

Suggested Tournament Guidelines for Peak Performance

Friday travel day:

When driving for distances greater than a 2 hour travel time, it is recommended that every time you stop for gas or other supplies that everyone gets out of vehicle and stretch for a minimum of 5 minutes.



Stretches to perform:

1. Hamstring stretch – legs apart and reach with both hands to ankles
2. Quad stretch – forward lean on car or building, reach with same hand and slowly pull quad towards your butt. Make sure you lean forward to stretch entire front quad and hips
3. Calf stretches – keel on ground with toes facing upward, keep front leg straight and back leg slightly flexed – reach to touch toes with same side hand as front leg.
4. Shin grabs – both legs
5. Lateral stretch – legs apart and reach w/both hands to each ankle
6. Trunk rotation – leg apart & hands on hip rotate each way at least 6 times.
7. Lateral trunk flexion- legs apart, right arm facing down and straight, lean laterally right so right hand fingers touch right ankle – reverse.

Breakfast: chose from the following groups of food: (Friday & Saturday)

- Cereals - All Bran cereal, Frosted Flakes, oatmeal, Special K, Cream of Wheat,
- Fruits - Apple, banana, cantaloupe, cherries, grapefruit, grapes, kiwi, orange, peach
- Bagels, croissants, blueberry muffins, sourdough, whole wheat bread
- Juices – apple, orange, pineapple
- Milk - (white or chocolate), yogurt
- Eggs – please do not eat bacon, sausage during breakfast.

These foods are designed to provide your body with a balance of complex carbohydrates, protein and fat.

Lunch of Friday: Chicken breasts, pizza, pork, baked potatoes, (NO French fries).

(Stay away from heavy foods with a lot of fat – i.e. double cheeseburgers, big Mac, etc.)

Snacks:

- Oatmeal cookies, popcorn, shortbread cookies, Snickers, pound cake, light chips, chocolate bar, wheat thins, diet colas, milk.
- Fruit (apples, oranges, grapes, bananas, cherries)
- Energy bars

Dinner on Friday: You need to fill your tank with a lot of complex carbohydrates so your body has a chance to slowly digest and gradually fill your energy tank for Saturday's game(s).

- Pasta, Pasta, Pasta – you should supplement your pasta dinners with chicken, white fish, tiger shrimp, pork, salmon.
- Beans, carrots, corn, long grain white rice, dirty rice, peas
- Wheat breads and rolls
- Pizza
- Baked potatoes, broccoli,
- Macaroni
- DO NOT EAT STEAK OR RED MEAT.

Important things to remember:

Upon completion of game **replace immediately** carbohydrates (bananas, energy bar, Gatorade)

Saturday (lunch) do not eat heavy fatty foods – no cheeseburgers, French fries, steak. Stay with chicken breast, pizza, pork sandwiches, and fish.

Quick energy sources: graham crackers, rice cakes, vanilla wafers, pretzels, jelly beans, Gatorade, power bars, bananas, nuts.

Between games – **STAY OFF YOUR FEET AND REST.**