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Message from the Premier

On behalf of the Government of Saskatchewan, I am pleased to bring greetings to Team Saskatchewan for the 2011 Western Canada Summer Games.



Saskatchewan people are proud of our athletes who put their heart and soul into their chosen sport. As an accomplished athlete, you have dedicated yourself to years of disciplined training, hard work and sacrifice. Together with your friends and family, I congratulate you on reaching this impressive level of competition.

First held in Regina in 1975, the Western Canada Summer Games is a showcase of excellence in sport by the four western provinces and three territories. These games are Western Canada's largest multi-sport event and provide a great opportunity for you to advance your skills in a friendly, but competitive environment.

As Premier of Saskatchewan, I salute you on your athletic achievements and offer my best wishes for your continued success in sport. I also offer my sincere thanks to the many dedicated coaches, officials, and volunteers for your demonstrated commitment to our athletes. The support and encouragement you provide is invaluable.

Congratulations and good luck!

Brad Wall
Premier

Message from Sask Sport Inc.

It is my honour on behalf of Sask Sport Inc., to congratulate all of the Team Saskatchewan athletes, coaches, parents, and volunteers who will participate in the 2011 Western Canada Summer Games in Kamloops, B.C. You have already accomplished so much by reaching this competition, and we know that you will do Saskatchewan proud as ambassadors at these Games.



To the athletes, we commend you on the hard work and dedication you have demonstrated so far. You are an inspiration and a great source of pride for the people of Saskatchewan. We encourage you to seize this moment to develop your skills, develop new friendships, and most of all to have fun.

To the coaches, parents, and volunteers, we thank you for the countless hours you have spent preparing these athletes for competition. You are the foundation that makes Team Saskatchewan possible. Sport shapes young people in a positive way, and we thank you for cultivating Saskatchewan's next generation of leaders.

Congratulations once again, and we wish you all the best of luck at the 2011 Western Canada Summer Games.

A handwritten signature in black ink, reading "Eric Honetschlager".

Eric Honetschlager

President, Sask Sport Inc.

Message from Saskatchewan Games Council

Congratulations to all the members of Team Sask competing at the 2011 Western Canada Summer Games. These games continue to provide an opportunity for our developing athletes to compete against the best in the western part of the country in a multi-sport environment. For many of you it will be a stepping stone to the next level in your pursuit of excellence. You have worked and trained many long, hard hours to earn the right to represent Saskatchewan, and now you can wear the uniform with pride.



To the host community Kamloops, thank you for welcoming and hosting Team Sask, their families and friends. We appreciate the time and effort it takes to plan and organize such a first class event and wish to express a sincere thank you to the hundreds of volunteers for ensuring the success of the Games.

On behalf of the Saskatchewan Games Council, I would like to commend all members of Team Sask for your accomplishments to date and wish you every success at these games and all future competitions. Play hard, play fair and have fun!

Darrell Baker, Chairperson

Saskatchewan Games Council

Message from the Chef de Mission

Welcome to Team Sask! It gives me great pleasure, as the Chef de Mission to introduce the 430 athletes, coaches, managers, and mission staff as members of this year's team. Saskatchewan is extremely proud of this group as they compete and participate to the best of their ability in this Western Canada multi-sport event. These games will prepare you for pursuing your dreams of advancing to other major provincial or multi-sport events.



Congratulations to all the athletes for your years of commitment and dedication in striving to become a member of Team Sask 2011. Enjoy the rewards of your hard work in the pursuit of excellence. Saskatchewan has always been proud of its athletes, team spirit, reputation for fair play and competition performance.

Thank you to all the coaches and managers for your leadership in identifying and preparing our young athletes to compete at this level of competition. The Games provide a stimulus for our developing athletes to reach their athletic potential, pursue personal excellence, and develop socially and culturally within the conduct of ethical competition.

Team Sask 2011 looks forward to the challenges, competition and experience of the 2011 Western Canada Summer Games. I wish them every success in their pursuit of excellence at these Games.

Go Team Sask!

Lorne Lasuita

Chef de Mission



Notable Events

TeamSask Parent and Coach Receptions

The Saskatchewan Games Council will be hosting two come and go receptions for the supporters of Team Sask in Kamloops. The receptions will celebrate the support and contributions made to amateur sport in Saskatchewan by the parents and coaches.

