



Parents/Athletes:

As we ramp up summer training, the coaching staff would like to draw attention to an often overlooked aspect of athlete development: nutrition.

In order for a student-athlete to be successful, they need to be properly fueled. This includes hydration, sleep, and nutrition.

Attached, we have provided a nutrition guideline for your athletes to follow this summer, as well as throughout the school year. To save you some reading, here are the main points:

-Eat breakfast everyday, within one hour of waking up. This kick-starts your metabolism and sets the tone for your day.

-5 to 6 meals a day, every 2-3 hours of the day, consisting of primarily of carbs/proteins (see list, State vs League championship choices). Each meal does not have to be a feast.

-Protein within 30mins of completing a workout. This helps the body become stronger and heal more effectively during the recovery period post-training.

-8 hours of sleep, and drinking water throughout the day. Hydration is key, and water is the foundation. Student athletes should have a water bottle with them at all times throughout the day, and should be refilling it multiple times a day.

The coaching staff needs your support in helping these young men to be at their best. We ask that you be diligent in reminding your student to take care of themselves when it comes to their bodies, and make good choices about what they consume. Please let me know if you have any questions. Go Buffs!

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FOOTBALL HIGH PERFORMANCE DIET PLAN

Goals of the Performance Diet

1. You will need to make a genuine, self-motivated commitment to improve your diet and lifestyle consistently.
2. Plan your meals and snacks to make positive food choices that will help you perform and achieve your goals.
3. Choose balanced meals with a variety of wholesome foods that your body needs to compete each day.
4. Manage your overall lifestyle to prepare for technician style training and championship performances!

THE PLAYERS

Carbohydrate

Simplest definition: Potential Energy. The body's preferred fuel source for basic functions and intense training. Provides 4 calories per gram of carbohydrate consumed. Carbohydrate (carbs) should supply the majority of your total calories each day. Carbs can either be simple or complex and will affect your energy levels and performance differently depending on the amounts of total carbs, fiber and fat that are consumed. This proportion of nutrients and the effect it has on your overall blood sugar content is known as the Glycemic Index (GI) of a food. Foods with a high GI will lead to a rapid spike in energy levels followed by a drastic decline. Whereas, foods with a lower GI will provide a more steady supply of energy which can improve your performance in the weight room, practice and in competition by sustaining your energy levels.

PROTIEN

Simplest definition: MUSCLE. Is a combination of individual pieces (amino acids) that unite to form one functional unit or fiber, which will contribute to assembling an individual strand of muscle. Protein can supply energy if carbs or fat are not available but is the last resort fuel for your body. **ADEQUATE PROTEIN INTAKE IN YOUR DIET IS CRITICAL TO THE RECOVERY FOLLOWING TRAINING, ESPECIALLY STRENGTH TRAINING!**

Fat

Simplest definition: Stored energy. The largest and most efficient fuel source available to your body at rest. Fat is an essential nutrient that helps to provide a feeling of satisfaction after a meal. Fish oils and unsaturated plant sources are the best. A reserve energy supply and compliment to carbs, fat provides 9 calories per gram. Your body will strive to protect a specific amount of fat stores based on your individual genetics.

THE GAME PLAN

1. Schedule meal planning and nutrient timing to improve mood, increase energy and enhance performance. Eat breakfast within 1 hour of waking up EVERYDAY. Jump start your metabolism and fuel your body for the day. Eat small frequent meals early and often. Either 5 or 6 meals each day, eaten every 2-3 hours. Drink water throughout the day, with every meal, before bed and when you wake up. Carry a water bottle with you. Make pre and post-workout nutrition a priority! 30 minute & 2 hour recovery window is critical to recover and rebuild the body. 20-30 grams of protein within 30 minutes, a full healthy meal consisting of 60% carbs and 40% protein.
2. Choose balanced meals with a variety of foods that you like to eat and others you know you need to eat. Substitute simple calorie-dense carbs such as white bread with nutrient-dense carbs, specifically fruits and vegetables. Select a variety of colors for your fruit and veggie choices. Select wholesome foods that are not processed and packaged. Fruit and nuts instead of potato chips. Control your portion sizes. Limit obvious poor choices such as fried foods, processed foods, heavy dressings, soda and sweets. Have your favorite poor choices as a treat only 1-2 times per week.
3. Manage your overall lifestyle to avoid extremes and promote the development of healthy habits. Consistently average 8 hours of sleep per night with a 20 min power nap during the day whenever possible. Hydration is the foundation of your metabolism. Drink fluids on a schedule pre, during and post training. **ALCOHOL CONSUMPTION WILL INHIBIT YOUR ABILITY TO BURN FAT, UTILIZE CARBS, RECOVER FROM TRAINING; DEVELOP LEAN MUSCLE MASS AND WILL INCREASE DEHYDRATION AND HORMONE RELEASE OF ESTROGEN AND CORTISOL WHILE DECREASING TESTOSTERONE LEVELS.** You are what you eat! Your daily choices will determine your preparation to perform and your ability to execute!

