



Nutrition at Tournament Time

Kristen Andrews MS, RDN

Ralph Perez

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USYouthSoccer.org

Kristen Andrews - Sports Performance Dietitian



Kristen Andrews enters her 2nd season as the Sports Performance Dietitian with the LA Galaxy. She works with the first team, LA Galaxy II, and the Academy teams to ensure the nutritional needs of all LA Galaxy athletes are met. Her primary duties include conducting one on one nutrition consultations with all players, collecting data through body fat testing, DXA scans, hydration tests, and blood tests to track athletes' health status over time, designing menus for each teams' daily meals, and providing nutrition education.

Andrews attended the University of Arkansas, where she majored in Dietetics and was a 7 time All-American on the Cross Country and Track and Field teams. While at Arkansas she won individual SEC titles in Cross Country, the Mile, and 3000 Meters; she set University of Arkansas school records in the Mile and Distance Medley Relay; she set an Indoor SEC Championships meet Mile record on her way to winning the indoor title in 2012; she was twice named the SEC female Runner of the Year; and she was named the 2012 South Central Region Track Athlete of the Year.

After receiving her Bachelor's Degree from the University of Arkansas in 2013, Andrews went on to California State University Long Beach, where she graduated after completion of her Dietetic Internship and Master's Degree in Nutritional Science in 2015. As a graduate research assistant at California State University Long Beach, she worked with a team of researchers to collect data on the efficacy of nutrition education intervention on eating behaviors and health outcomes among elite collegiate cross country runners. That research experience helped her prepare for a future in sports nutrition.



Ralph Perez
University of Redlands
Head Men's Soccer Coach

During his eight seasons with Redlands, Perez has guided the team to four NCAA Championship appearances, including an Elite 8 finish in 2007 and a Sweet-16 finish in 2011. In December 2011, Perez was honored as the National Soccer Coaches Association of America (NSCAA) West Region Coach of the Year. He has coached five SCIAC Players of the Year, and in 2009, one of his biggest success stories, Ross Schunk, signed a contract with the Colorado Rapids of Major League Soccer (MLS).

In January 2012, Perez was honored as the recipient of the Walt Chyzowych Lifetime Achievement Award. This exceptional award is considered to be the pinnacle of coaching honors in the United States.

A member of the NSCAA and the United States Soccer Coaches Organization (USSCO), Perez still remains affiliated with U.S. Soccer as a national staff coach and US Youth Soccer Olympic Development Program (ODP) coach.



Angel Planells
Emerald City Football Club
ACP Nutrition

Angel Planells is a Registered Dietitian-Nutritionist in Seattle, Washington. Planells works as a clinical dietitian with the Veteran Health Administration, runs his own consulting business, ACP Nutrition, and serves as a media spokesperson for the Academy of Nutrition & Dietetics.

He has been involved in the coaching side of the game for the past 18 years, working in Seattle (Emerald City Football Club), New York City (Manhattan Kickers FC, FC Westchester, Manhattan SC, Eastern NY ODP), and New Orleans (Lafreniere Gamblers - now Louisiana Fire, New Orleans Soccer Academy, and Louisiana ODP). He currently carries the USSF "C" License and the US Youth Soccer National Youth License.



Nutrition at Tournament Time

- You are the head coach of the U14 Cobras who are playing in the ABC Tournament in XYZ Town (30 minutes away from your house)
- Match schedule is
 - Friday Night at 7:30 PM*
 - Saturday at 9 AM*, 3 PM*
 - Sunday - Final at 12 PM



Youth Soccer Concerns

- 4 games in less than 48 hours (Friday 7 PM - Sunday 1:45 PM)
- 3 games don't have overtime
 - Match 1 - 30 minutes prior, 70 minute match, 10 minute cool down (110)
 - Match 2 - 35 minutes prior, 70 minute match, 5-10 minute cool down (110-115)
 - Match 3 - 30 prior, 70 minute match, 5-10 cool down (105-110)
- Over-time matches
 - Match 4 - 35 minutes prior, 70 minute match, 20 minutes over time, 10 minute cool down (135)
 - 470 minutes of activity - 7 hours and 50 minutes potential exercise



Youth Soccer Concerns

R & R (Rest & Relaxation)



R & R (Refuel & Rehydrate)



R & R

- Refuel
- Carbohydrates - primary energy substrate during high-intensity exercise
- Resynthesis of glycogen (stored carbohydrates) is imperative during the time between game



R & R

- R & R (Refuel & Rehydrate)
 - Fluid balance is important
 - regulation of body temperature
 - lubrication of joints
 - transport of nutrients and oxygen
 - optimal muscle function
 - Electrolytes
 - Help regulate fluid balance
 - Support muscle function
 - Energy metabolism



Nutrition Preparation for Optimal Performance

- Pre-game Fueling
 - Meal - 2-4 hours pre-game - meal with complex carbohydrates, moderate in lean protein, and moderate in healthy fat
 - Hydration - 1-4 hours before game, consume 5-10 ml/kg body weight to ensure game is started at appropriate hydration level
 - Danger of hyper (too much) or hypo (too little)
 - Snack - 30-60 minutes prior, consume a high carbohydrate snack (i.e. apple, banana, apple sauce, dried fruit, granola bar) to top off energy stores
 - Warm-up - drink an additional 5-10 oz of fluid (Water, Gatorade, Power-Ade) to top off energy stores and maintain hydration status



