



C2Attack Volleyball Club / Beach

C2 Teams:

Team Parent/Food Coordinators Guide

The role of the C2's food coordinator is to work with the coaches and parents to meet the nutritional needs of the athletes during tournaments. This includes planning and securing breakfast, lunch and dinner while traveling to tournaments and while playing home matches.

Here is a quick article that fully explains what we are looking to accomplish in our athletes by way of nutrition throughout the weekend.

Nutritional needs of the athlete

Nutrition plays a key role in the performance of the athlete. It can mean the difference between hitting the ball hard and just hitting the ball. It is important to eat and drink small meals/snacks through the day. This can be challenging when the athletes are playing 4 matches in an 8-9 hour time period. Pre-match snacks/meals should be carbohydrate based with a small amount of protein and a minimal amount of fat. When preparing for the next match, post match snacks should contain carbohydrates and a small amount of protein and should be eaten within 30-40 minutes post playing to take advantage of optimal glycogen storage.

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The pre-game meal should be rich in carbohydrates, since they are the primary fuel source for working muscles. A high quality protein source is also essential for this meal. Protein will help the “staying power” of the meal, slowing the digestion process and preventing the player from entering the match feeling empty or hungry.

A good pre-game meal might include:

- a grilled chicken sandwich with a baked potato topped with broccoli and salsa
- grilled chicken breast covered in marinara sauce atop a dish of pasta
- a turkey sub/sandwich with a serving of pretzels

A good breakfast might include:

- a whole grain bagel with an egg or peanut butter & a glass of orange juice
- yogurt, fruit & juice
- bowl of cereal, banana & a juice

****During the match it is important to maintain hydration. WATER is the BEST fluid for hydration during a game!** Fluid guidelines accepted by both the American Dietetic Association and the American College of Sports Medicine indicate that 4-8 ounces (~1 mouthful=1 ounce) of fluid should be consumed every 15 minutes during activity. Making it a goal to drink between ½-1 cup of a drink during each time-out or each time the player comes out of the game should accomplish both these goals. Remind players that the most important time to hydrate is the day before the match! Gatorade and other sports drinks have their place, but are usually not necessary for hydration during matches, but can be beneficial between back-to-back matches. As, always check with your coach for their hydration preferences... **(C2 PREFERS WATER DURING MATCHES).**

A post-game meal or snack is often forgotten. This meal is VERY IMPORTANT. The human body has a very limited capacity to store carbohydrates. They are stored in the form of glycogen in the liver and the muscles. Therefore, it is important to maximize the amount that can be stored. After a volleyball match, the enzymes that are responsible for taking in fuel and storing it are at their highest level within the first 30-45 minutes. Taking advantage of this window is **CRITICAL in the RECOVERY PROCESS, getting the body ready for the next match.** An energy/sports bar with high carbohydrates (preferably less than half coming from sugar), some protein and low in fat. It is highly recommended that each athlete be responsible for bringing their own energy, sports bars to each tournament. Having one bar per day in their backpacks should be sufficient.

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Examples of suitable bars include:

- Cliff Z Bar- 130 calories, 24 gms carbs, 11 gm sugar, 4 gms fat, 3 gms protein
- Special K Bar- 90 calories, 17 gms carbs, 8 gms sugar, 1.5 gms fat, 2 gms protein
- Nutrigrain Bar-130 calories, 24 gms carbs, 12 gms sugar, 3 gms fat, 2 gms protein

IMPORTANT INFORMATION:

1. Before the season it is important to check with the team for food allergies, especially peanut allergies. You will need to determine if the player just needs to avoid these foods or if the offending foods needs to be totally avoided by the team.
2. Please keep cost in mind when planning meals and going out. Work with the coaches and tournament guidelines to be able to bring food in whenever possible and choose restaurants that have low cost food options available.
3. When purchasing snacks and ordering food from restaurants remember to include your coaches!
4. Work with the coach to decide on what foods/meals you want available for the tournament. Then you can send out food assignments to your team parents.
5. Each tournament will present with unique challenges and circumstances. Make sure to recruit other parents to help you with purchasing food, making snacks, and preparing meals.
6. In the beginning of the season, collecting each player's and coaches' 'favorites' from Subway, supermarkets, Panera bread, Olive Garden, other healthy food/restaurant choices and **compiling a standard order for the team can be very helpful to expedite the orders**. Note: not all tournament schedules are on time...some games will overlap, some will have unexpected playoffs, and such. The quicker you can get a healthy meal to them (whether at the gym or waiting for them at hotel) the more efficient for all involved.
7. Whether eating out or bringing food, low fat food is encouraged!
8. For example: when ordering at Olive Garden; pasta with marinara sauce and grilled chicken on the side is a better choice than fettuccini Alfredo or lasagna.
9. Order salads with dressing on the side and add an extra helping of steamed veggies.

