

ELITE ACADEMY PERFORMANCE REPORT



MANAGING HEALTH AND WELLNESS DURING PRE-SEASON

1. MANAGE STRESS:

FIND 5-10MIN OUT OF YOUR DAY TO PRACTICE MINDFULNESS, AND RESETTING THE MIND AND BODY. I RECOMMEND THE FREE APP "HEADSPACE".

2. STAYING STRONG:

CONSISTENT STRENGTH TRAINING 1-2 SESSION PER WEEK WILL KEEP YOU STRONG AND CONFIDENT COME GAME DAY, AND GREATLY REDUCE RISK OF INJURY.

3. RESPECT THE POWER OF SLEEP:

AIM FOR 8+ HOURS OF QUALITY SLEEP PER NIGHT TO OPTIMIZE BRAIN & BODY FUNCTION.

DAILY PRE-SEASON MEAL PLAN

BREAKFAST (7:00-7:30am)

Goal: Provide body with lean protein and improve glycogen stores from healthy carbohydrates.

Meal: Scrambled eggs with onions, peppers, and spinach, with side of grapefruit, and slice of whole wheat toast.

Morning Snack (9:00-9:30am)

Goal: Provide body with necessary fuel to optimize brain and boy function.

Snack: Almonds, mixed nuts, or simple trail mix, and bottle of water.

Lunch (11:30-1:00pm)

Goal: Balanced meal full of nutrient dense food.

Meal: Chicken breast sandwich with mixed vegetables, and side of fresh mixed fruit.

Afternoon Snack (3:30-4:00pm)

Goal: Top-off carbohydrate stores, hydrate, to increase blood flow and mental focus prior to training.

Snack: Banana with almond butter, 8-12oz water, and small cup of coffee.

Evening Meal (7:30-8:00pm)

Goal: Replenish energy stores lost during rigorous training to optimize recovery.

Meal: Salmon or chicken with wild rice, side of steamed mixed vegetables, and yogurt with berries for dessert.