

## BOOSTING SPORTS PERFORMANCE



### Good Nutrition

- Nutrition impacts upon:
  - Energy & fatigue
  - Body composition
  - Mental functioning (decision making, alertness, skill learning etc)
  - GI comfort
  - Confidence & preparation
  - Adaptations to training
  - Injuries & illness
- The goal of good nutrition is to keep athletes:
  - Healthy
  - In great shape
  - Performing & recovering well



### Hydration

#### Group activity -

- What are the side effects of dehydration?
- How can we test athlete hydration?
- When would you recommend sports drinks/gels, and why?
- When would you NOT recommend sports drinks/gels, and why?



### Pre-event Nutrition

- Pre-event nutrition affects athletes' energy stores, hydration level, confidence & GI comfort. Experiment to find what works for each individual.
- It's too late to start eating/drinking 'right' on the day of competition. You need to be doing so for at least \_\_\_ days beforehand, & ideally all the time.
- The ideal pre-event meal is 1-4 grams of carbs per kilo the athlete weighs, 1-4 hours before their event (1g if 1hr before). It should be low in fat & high in carbs.
- Choose high carb, low fat options such as...
- Athletes who get nauseous or nervous still need energy to compete. They tend to do best on liquid or plain meals, such as...
- Sip water regularly in the lead-up and on competition day.

#### Group Activity – You have a game at 5:15pm Saturday.

- What types of foods/drinks would be ideal in the 2 days before?
- What are some ideal pre-event meal options you could have?

### Achieving a Healthy Canteen

#### Food For Sport Guidelines

- Gives recommendations for green, amber & red foods/drinks
- For more info go to: <http://www.sportrec.qld.gov.au/Industryinformation/Clubs/FoodforSport/TheGuidelines.aspx>



#### Group activity –

What are 3 ways your organisation could improve the healthiness of food/drink at its canteen & fundraising events?

What hurdles do you foresee in making these changes & how can your organisation overcome them?

## RECOVERY

### Why is Recovery so Crucial?

- Produces training adaptations
- Enables us to increase quality & quantity of training
- Restores mental balance
- Reduces fatigue, muscle soreness, illness & injuries

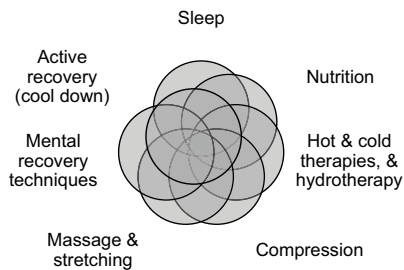
*How can you monitor your athletes' recovery?*

### MONITORING RECOVERY

- *What is your training schedule?*
- *Is there room for recovery?*
- *How could you improve it?*

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
AM							
PM							

### Contributors to recovery



### SLEEP

- Essential for physical & psychological recovery
- Individual needs vary- Adults need about 8hrs & teens hrs.
- Sleep routine is important
- Limit naps to < 20 mins to preserve evening sleep routine
- Establish good sleep environments at home & away
- **Group activity** – *How can you create supportive sleep environments at home & on sporting trips?*

### NUTRITION FOR RECOVERY

- After 1-1.5 hours of intense exercise, proper recovery requires about:
  - \_\_\_\_\_ of carbohydrates. This is important for \_\_\_\_\_.  
We can get this from foods/drinks such as...
  - \_\_\_\_\_ of protein. This is important for \_\_\_\_\_.  
We can get this from foods/drinks such as...
  - \_\_\_\_\_ of water. This is important for \_\_\_\_\_.  
We can get this from ...

