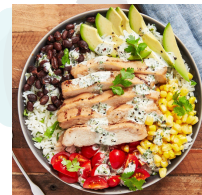


FUELING FOR PRACTICES & GAMES



**3-4 HRS
BEFORE**

- Full balanced meal: Protein/Carbs/Veggies
- Snacks with protein, moderate healthy fats
- Hydration



**1-2 HRS
BEFORE**

- Carbohydrate rich snack
- Moderate protein (~10-15g)
- Limit fat and fiber
- Hydration



**< 45 MINS
BEFORE**

- Quick digesting carbs
- Hydration



These are only suggestions, use your pre-season practices or competitions to find what fueling strategy that works for you.