The evening will include local entertainment, door prizes, refreshments and good fellowship.

Team Sask souvenirs will also be available for sale at the receptions.

This is a come and go event so feel free to drop in at any time from 8:00p.m until 11:00p.m.





Conduct Expectations

You have been selected as a member of Team Sask 2011 on the basis of your individual athletic merit, but as a Saskatchewan athlete, you are judged not only as an athlete, but also as a representative of Saskatchewan. Your personal conduct in and out of competition reflects on Saskatchewan's image and it becomes the responsibility of each member of Team Sask to promote and safeguard our provincial pride and reputation.

We are guests of the Host Society and can assure ourselves and our teammates a positive and rewarding experience by remembering:

- As members of Team Sask, we are ambassadors for our sports, our provincial sport organizations, and all of the people of Saskatchewan.
- To conduct ourselves at all times in a manner that shows a spirit of sportsmanship, fair play, co-operation, and respect for others at all times.
- To participate in the spirit of fair play and faithfully adhere to the competition regulations. To abide by the rules of Team Sask 2011 and of the Western Canada Summer Games as well as those guiding our behavior in the Athletes' Village, the competition site and in the Host Community.
- To put forth our best effort in all our competitions and accept, with pride, the result that effort brings us.
- To respect the efforts of our opponents and the decisions of competition officials.
- To be gracious in victory and applause those who are victorious over us.
- To respect the rights of the residents of Kamloops as well as those of our fellow guests from the other provinces and territories.
- To participate in the Western Canada Summer Games is a privilege, and we will wear the Green and White of Saskatchewan with pride.
- To abide by the Team Sask Code of Conduct which we have read, agreed to and signed.



Team Sask Rules for Athletes, Coaches, & Managers

As a member of Team Sask 2011 you must:

- Respect and abide by the Team Sask Code of Conduct that each member of Team Sask 2011 has agreed to and signed.
- Respect and abide by the scheduled curfews.
- Respect and abide by the rules and regulations established by the Host Society and outlined in the Athletes' Handbook.
- Reside in the Athletes' Village.
- Wear the assigned Team Sask Walkout Uniform at Opening and Closing Ceremonies of the Games and of your sport and as directed by the Chef de Mission or your coach.
- Wear your Team Sask Walkout Uniform at medal presentations and for media interviews.
- Respect and obey the Clean Air Policy and smoking ban at the Games Venues and Facilities.
- Respect and obey the laws of alcohol at Games Venues and Facilities.
- Respect and obey the laws of the country, province, and communities.



Mission Staff

The mission staff are integral members of Team Sask 2011. Under the direction of Chef-de-Mission, Lorne Lasuita, they are responsible for the overall management of Team Sask 2011 prior to and during the Games. They act as a link between the team and the staff and volunteers that work behind the scenes to organize the Games in Kamloops. The mission staff are assigned to sports and work on behalf of Team Sask 2011, so that athletes, coaches, managers and artists can focus on competing to the best of their abilities and enjoy their 2011 Western Canada Summer Games experience.

Team Sask Mission Office is located at:

**Thompson Rivers University
Arts and Education Building
2nd Floor Rooms 263 & 265**

Phone: 778-471-6268

Team Sask 2011

Email Address at the Games: sask@2011wcsg.ca

To send a message to athletes, coaches, managers or mission staff at the Games, please indicate who the message is for in the subject line. Be sure to include the name of the team member and their sport.



Website and Newsletter

Website

Team Sask has developed a website on the internet to provide information about Team Sask 2011 and to provide daily results about the team's performance at the 2011 Western Canada Summer Games. This service is being provided in addition to the results and information being provided directly to Saskatchewan Media. The results information will be updated daily based on details available from the Host Society and will include:

1. Individual Sport Results available from the Host Community
2. Medal Winners
3. Cumulative Medal Totals
4. Next Day General Schedule

The Internet Website address for Team Sask 2011 is:

www.teamsask.ca

Newsletter

Our SaskWatch newsletter will be distributed daily via the Mail Box to all Team Sask participants, and will also be available on the Team Sask website at **www.teamsask.ca** for supporters to look at. The SaskWatch provides a summary of the previous day's results and general information for Team Sask, including daily sport schedules, and is filled with pictures of athletes in action.



