

Nutrition

If you put bad gas in a Ferrari, it will drive like a Jalopy...

Just like Ferrari's are premier as automobiles, we are premier as athletes. We also require the correct types of fuel and maintenance to be at peak performance. Many young athletes don't take care of their nutrition and rest cycles adequately adversely affecting their training and performances. This section focuses on proper nutrition specifically for you athletes.

Water

When an athlete dehydrates, the blood thickens and it flows through the vessels slowly, limiting the oxygen and nutrient transport to the muscles in your body. The heat in your body accumulates causing enzymes to break down preventing your body from making energy efficiently. Athletes should consume a minimum of 64 ounces of water every day. Within 1 hour after every practice players should drink a combination of water and sports drink (like Gatorade). Bring bottled water to school if needed.

Sodas and Caffeinated Drinks

Sodas and caffeinated drinks such as teas, coffee, red bull, etc., should be avoided at all costs. These drinks have a diuretic effect that can deplete your water supply and ruin your water conception efforts.

Proteins

(10% - 20%) (88 – 175 grams)

Proteins are the building blocks that make up muscle fibers and vital in breaking down glucose. Eating lean meats, poultry, milk, and fish provides all the protein an athlete needs. Plant products are a good source of protein but lack 2 essential amino acids that can only be found in animal based proteins. Be weary of protein sources. Proteins should be consumed in a proportion equal to their usage. Many protein shakes take rather common (cheap) amino acids and give mega doses of them, while leaving the rarer (more expensive) amino acids out of the formula. It is important that the protein source be as natural as possible or as high grade as possible. High grade proteins are balanced in that amino acids are provided in proportion to their usage in the body.

Vitamins

One multivitamin per day with 100% (no more) of the daily recommended allowances (RDA) is more than you need to meet your vitamin needs. Excess vitamins can have serious side effects.

The multivitamin should include

Calcium	Magnesium	B2	Pantgthenic Acid	Vitamin C	Magnesium
Potassium	B complex	B12	Choline	Vitamin E	Iron
Sodium	B1	Foliate	Insosotol	Bioflavonoid	Chromium

Fiber

Increase of fiber intake is very important. Vegetables, fruit, whole grain bread and other whole grain are great sources of fiber.