Nutrition Preparation for Optimal Performance

- Match Fueling
 - Consume 30-60 gm carbohydrate/hour to maintain adequate energy stores
 - Maintain hydration status by drinking 5-10 oz of mixed (sports drinks/water) every 15-20 minutes

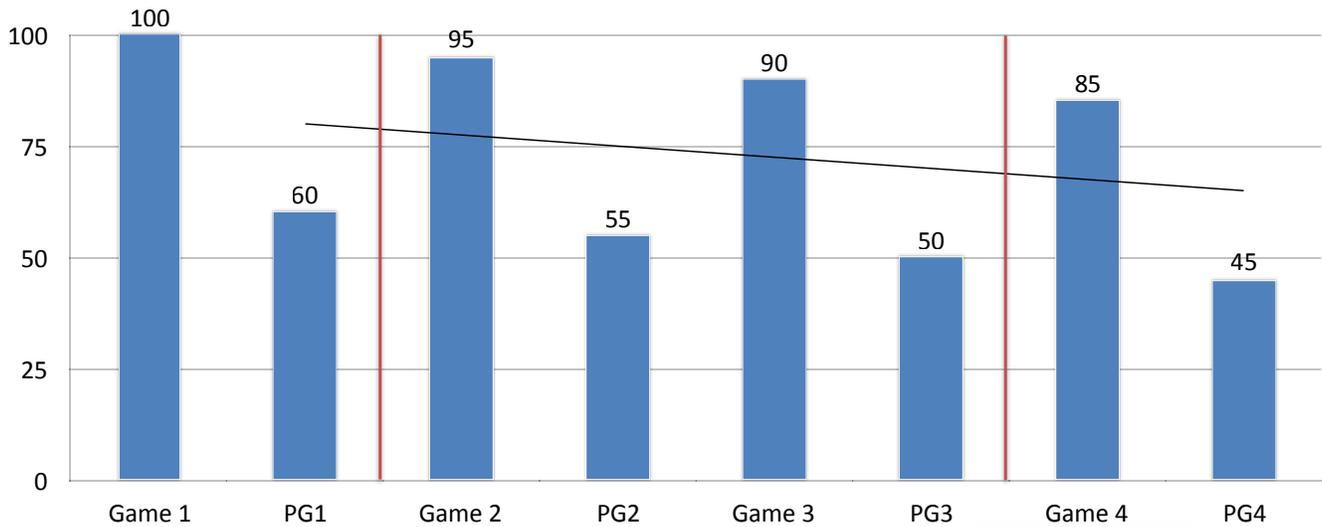


Nutrition Preparation for Optimal Performance

- Post-Match
- 3rd R - Recovery
 - Consume Carbohydrates and protein in a 3:1 to 4:1 ratio (10-120 gm protein, 30-80 gm carbohydrate) immediately after match
 - Repair muscle tissue and replenish glycogen stores
 - Protein needs are based on body weight (0.3. gm/kg)
 - Continue consuming high-quality carbohydrates every hour in the first 4-6 hours post-match to replenish energy stores
 - Glycogen resynthesis occurs ~ 5% per hour
 - 2-3 cups of fluids (16-24 oz) for every pound lost during game
 - Monitor hydration status by checking the color of urine
 - Within 2 hours, eat a meal high in complex carbohydrates, moderate in lean protein, and moderate in fat



Tournament Play Rigors



Soccer Tournament Prep

- Plan ahead
 - Once you have schedule, plan out times between games
- Method of travel
 - Car
 - Bring along healthful snacks on the road
 - Pack a sandwich with fruit or yogurt
 - If you do stop at fast food, avoid fries and soda, assess the menu and see what is available
 - Plane
 - Bring ahead snacks/sandwich and snacks
 - Research options available at the airport
- Research tournament destination
 - Look at restaurants and menu options near field/hotel
 - Go to grocery stores and get snacks/beverages
 - Food storage/safety



Soccer Tournament Prep

- Pack healthful snacks
 - Non-perishable snack items
 - Granola/energy bars, peanut butter crackers, fruit cup, trail mix, nuts, string cheese
- Eating at restaurants
 - Ask for meats/veggies to not be cooked in butter
 - Sauces, gravies, dressings on the side
 - Choose foods that are grilled, baked, or broiled (instead of fried)



Interested in more sports nutrition

- Zone 1 - Nutritional Concerns for Ages 6-12
 - 11 AM-12 PM in Room 505
- Zone 2 - Nutritional Concerns for Ages 13-18
 - 2:45PM - 3:45 PM in Room 505



Great Resources

- Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance - <http://www.eatrightpro.org/~media/eatrightpro%20files/practice/position%20and%20practice%20papers/position%20papers/nutritionathleticperf.ashx>
- Collegiate and Professional Sports Dietitians Association - www.sportsrd.org
- Gatorade Sports Science Institute - <http://www.gssiweb.org/en>
- SCAN - Sports, Cardiovascular and Wellness Nutrition - <http://www.scandpg.org/>

