


U18 MODULE 4 ACTIVITY: MY COMPETITION MENU PLANNING FOR VARIED GAME TIMES

Timing intake of meals and snacks during a tournament, can be tricky. Every day can be different. Early starts, late night games, double game days. They will all require a different individual approach. Take a moment to look at these templates and choose at least two different days timeslots and set a plan for your game day performance nutrition approach

| DATE | GAME TIME | Meal | When? | What? | CONSIDERATIONS |
|--------|-----------|-------------------------------|-------|-------|--|
| GAME 1 | 9.00am | Breakfast | | | <div> <ul style="list-style-type: none"> For this early morning game, dinner the night before should also be part of your pre-game plan. Aim for 1/3 meat, 1/3 veg/salad/ & 1/3 Game day Breakfast – Aim for light, easy to digest, carbohydrate containing meal and drinks. </div> <div>  </div> <div> <p>Consider whether you want to strategically use;</p> <ol style="list-style-type: none"> Sports drinks? Electrolytes? Cooling Strategies - cold towels/water sprays/slushies Within game carbohydrate from other sources </div> |
| | | Lunch | | | |
| | | Dinner | | | |
| | | Snacks | | | |
| | | My during game foods & fluids | | | |
| | | My “sports foods/aids” | | | |

| DATE | GAME TIME | Meal | When? | What? | CONSIDERATIONS |
|--------|-----------|-------------------------------|-------|-------|---|
| GAME 2 | 3.00pm | Breakfast | | | If you feel you will struggle with eating a solid meal at lunchtime prior to the game, consider whether you need to increase your intake at breakfast on this day. |
| | | Lunch | | | |
| | | Dinner | | | You might consider a mixture of flavours and textures for during food – sweet, soft, crunchy, salt etc. Salty items such as popcorn, pretzels, are a good choice as they will assist with fluid retention and sodium replacement. |
| | | Snacks | | | |
| | | My during game foods & fluids | | | |
| | | My “sports foods/aids” | | | |

| DATE | GAME TIME | Meal | When? | What? | CONSIDERATIONS |
|--------|-----------|-------------------------------|-------|-------|----------------|
| GAME 4 | 1PM | Breakfast | | | |
| | | Lunch | | | |
| | | Dinner | | | |
| | | Snacks | | | |
| | | My during game foods & fluids | | | |
| | | My “sports foods/aids” | | | |

| DATE | GAME TIME | Meal | When? | What? | CONSIDERATIONS |
|--------|-----------|-------------------------------|-------|-------|---|
| GAME 5 | 8:00pm | Breakfast | | | You have all day to fuel for this game – continue with regular meal and snacks. |
| | | Lunch | | | |
| | | Dinner | | | |
| | | Snacks | | | |
| | | My during game foods & fluids | | | |
| | | My “sports foods/aids” | | | |



| DATE | GAME TIME | Meal | When? | What? | CONSIDERATIONS |
|------------|------------------------|-------------------------------|-------|-------|--|
| DOUBLE DAY | 1:00pm | Breakfast | | | Will need a solid breakfast and pre-game early lunch today. Followed by a regular series of snacks throughout the game. |
| | & | | | | |
| | 4:30pm | Lunch | | | Dinner tonight serves as recovery from today's games – you will need a good combo of protein and carbohydrates at this meal. |
| | | Dinner | | | |
| | | Snacks | | | |
| | | My during game foods & fluids | | | |
| | My “sports foods/aids” | | | | |