Team Sask Transportation TO KAMLOOPS

Team Sask departures will take place from the Regina Aerocentre (WestWind Aviation) which is located at 3035 Tutor Drive. Tutor Drive is located south of the main terminal building at the Regina airport.

All travel times are subject to change. Please refer to the Team Sask website at www.teamsask.ca for updates.

Week 1 – Departures from Regina Thursday, August 4, 2011

Flight Number	Departure Airport	Bag Drop	Departure Time	Arrival Airport	Time
401	Regina	04:00—06:00	07:00	Kamloops	8:04
405	Regina	18:00—20:30	21:28	Kamloops	22:32

401: Baseball, Basketball, Beach Volleyball, Canoe/Kayak, Softball, Tennis, Triathlon, Wrestling

405: Athletics

Flight Number	Departure Airport	Bag Drop	Departure Time	Arrival Airport	Time
901	Regina	20:00—22:40	23:40	Kamloops	00:30

Week 2– Departures from Regina Tuesday August 9, 2011

Cycling, Field Hockey, Badminton, Rowing, Rugby, Soccer, Volleyball

Week 2-Departures from Regina Wednesday, August 10, 2011

Flight Number	Departure Airport	Bag Drop	Departure Time	Arrival Airport	Time
904	Regina	09:00—11:20	12:20	Kamloops	16:10

****This flight departs from Regina, travels to Winnipeg, and then onto Kamloops.**
Golf, Swimming, Gymnastics



Team Sask Transportation TO REGINA

Week 1 – Return to Regina Tuesday , August 9, 2011

Flight Number	Departure Airport	Departure Time	Arrival Airport	Time
900	Kamloops	20:00	Regina	22:45

Athletics, Baseball, Beach Volleyball, Canoe/Kayak, Tennis, Triathlon, Wrestling

Week 1– Return to Regina Wednesday, August 10, 2011

Flight Number	Departure Airport	Departure Time	Arrival Airport	Time
904	Kamloops	08:40	Regina	11:30

Basketball, Softball

Week 2– Return to Regina Sunday, August 14, 2011

Flight Number	Departure Airport	Departure Time	Arrival Airport	Time
1400	Kamloops	17:30	Regina	20:11

Cycling, Field Hockey, Badminton, Rowing, Rugby, Soccer, Swimming-SO, Volleyball

Week 2– Return to Regina Monday, August 15, 2011

****The teams on this flight will spend an extra night in Kamloops**

Flight Number	Departure Airport	Departure Time	Arrival Airport	Time
1404	Kamloops	07:00	Regina	09:50

Golf, Swimming, Gymnastics



Luggage & Sport Equipment Information

Baggage Allowance

Each participant travelling on chartered flights is allowed to bring the following items:

- 1 piece of checked baggage (subject to the air carrier's specifications)
- 1 carry-on item (subject to the air carrier's specifications)
- pre-determined personal equipment

	Maximum	Maximum Size
Checked Luggage	33 lbs.	157 cm (length + width + height)
Carry-on Item	13 lbs.	55 cm x 23 cm x 40 cm

All personal equipment must be transported in bags, containers or be protected with padding that is sturdy enough to provide adequate protection. P/T Teams might be asked to complete a Limited Liability Release Form should the packing of some articles be considered unsatisfactory.

Athletes will be given a sleeping bag when they arrive in Kamloops. This sleeping bag has been included as an item that the athletes will be bringing home and will not count as extra luggage.



Baggage Tags

Province/Territory (P/T) Teams will receive baggage tags for each member of their team. It is the P/T Team's responsibility to distribute the tags accordingly. P/T Teams will also receive baggage tags for the pre-determined personal equipment.

For individual sports, baggage tags are to be distributed by P/T teams according to the approved personal equipment needs for each athlete. For team sports, personal equipment is to be transported in team bags. Generally, individual sport equipment will be checked in by the individual to whom the equipment belongs, whereas team sport equipment will be checked in by the coach, manager, or team technical support staff.

