, and flavor encourages drinking.

### **SPIKE Energy Reserves During Tournaments**

Keeping fueled during daylong matches is often a challenge. With anywhere from minutes to hours between matches, athletes can forget or be too nervous to eat or drink. Be prepared. Pack a cooler full of high-energy snacks, like those listed. Good choices during longer breaks when you can go out for food include submarine sandwiches, vegetable or cheese pizza, milk shakes, nutrition shakes, and smoothies. Keep the fluids flowing so that athletes start each match with a well-hydrated body full of energy.

### **SCORE a Strong Nutrition Win**

Following a few simple guidelines and planning ahead gives athletes the nutrition they need to perform for each and every match while keeping their bodies strong for the next practice and competition. Foods after practice and competition are important, as they replace nutrients the body has burned and are critical for season-long success. Reload the muscles 30 minutes after exercise by consuming 0.75 grams of carbohydrate per pound of body weight.

Nutrition and hydration – a perfect match for a winning season.