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BREAKFAST:

For AM meals, hopefully the hotel C2 is staying at will provide a continental breakfast or a hot buffet. If that is not a possibility, it will be up to the team parent to check with the coach and prepare a plan. Some options:

1. Get a refrigerator for your hotel room and purchase breakfast foods. This can include: yogurts, cereal, bagels, peanut butter, cheese sticks, orange juice, and milk. (The goal is to make sure the athletes are eating adequate amount of GOOD-QUALITY Carbohydrates and a small amount of quality protein.)
2. Locate a bagel store (Panera, bagel shop) and send in the order the day before. This can often be picked up by a parent as early as 6:15 Am that morning and brought back to the hotel. You can collect this order the day before and phone it in to the restaurant...you can even ask them to put the names and numbers of the girls on each order. Be sure to follow up with a phone call the day before to make sure the order will be ready for pick up.

LUNCH:

Every tournament will be different depending on what is available at the sight, if you can bring food in, etc.

1. Some tournaments offer nutritious foods in the convention center and if the coach agrees with the athletes order then ok.
2. Some tournaments offer nothing good but pizza and fried foods and you will want to find or have alternatives. Locating local Subways, Panera, etc. before the tournament along with the 'standard order' you collected can be very helpful.
3. If food is not allowed in the court area, then the team may have to gather in an outside area (look for the location that is usually provided).

It is best to eat this small meal during the two hour time slot in the schedule when the team is refereeing and resting.

DINNER:

Depending on the tournament structure the PM wave can be tricky.

1. If there are games during the dinner hours the team parent will need to make plans to have a small meal organized (similar to lunch), eaten during a longer break in play.
2. If the matches for that day are over the Team Parent will work with the coach to make a dinner reservations at a restaurant or get take-out to eat at the hotel. If it is later in the evening eating at the hotel is often preferred. Example: Oliver Garden is really good at to go salads, bread sticks, pasta w/ marinara they will load you up to be able to take this to hotel for a nice healthy meal.

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SNACKS:

C2 prefers the nutritionally snack bags to be packed in their C2 backpacks. These are usually packed in a large zip lock with their names and team numbers on them. This will help with food allergies, keeping the bags separated and organized. Ask the athletes their favorites and find a common ground. Try not to over pack the snack bag, your focus should be on making the best nutritional choices...you won't please every athlete. These athletes are reaching levels of competition that demands maximum effort the whole time on the court! These athletes need to learn to eat appropriate foods for maximum effort!

Snack preparation options:

1. Team parent can set up a station at the hotels for parents to drop off their 'snack' and parents can help put the snack bags together the night before the first matches.
2. Team parent can make the arrangements to meet the other parents and have them drop off their 'snack' at a practice before the tournament. (Not in the gym...maybe the lobby of a gym or team parent car).

Snack ideas:

- Small cut up fresh fruit...smarties, apples, grapes, fruit cups (low in sugar), etc.
- Cut up fresh deli meat squares, cheese squares and a few crackers for mini cracker sandwiches.
- Pasta salads in 1-2 serving size in a sandwich zip lock.
- Chicken salad in 1-2 serving size in a sandwich zip lock.
- Grilled chicken portions served in zip lock.
- Small cut up fresh veggies...carrots, celery, broccoli, cauliflower, radishes, etc.
- TO GO's: Peanut butter dips, Nutella dips, ranch dips, salsa dips, cheese dips, travel ketchups, mayo, mustard packages **(please add extra small zip lock baggies to restore the open dips to prevent waste and spilling into other snacks)**.
- Graham crackers, trail mixes (be creative-kids love that but limit the candies), different nut baggies, sports bars, slim jims and beef jerky, etc.
- WATER BOTTLES...mini water bottles are quick and easy, they don't lay around for waste. Please have them labeled before the matches to keep order. Each athlete should also have their own sports water bottle with them as part of their C2 Uniform...that can be filled up at appropriate water stations.
- Small sports drinks: Gatorade, PowerAde, Propel Water drinks, etc. Please limit these drinks and should only be drank in between games...NOT DURING the GAME!
- Paper towels for clean up. A trash bag for collecting all trash.

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HANDLING the MONEY:

Please keep cost in mind when planning meals and going out. We should bring food whenever possible and choose restaurants that have low cost food options if available. When traveling there will be expenses incurred for meals, etc. There are different approaches to collecting money from players for the weekend:

1. Pay as you go. This means collecting money from each player/family every time you pay for something (this can get old).
2. Have one parent on the team be the money manager (can be a different parent each tourney). That parent either pays for each meal or collects all receipts and records which parent is purchasing each item. At the end of the tournament, the money manager then collects the money from each player/family for the cost of the tournament and repays the parents who paid for items.

PLEASE advise players to bring enough money to cover the costs of incidentals, restaurants meals, or food purchased individually by the player.

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