Baggage Tags are to be attached only to checked luggage and personal equipment. Carry-on items do not require baggage tags.

DO NOT REMOVE THE LUGGAGE TAGS UPON YOUR ARRIVAL IN KAMLOOPS THEY ARE REQUIRED FOR THE RETURN TRIP BACK TO SASKATCHEWAN.



What to bring to the Games

When packing for Kamloops remember to pack the appropriate clothing. The temperatures will range from +15° C to +40° C.

REMEMBER TO BRING:

- Saskatchewan Health Card
- Team Saskatchewan Walk out Uniform
 - Jacket
 - Capris (Female), Shorts (Male)
 - T-shirt
 - Hat

ALSO:	OPTIONAL
Personal toiletries	Kleenex
Personal identification	Lip Balm
Personal medication	Moisturizer
Sports equipment	Ear Plugs
Airplane reading	Personal Sweat Towel
Pajamas	Reading Light
Water bottle	Small Flashlight
Appropriate clothing (for summer)	Sports watch
Sunglasses	Camera
Competitive uniform	Alarm clock
Spending money (or Bank Card)	Telephone calling card
Sunscreen	

REMEMBER

***Do Not Bring Anything You Wouldn't Want to Lose!
Do Not Bring Large Amounts of Cash or Other Valuable Items
(they are too easy to lose)***

Valuable items are best left at home.



Team Sask Results 2007 WCSG Strathcona County, AB

Sport	Flag Points	Placing	Medals			
			G	S	B	T
Athletics (M)	5	3	8	8	4	20
Athletics (F)	6	2	8	8	7	23
Badminton	4	4	0	0	0	0
Baseball	5	3	0	0	1	1
Basketball (M)	6	2	0	1	0	1
Basketball (F)	5	3	0	0	1	1
Canoe (M)	7	1	11	11	7	29
Canoe (F)	4	4	1	6	6	13
Cycling (M)	4	4	0	0	0	0
Cycling (F)	4	4	2	0	1	3
Field Hockey	4	4	0	0	0	0
Rowing (M)	7	1	3	3	1	7
Rowing (F)	4	4	0	0	1	1
Rugby	4	4	0	0	0	0
Soccer (M)	6	2	0	0	0	0
Soccer (F)	5	3	0	0	1	1
Softball (M)	4	4	0	0	0	0
Softball (F)	4	4	0	0	0	0
Swimming (M)	5	3	0	4	4	8
Swimming (F)	4	4	1	0	2	3
Tennis	4	4	0	1	1	2
Volleyball (M)	4	4	0	0	0	0
Volleyball (F)	4	4	0	0	0	0
Wrestling (F)	5	3	3	5	7	15
Wrestling (M)	7	1	0	5	3	8
Totals	121	79	37	52	47	136



Ceremonial Uniform

The Official Team Sask 2011 Ceremonial Uniform must be worn at all Official Games Ceremonies including Opening and Closing Ceremonies and Sports Ceremonies.

It consists of:

- Jacket
- T-Shirt
- Shorts (Male), Capris (Female)
- Hat

Team Sask clothing cannot be traded until **after the final competition** is over on Wednesday, August 10, 2011 for Week 1 participants, and **at the completion** of the Closing Ceremonies on Sunday, August 14, 2011 for Week 2 participants.

Provincial/Territorial Colours

Alberta	White and royal blue with grey trim
British Columbia	Blue and red with white trim
Manitoba	White and gold with black or grey
Northwest Territories	Navy blue with white trim
Nunavut	Red and yellow with royal blue and white trim
Saskatchewan	White with green trim
Yukon	Black and white with purple and red trim



Accreditation

Access Control

Admission to the athletes' residence and village buildings during the Games will be restricted to those who have proper accreditation. Admission will be granted to athletes, managers, coaches, Mission Staff and athletes' residence volunteers.

In addition to those listed above, admission to the Athletes' Village will be granted to Athletes' Village volunteers, medical staff and medical volunteers.

Incidents

For the protection of all participants, any disruptive behaviour by an athlete, artist, coach or manager will be reported to the appropriate Chef de Mission. Criminal activity will be reported to the police and the respective Chef de Mission or Mission designate.





