

PERFORMANCE NUTRITION: VOLLEYBALL

THE PERFORMANCE INSTITUTE, INC.

Fuel for Volleyball Players



Volleyball, a very fast-paced, dynamic sport requiring agility, explosive strength, skill, and concentration, relies heavily on the anaerobic energy system.

Carbohydrate is the primary source of energy for this system.

When the collegiate athlete is still growing, adding muscle, training and playing hard, the requirement for carbohydrate is very high.

A low carbohydrate / low energy diet will result in fatigue and poor performance.

Choose low-fat, and nutritious carbohydrate foods in the correct

Pre-Game Eating

The goals of the pre-game meal are to:

Top up your energy stores to ensure plenty for competition.

Leave you feeling neither too hungry nor too full.

Be fully hydrated.

The pre-game evening meal is critical.

amounts for your body and your sport, will provide the energy you need, and keep your body weight where it should be.

Carbohydrate choices need to be balanced with low fat, high protein choices

High Carbohydrate Food Choices

Breakfast: Cereal, pancakes, waffles, toast, bagel, oatmeal, grits, orange juice, fruit

Lunch: Low fat sandwiches made with bread or rolls. Choose turkey, ham or roast beef. Pasta with low-fat topping/sauce. Salads, fruit.

Dinner: Lean meat (turkey, chicken, pork) or fish. Potatoes, pasta, rice. Vegetables, salad, fruit. Low fat frozen yogurt.

Choose high carbohydrate, low fat meals to ensure adequate digestion, and sufficient energy.

Examples: Cereals with low-fat milk, fruit, toast and juice; pancakes, syrup and fruit; baked potatoes with low fat fillings; pasta with low fat sauces.

Snacks: Pretzels, fruit, yogurt, energy bars, cereal, Gatorade

Hydration

Sweat losses can be great during practice or a game. Failure to replace these losses, or to maintain hydration will affect performance, and may negatively impact a player's health. Thirst is not a good indicator of fluid needs, therefore volleyball players must drink on a schedule.

Pre-game: 20 oz fluid (carry a water bottle everywhere and use it)

During Game: 4-8 oz every 15 minutes or more often if time permits. Alternate between water and Gatorade.

Half-Time: 20 oz—Gatorade and water.

Post-Game: at least 20 oz after game (not including recovery drink)

Recovery

- Recovery strategies are important to help repair your body after training / competition, and to ready your body for the next game or practice.
- It is essential between matches (tournament play) to prevent fatigue and burnout.
- The 20 minutes after completion of training / game is a critical period for recovery to consume a high carbohydrate snack or drink and include small amounts of protein.
- Use recovery drinks or shakes, energy bars, dried and fresh fruit, yogurt and peanut butter.
- Be sure to consume a high carbohydrate post-game meal with lean protein and limit the fried foods.
- Continue to drink water and other fluids (not sodas) to replace that lost during your activity.
- Your urine should be colorless if you are adequately hydrated.