



Protec Ponds Ice Center

Strength and Conditioning Program

Pre-Game Checklist

Nutrition and Hydration

Hello parents and athletes! My name is Coach Dan, and I wanted to introduce myself by giving you some insight and information to help you and or your child perform better on the ice.

Today, I am going to discuss nutritional tips, especially for pre-game preparation. I will be discussing what athletes should be eating beforehand, and how they should be staying hydrated before stepping on the ice.

Dehydration will cause athletes to exhaust sooner and faster, which means they will not be producing at their top levels when performing. Athletes, especially youth athletes, should be focusing on drinking water to stay hydrated. Many of today's youth believe sports drinks, such as Gatorade or Powerade, are perfect for young athletes because it replenishes electrolytes. Yes, this is fantastic, but to be honest many athletes are not performing at an extremely high intensity as the pros do. Therefore, all the additional sugar from sports drinks is not needed. Just some high quality H₂O. In addition, athletes should NOT have energy drinks to wake them up. For example, an energy drink such as Red Bull or Monster is not needed.

It is suggested athletes should drink 8-16 oz of water 15 minutes before a game or practice. Most houseware glasses or bottles of water are about the same size as the recommended amount of water pre-game, and should be sufficient enough to prepare an athlete.

Now that we have tackled proper pre-game hydration, we can discuss what athletes should eat before a game. Timing wise, any large meals should be eaten at least 3-4 hours before any game past noon, and breakfast should be eaten 1-2 hours before any early morning games. A pre-game snack can be consumed 30 minutes before competition or practice. Athletes should avoid high-fat and high-fiber foods. This means no fried foods, no bacon and sausage, no fast food, no foods or soups made with high amounts of dairy (ex. Fettuccini alfredo), no broccoli, no brussel sprouts, no onions, and no beans. These kinds of foods can be heavy on the stomach, and cause athletes to feel sluggish and bloated. Examples of pre-game meals and snacks are found at the end of this informational post.

I hope these suggestions assist you and or your athletes make smarter decisions before stepping on the ice for games, practice, or tournaments. If you need any more assistance please click on the attached YouTube link ([Pre-Game Nutritional Advice](#)) or reach out to me via email: dan@protecponds.com. Additionally, athletes can learn this same information and more during all of our listed performance training programs, which can be found through this link [Fitness Center Program Registration](#).

-Coach Dan

Pre-Game Breakfast Meals	Pre-Game Lunch/Dinner Meals	Pre-Game Snacks
Egg White Omelet w/2 pieces of Whole-Wheat Toast	Grilled Chicken Breast w/a small bowl of Pasta or Corn	Peanut Butter and Honey Sandwich on Whole-Wheat Bread
Protein Smoothie made from a cup of non-fat Greek Yogurt or a scoop of Protein powder - can mix in a cup of Fresh Fruit or a cup of Spinach	6 or 12 inch Sub on Whole-Wheat Choice of Protein: Roasted Chicken or Lean Turkey/Ham Toppings: NO Onions and or Cheese, any Veggie of choice, Mustard or light Mayo Side of Choice: Pretzels or Fresh Fruit	Homemade Trail Mix Choice of Nut: Almonds, Peanuts, or Cashews Mixed w/Dried Fruit, Granola, bits of Pretzels, light Popcorn, and or Chocolate Chips
Bagel topped with Turkey, Scrambled Egg Whites, and low-fat Cheese	Lean Pork Chop w/Brown Rice or Baked Potato (No Cheese or Sour Cream), and Peas or Corn	Piece of Fruit with Beef Jerky Suggested Fruit: Banana or Apple