



Post-Training & Playing Practices

THE COOL DOWN:

Never skip the cool down. The cool down is just as important as the warm up!! Skipping a cool down after an intense workout, practice or tournament is a huge mistake and sets you up for stiffness, fatigue and poor recovery.

Things you can do:

- Stretching
- Light jog
- Foam rolling
- Ball massages
- Elevated legs on the wall

THE GOLDEN WINDOW:

10-20 minutes after playing, working out, training you need to replenish what was lost in your workout. Eating a source of protein, replacing electrolytes, sugars and rehydrating will help your body begin the recovery process so you wake up ready to go the next day.

REMEMBER: *anything is better than nothing!*

PACK SNACKS

Keep snacks in your backpack so once you are done playing you don't have to wait till dinner to replenish what was lost during play!

Here are some examples:

- Peanut butter/ Almond Butter
- Almonds, nuts high in protein
- Fruit
- Protein bar (high in calories- your body needs it!)
- Gatorade recovery drink
- Pedialyte

BETTER HYDRATION → BETTER FUNCTION:

HYDRATE BEFORE! HYDRATE DURING! HYDRATE AFTER!

Poor Hydration= Fatigue!

- Increased Heart Rate (out of breath)
- Decreased Power Output (slow, no explosive power)
- Decreased Reaction Time
- Decrease in Performance

What is the right amount of water?

Everybody is Different (So check your pee!). Drinking a mixture of sodium/glucose/potassium while training helps the body absorb water. Mixing ½ Gatorade ½ Water while playing and after sweating is a good option to replenish missing electrolytes.