Athlete's Village

The Athletes' Village for the 2011 Western Canada Summer Games in Kamloops is located at Thompson Rivers University. The athletes, coaches, and managers will be provided with accommodation, food services, medical services, and entertainment. The Mission Center will be in the center of the Village.

Accommodations

Village accommodations are provided by the new Residence & Conference Center located on the north end of the campus.

The residence is a secured building 24 hours a day; you will need your ID badge to gain access to the elevators and there will be security personnel on each floor. The Residence is equipped with 89 security cameras, and there will be roving patrols outside and in the social areas.

Services include free local calls, wireless internet, and Satellite TV.

Rooms

Participants' rooms will be locked at all times when they are not in residence. Please make sure to close your door when you leave; the doors lock automatically when closed. Have your accreditation badge and room key with you whenever you leave the room, you will not be permitted access without it.

Housekeeping

Participants are responsible for keeping their rooms clean for the duration of their stay. A light cleaning service will be provided to remove garbage. Excessive room wear and tear, dirtiness or willful damage will be reported; those responsible will have to cover the cost of returning the room back to its original state.



Athlete's Village

The participant gift is a sleeping bag, to take home and will replace bedding in the residence. **Participants are responsible for their own towels.** Pillows will also be provided.

Keys

Each athlete, coach and manager will be issued a key card. If your key card is lost or stolen you must report it to your coach, who will inform the respective Chef de Mission. Replacement key cards are \$5 plus 12% HST and must be paid at the time the cards are made.

Incidentals

Any damage or missing items to any room will be the responsibility of the person/s assigned to that room. If there is more than one person registered to the room the missing items will be charged evenly unless one individual claims to have caused the damage or was responsible for the missing items.

Charges:

Pillow - \$10

Appliances - \$250 ea

Electronic - \$250 ea

Furniture - \$500 ea

Any physical damage to walls, doors, bathroom fixtures, etc will be dealt with on an individual, incident-by-incident basis.

Laundry

There are laundry machines available in the residence. The cost is \$1.50/wash & \$1.50/dry. The machines operate on a card that can be preloaded at the front desk. A \$20 deposit is required for the card. There are no refunds on monies not used. Replacement cost for lost missing or stolen cards is \$20 plus 12% HST.



Equipment Storage

Athletes are allowed to take their team uniforms and the following equipment to their rooms for safekeeping or drying:

Artistic Gymnastics: N/A	Judo: N/A
Badminton: Racquets	Speed Skating: Skates, helmets
Cross Country Skiing: Boots	Squash: Racquets
Curling: Shoes	Synchro: N/A
Figure Skating: Skates, bags	Table Tennis: Paddles

The following equipment is not allowed in the residence. Alternate storage at the Village or a sport venue will be provided:

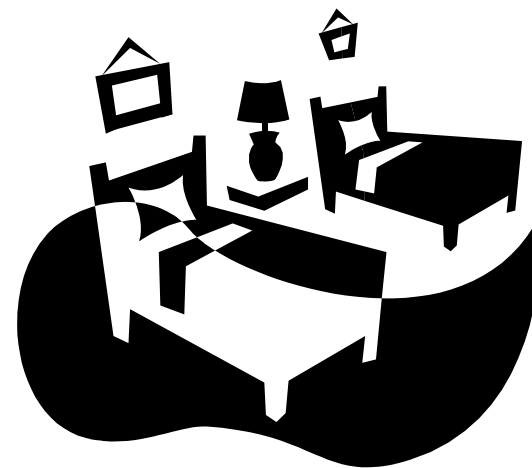
Alpine and Freestyle Skiing: Skis, poles, helmets, boots	Curling: Brooms
Archery: Bows, arrows	Hockey/Ringette: Bags, skates, sticks
Biathlon: Skis, poles, rifles	Snowboarding: Boards, boots, helmets
Boxing: Gloves, headgear	Target Shooting: Rifles
Cross Country Skiing: Skis, poles	Wheelchair Basketball: Chairs, balls



Curfew

Quiet time begins at 11:00 pm when the Athlete's Lounge closes. By this time all music and TV's should be turned off and everyone must move quietly through the Village. Curfew and lights out for athletes, coaches and managers is 12:00 midnight and all participants must be in their designated rooms by this time. Individual coaches may set earlier curfew times for their athletes.