### Recovery Meal Ideas – for a 50kg athlete

- 2 cups breakfast cereal with skim milk
- 1 scone with jam & 1 glass Sustagen
- Light peanut butter sandwich
- 2 handfuls of nuts + 1 sports bar
- 200mL low fat yoghurt & a muffin or bar
- 300mL milkshake or fruit smoothie
- Chicken & salad sandwich & piece of fruit
- 1.5 cups fruit salad + 100g yoghurt or frozen yoghurt
- 1½ toasted ham, cheese & tomato sandwiches
- 1 Powerbar & 200mL sports drink
- 1½ cups spaghetti bolognaise (made with lean mince)



### Planning Recovery Nutrition for a Carnival

**Group activity** – If your team were playing in a carnival of 3 games per day over 3 days what recovery foods & drinks would you suggest & why?



### HOT & COLD THERAPIES

#### Ice Baths

- They reduce pain, inflammation & core body temperature; & make the athlete feel more recovered & alert
- It's important to keep the whole body (up to neck height) under the water
- Accumulate a total of 5 mins in the ice bath
- Best temperature is 10-12°C



#### Hot Spas

- Avoid if it's hot/humid
- Avoid in cases of acute injury or muscle damage
- Limit to < 20 mins
- Be proactive to rehydrate

#### Hot/cold Contrast Therapy

- Beneficial after weights / muscle damage
- Avoid if hot/humid
- Spend 2 mins in spa (or hot shower) & 1 min in ice bath. Repeat 5 times. Have spa at 39-40°C & ice bath at 10-12°C.

#### COMPRESSION GARMENTS

- Compression socks increase blood flow, reduce swelling, reduce soreness & improve repeat performance
- Use compression garments for ALL travel, after training/competing, & if you have a current leg injury

#### OTHER RECOVERY STRATEGIES

Massage, stretching, pool recovery, mental recovery strategies...



### FINDING WHAT WORKS & MAKING IT HAPPEN

Each athlete is different...  
Experiment to find out what works best for your body & mind

**Group activity** – What will you do differently at your next competition to help you or your team recover better?

### STRENGTH & CONDITIONING TRAINING

#### Why Do Strength & Conditioning Training?

- Reduces & rehabilitates injuries
- Helps correct muscle imbalances
- Improves strength, power, muscle endurance, balance, core stability & coordination - & thus sports performance
- Increases muscle & metabolism



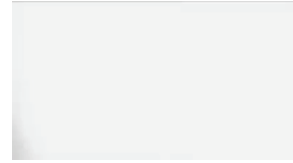
### Kids & Strength Training

- Fun & variety
- Involve everyone, regardless of ability
- Focus on flexibility while they're growing
- Follow Long Term Athlete Development principles. Start with body weight exercises.
- Ensure proper technique to prevent injuries & to get the benefits you're after

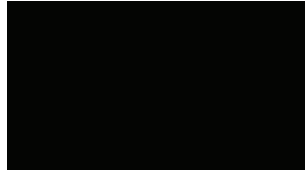


### Keys to Producing Results

- Plan it
- Make it specific – (mimick the movements)
- Individualise it
- Progressive overload
- Optimise recovery
- Keep everything balanced
- Strength training is for everyone...



### Strength & Core Stability Training



You don't need expensive equipment to be able to do strength & conditioning training... No Excuses!!

### How to Advance Strength & Core Stability Training

- Add weight & progressively increase it
- Reduce rest breaks
- Make the exercise more complex
- Slow it down (or conversely do it with more explosive power)
- Add instability
- Make it more sport specific



**Group activity** – Think of a sports movement of each of these types, and then a basic exercise for each of these basic movement types and then how can you progress it to be more challenging?

	Basic exercise	Advanced exercise
Leg strength		
Leg power		
Upper body pull		
Upper body push		
Chin ups / lats		
Abs / core		
Back strength		
Balance		

### Contact details

Gain access to plenty of extra info & resources at:

- [www.completeperformancesolutions.com/srq.php](http://www.completeperformancesolutions.com/srq.php)

We deliver workshops for clubs, schools and councils throughout Qld. Contact us to find out more about our workshops or to gain assistance with achieving a healthy canteen, managing events, attracting & managing volunteers, and growing your club.

- Email: [info@completeperformancesolutions.com](mailto:info@completeperformancesolutions.com)
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