

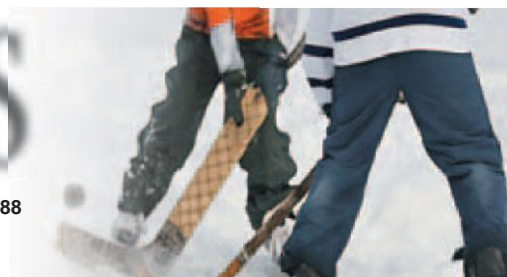


# SPORTS

Sean Rooney, editor

403.528.5688

sports@medicinehatnews.com



Friday, December 30, 2016 — THE MEDICINE HAT NEWS

## Sport nutrition resolutions for the teenage athlete



**Kimberlee  
Brooks**  
Training Matters



**Kimberlee Brooks, RD,**

**MSc, is a sport  
dietitian**

**with the Alberta Sport  
Development Centre**

**and can be reached at**

**asdc@mhc.ab.ca**

Goal setting is something athletes do on a regular basis. Whether it is a training goal, a performance goal or a mental focus goal, athletes often set small goals to help advance them within their sport. In ASDC one of the areas that I support is helping teenage athletes set sport nutrition goals. With the new year approaching, many are thinking of new year's resolutions. I thought I would share the top three sports nutrition goals ASDC athletes work on to improve their nutrition to support their activity.

Show up to practice hydrated. Student athletes are at school all day and so when it comes to their training sessions after school or in the evening, many are showing up dehydrated. Strategies for athletes to ensure they are drinking fluids throughout the day include:

Pack a water bottle to take to school and label when it should be refilled (usually around noon).

Use a hydration app on their phone to send reminders to drink

Create a hydration plan that outlines the amounts and timing of when to drink fluids (including, water, milk and juice) throughout the day.

Pack a recovery snack for after training, practice or competition. Teenage athletes are often involved with multiple training sessions throughout the day. For example, a typical ASDC athlete may go to a weight training session in the morning before school, have gym or a sport performance class at school and then attend a two hour practice after school or in the evening. A recovery snack with protein and carbohydrates is important for athletes to refuel and repair their muscles. Strategies to help athletes plan recovery snacks include:

Create a grocery list of items that the athlete could pack for recover snacks. Recovery snacks with protein and carbohydrate include, cheese and crackers, peanut butter and graham crackers, trail mix with fruit and nuts, Greek yogurt and fruit, chocolate milk, smoothie made with fruit, yogurt and milk, granola bar with protein and juice.

Athletes plan their snacks the night before so they can grab and go the next day.

Plan to eat recovery snack within 15-30 minutes after activity, which usually means at the training facility or in the car ride home.

Have breakfast in the morning. Teenagers need their sleep and the number one reason I hear from athletes about why they don't eat breakfast is that "I don't have time!". The problem with athletes skipping breakfast though is that it is hard for them to make up the missed nutrients, energy and protein from that meal throughout the day. As I discussed above, student athletes can have multiple training sessions throughout the day and need regular meals to support all of their energy needs. So the main strategies we focus on is how to make breakfast quick and easy or something they can take on the go.

Grab and go breakfast ideas include granola bar and yogurt tube, fruit and yogurt, home made muffin and milk.

Five min or less breakfast ideas to eat at home. Bowl of cereal with milk, instant oatmeal with milk, fruit or raisins, toast and peanut butter, microwave scrambled eggs (2 min) and a piece of toast.

Make breakfast the night before such as a peanut butter and jam sandwich, yogurt parfait (yogurt layered with frozen berries or banana), or even leftovers which can be warmed up from supper the night before.

As with any new year's resolution, setting small achievable goals will help young athletes be successful with meeting their sport nutrition goals. All the best with meeting your sport nutrition goals in 2017!