If curfew is violated then security will stop the participant from going to his/her room, remove accreditation, and call the respective Chef de Mission or Mission designate to deal with the violation. Team Sask has a code of conduct about discipline and the Chef and his or her discipline committee will outline this to the athlete. Sometimes a Chef may accompany a participant to the residence, if it is after midnight, and explain the circumstance to security





General Village

Village Information Centre

An info center will be set up in the Residence on the first day to answer any questions.

The Village information center (bus and competition schedules, results, entertainment schedules, lost and found) will be housed in the Independent Center.

Hours of operation are noon-11pm.

Food Services

The Dining Room is located in the Grand Hall and Grazing is located in the Terrace Cafeteria, both in the Campus Activity Center. Walk through the bag check area and turn right for Dining, left for Grazing. You will have to check your backpack and sanitize your hands before entering the food service areas. Purses and fanny packs will be allowed into the food services area.

Hours of operation:

Breakfast: 5:30 a.m.—9:00 a.m.

Grazing: 9:00 a.m.—11:00 a.m.

Lunch: Box lunches except on August 4th, 10th & 14th.

Light Grazing: 3:30 a.m.—11:00 p.m.

Dinner: 5:40 p.m.—9:30 p.m.

Box lunches will be delivered to any venue where teams will have completion schedules that prevent them from having a three hour window for returning to the



STAY HYDRATED

Water is the most important nutrient- It has a **DIRECT** impact on your **ATHLETIC PERFORMANCE**.

- ⇒ You cannot rely on your sense of thirst to determine your water intake, you only feel thirsty when your body is already dehydrated. It's critical to have a hydration plan (see below) when competing in the heat!
- ⇒ Adequate fluid intake before, during and following exercise is critical in preventing dehydration. Dehydration occurs when fluid losses exceed 1% of body weight. **Symptoms** include headache, irritability elevated heart rate and premature fatigue.
- ⇒ Your body needs 8 to 10+ cups of fluid during the day to stay hydrated, this is **not including the extra fluid** needs during your sport (refer to chart).



Prepared by: Heather Hynes MSc, RD
Sports Nutrition Consultant
Revised, June 2010



STAY HYDRATED

Fluid Intake Guidelines

Before event- drink **500 ml** (2 cups) water

During the event- drink **150 to 300 ml** every 15-20 minutes

** for events lasting less than 1 hour WATER is good

** for events lasting longer than 1 hour a source of carbohydrates helps to delay the onset fatigue

**Choose a beverage with 4 - 8% carbohydrates
(i.e. 4-8g carbohydrates/100 ml)**

After the event or multiple runs- consume enough fluid to replace all losses.

Consume **1500 ml** per kg of body weight lost (weigh yourself before and after a training session to ensure adequate re-hydration)

1 Kg Bodyweight = 1 L fluids



Prepared by: Heather Hynes MSc, RD
Sports Nutrition Consultant
Revised, June 2010



Pre-Event Eating

Goals of Pre-Competition Meals & Snacks:

- Source of Carbohydrates + protein
- Quick and easy to digest
- Consume at least 500ml fluids
- Low fat & low fibre choices
- Foods & fluids you have consumed before

Tournament Eating:

Athletes who compete in events all day, track or swim meets, or at soccer, volleyball and basketball tournaments need to make sure they are getting enough food to meet their energy needs. These athletes should plan out their competition to ensure they have scheduled snacks throughout the day.

Suggested Pre-competition Menus for Event Timeline:

1 Hour or Less Before Event:

1 Granola bar, dry cereal, fresh fruit, or 100% fruit juice, and /or 1 ½ cups of sports drink

2-3 Hours Before Event:

Fresh fruit, fruit or vegetable juice and/or bagel, bread with a small amount of peanut butter or protein source (example: 1-2 Grain Products + 1 Vegetable/Fruit + ½ Meat/Alternative)

3-4 Hours Before the Event:

Fresh fruit, fruit or vegetable juice and 2 to 3 servings of grain products and small amount of protein as tolerated + lots of fluids. Liquid meal supplements may help athletes meet their energy needs if they do not like solid foods during competition.



