



## RECOVERY AND NUTRITION TIPS FOR HIGH SCHOOL FOOTBALL PLAYERS

During this time of year High School Football Players all over the country are about to begin practice. Below are a few tips and reminders to help you during/prior and post practice.

### Sleep



**This is the number one key to proper recovery!**

- a. Athletes should get at least 8 Hours of sleep per night.
- b. When your body is at rest, it can begin the process of repairing damaged tissue.
- c. During sleep your body is also lower cortisol, the stress hormone, which can inhibit testosterone and growth hormone production, which are primary hormones needed for healing/regeneration.

### Food is your best friend!

**If you want to be a great athlete, you have to fuel your body with the proper foods in order to get the greatest results.**



- a. You should have a diet that consists mainly of whole foods (Meat, Veggies, Fruits, and Grains).
- b. You should avoid high fat and sugary foods.
- c. Always eat breakfast regardless of what time practice is.
- d. Consume a carb dense snack 30-45 minutes prior to practice.
- e. Post practice meal should occur within at least 60 minutes of practice completion.
- f. ALWAYS KNOW WHERE YOUR NEXT MEAL IS COMING FROM!!! PLAN AHEAD!!!

### Hydration is key!

**Fluids should be consumed constantly from the time the athlete wakes up until they go to bed. This will ensure adequate hydration level, and decrease the likelihood of cramps, and other heat related illnesses.**



- a. Dehydration equals:
  - i. Reduced Endurance Levels
  - ii. Premature Fatigue
  - iii. Poor Stamina
  - iv. Reduced maximum recovery between workouts
  - v. Muscle cramps, strains and pulls
- b. Check Urine Color and Bodyweight constantly to ensure proper hydration levels.

### Take care of your body!

**Here is a small list of recovery modalities that can aid you during this time of year.**



- a. Foam Rolling
- b. Massage
- c. Static/Partner Stretching - Before/After Sleep
- d. Cold Tubs