

For the most part, the attached guidelines are the current standard. Below are a few personal recommendations.

- It is not necessary to consume fancy recovery/protein shakes: Most of the ingredients (amino acids, creatine, etc.) are scarcely usable by the body or require complex dosing schedules for safe use. For example, amino acids aren't useful to the body in the raw form that exists in recovery drinks. Your body excretes them without processing them, essentially throwing your money right out the window. You will get all necessary nutrition simply by eating proper meals at the correct time.
  - One of the most effective post-workout drinks is chocolate milk. It generally has the ideal ratio of carbohydrates to protein (roughly 3-4 grams of carbohydrates per gram of protein) for recovery and doesn't contain all the other stuff your body doesn't need. Better yet, it is safe to consume. This is my personal go-to drink after every workout.
- AVOID pre-workout drinks/powders: These are not FDA regulated and frequently contain ingredients not included on the label that can be dangerous for consumption. Again, by following the attached nutrition plan, you will not need the extra "boost" from a pre-workout beverage.
- Sleep: I cannot place enough emphasis on this. If you are serious about training, it is absolutely essential you are on a normal, healthy sleep schedule. Late nights playing Xbox until 3:00am should be kept to a minimum. It is recommended that you get 7-9 hours of uninterrupted sleep each night. Besides the obvious physical benefits of feeling rested, maintaining a healthy sleep cycle has been shown to increase psychological health.
- Psychological Health: Power through. There will be days when the absolute last place you want to be is at the gym or the rink. This is what separates the decent from the good and the good from the great. Nutrition and sleep can irrefutably important, but establishing a support system of friends, parents, and/or coaches that can help you out of a slump is critical. As you move up, the kids fighting for the limited space on the best teams are working harder and harder. Remind yourself of that each time you step foot into a training facility. Take a second to mentally prepare yourself, and pour everything you have into that workout.

Kyle Smiley  
B.S. - Kinesiology  
Kylesmiley09@gmail.com