

usually get some water from other fluids(juice, milk, sports drinks), and some foods. As long as it's not stuff with caffeine in it(coffee, coke, red bull).

GAME DAY EATING

2-4 hours BEFORE game time:

- **3-4 servings** of carbohydrates, **1 serving** of protein. Add on 1 serving of Carbs and 0.5 of protein for every extra 10 lbs.
- Pasta, bread, bagels, rice, sports drinks, juice are all great ideas for Carbs. Try not to have anything fatty or really sweet(French fries, burgers, cake, chocolate or treats...you get the idea). They won't help you-only in bringing your energy down.
- 1 sports drink bottle=2 servings of Carbs
- Put the leftovers in the fridge for when you get home from the game.

Less than 1-1.5 hour before game time:

- At this point, sports drinks are probably the best bet. Have about 1/2 bottle.

Right before and during the game:

- Sports drinks mixed with water are good. Try to have 1/3 bottle every 20 minutes. This may be difficult at first, but try it out during practice first (if you're not used to drinking that much). This is the optimal amount of water and carbohydrates-it keeps your body in top form throughout the game!

IMMEDIATELY after game (within ½ hour off the Ice):

- Believe it or not, what you do at this point (30mins-2 hours after game) will affect your performance in the NEXT GAME OR PRACTICE!!!! This is especially critical for tournaments. Have another bottle of sports drink.