THE PERFORMANCE DIET CARBOHYDRATE RANKINGS

Based on vitamin, mineral, fiber and fat content and GI

State Championship Choices

Beans: Green, Black, Kidney, Lima, Navy and Pinto

Green Leafy Vegetables: Broccoli, Spinach and green, yellow and red peppers

Citrus Fruits and Juices: Oranges, grapefruits, tangerines and clementines

Bananas

Berries: Strawberries, blueberries, blackberries, raspberries, kiwis and cantaloupes

League Championship Choices

Whole Grains: Smart start, raisin bran, shredded wheat, grape nuts and other whole grain cereals. Oatmeal, whole grain brown rice, whole wheat bagels and whole wheat breads

Tomatoes and Tomato sauce: Fresh slices, roma, cherry and tomato sauce

Sweet potatoes

Starchy vegetables: Peas, carrots, corn, squash, cauliflower, Brussels sprouts and potatoes

Fleshy Fruits: Peaches, plums, grapes, apples and pears

Dried Fruits

Grains: Pastas, tortillas, pita bread, corn bread and whole grain crackers

THE PERFORMANCE DIET PROTEIN RANKINGS

BASED ON PROTIEN TO FAT RATIO

State Championship Choices

Poultry: Grill or baked skinless chicken breast and roasted or ground turkey breast

Grilled or baked fish: Salmon, tuna, sardines, herring, mackerel, swordfish and bluefish

Non-fat dairy products: Skim milk, non-fat yogurt

Beans: Green, black, kidney, lima and pinto

Egg whites no yolk

League Championship Choices

Lean beef: Flank, sirloin, filet, lean roast beef and lean ground beef

Nuts: Peanuts, almonds, walnuts and pecans

Low-fat dairy: 2% milk, yogurt and reduced fat cheeses

Eggs: Whole eggs scrambled, omelets ect.

Lean pork and ham: Must be at least 85% lean deli cuts or baked and trimmed chops or slices

Protein shakes/recovery shakes/weight gainers

Peanut and almond butter: All natural and reduced fat are the best choice

Foods: Pre-Workout Fuel

Athletes should fuel their bodies 2 to 3 hours before practices, events, and games with a high-carbohydrate meal or snack (see "Pre-Workout Meal Ideas"). This will give their bodies enough energy to make it through the workout.

To do this:

- Team leaders can organize pre-game meals for the whole team, including high-energy foods like breads, bagels, cereals, pasta, potatoes, rice, fruits, fruit juices, and vegetables – as well as lean sources of protein.
- Athletes should fill 2/3 of their plates with high-carbohydrate options for quick energy – and the rest with grilled skinless chicken breast, turkey, or lean roast beef to build and help repair muscles.
- Athletes should also salt food to replace the sodium they lose during sweating – especially if they're heavy crampers.
- Athletes shouldn't leave the house empty-handed. They should take easy-to-pack snacks like sports bars, sports drinks, fruit juices.



Pre-Workout Meal Ideas

Menu #1	Menu #2	Menu #3
Spaghetti with meat sauce	Turkey/veggie sandwich on whole grain bread	Grilled chicken breast
Italian bread	Fresh fruit salad	Mashed potatoes
Salad with lowfat dressing	Oatmeal cookies	Green beans
Fruit juice	Sports drink	Applesauce
		Skim milk

Sample Plan for Football

Meal	Sample Menu
Breakfast	Scrambled eggs and toast Cereal and lowfat milk Banana Orange juice
Lunch	Ham sandwich with veggies Corn chips Grapes Frozen yogurt Apple juice
Pre-practice/ pre-game snack	Gatorade® Energy Bar Granola bar

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Sample Meal