Prepared by: Heather Hynes MSc, RD
Sports Nutrition Consultant
Revised, June 2010



Pre-Event Eating

Plan Ahead: Practice different pre-event meals during intensive training camps to find meals that your body can tolerate and foods that allow you to maximize your performance. The next step is to ensure that YOU have your snacks on hand when you need them.

EXAMPLES OF PRE-EVENT MEALS

(approx. 500 calories, suitable for 3 hours before the event)

Meal 1

- 1 ½ cups cold cereal
- 1 cup skim milk
- 1 banana
- 1 cup grapes



Meal 2

- 2 cups pasta
- 1 cup vegetable based sauce
- ½ cup salad
- 1 cup milk
- 1 banana



Meal 3

- 2 slices bread
- 2 slices turkey breast
- 1 leaf lettuce
- 3 thin slices cheese
- 1 banana



Meal 5

- 1 cup vegetable soup
- 3 oz. Turkey breast
- 1 cup mashed potato
- 1 cup milk



HAVE AT LEAST 2 CUPS OF WATER WITH YOUR MEAL.

Meal 4

- 2 homemade muffins
- 1 cup fruit juice
- ¾ cup low fat yogurt

Prepared by: Heather Hynes, MSc, RD
Sports Nutrition Consultant
Revised, June 2010



Prepared by: Heather Hynes MSc, RD
Sports Nutrition Consultant
Revised, June 2010



Recovery Nutrition

What is recovery nutrition?

The body stores carbohydrate for energy in the form of muscle glycogen. During training or competition, your body uses a lot of its stored muscle glycogen. If an athlete is glycogen depleted, their body cannot recover and may not perform well at their next competition or training session. Therefore it is important to supply the body with the proper combination of food after intense activity for recovery.

What should I eat to replace the energy used during activity?

For optimal recovery, your body needs a specific amount of carbohydrate (CHO) and protein. The goal amounts of each of these are:

Carbohydrate:

1.0 to 1.2 grams CHO/KG bodyweight/hour or 50 to 100 grams within the first 15 to 30 minutes after activity

Protein:

0.2 to 0.4 grams protein/KG bodyweight/hour or 15 to 25 grams within the first 15 to 30 minutes after activity

What about fluids and electrolytes?

Did you know that a slight decrease in hydration could lead to a 4-5% drop in performance? Fluids are a key component of nutrition often overlooked by athletes. It is very important to monitor your hydration status, especially when you have numerous training sessions or competitive events in one day. Replace losses with water, sports drinks and 100% juices.

If you are rehydrating with plain water, make sure to include a salty snack as part of your recovery routine (pretzels, granola bars, crackers, dry cereal, meat and cheese sandwich, Graham crackers, etc.). If you are conducting sweat rate testing, replace 1 Kg of bodyweight lost with 1 to 1.5L of fluids during the recovery phase. When training or competing in a hot environment it's critical to have a rehydration plan.



Prepared by: Heather Hynes MSc, RD
Sports Nutrition Consultant
Revised, June 2010



Recovery Nutrition

GOAL INTAKE: (1-1.2g/KG bodyweight/hr) 50 to 100grams of CHO + (0.2 0.4g/KG bodyweight/hr) 15 to 25 grams protein within 15-30 minutes post exercise and after every 2 hours until you have had a larger meal

HIGH CHO FOODS	Grams CHO	HIGH PROTEIN FOODS	Grams protein
250ml applesauce	54	250ml skim milk	9
1 banana	27	2 slices lunch meat (ham)	10
250ml fruit cocktail (in syrup)	51	3 oz. Beef burger	23
8 square graham crackers	42	125ml tuna (packed in water)	30
1 bagel (small)	38	125ml mixed nuts	12
2 slices white bread	36	125ml almonds	15
2 English muffins	54	2 Tbsp peanut butter	8
600ml corn flakes	48	125ml sesame seeds	21
600ml frosted flakes	81	125ml peanuts	20
250ml granola	70	2 processed cheese slices	11
1 pouch instant oatmeal	21	250ml fruit yogurt	12
250ml cooked pasta	39	2 eggs	12
10 pretzels	22	125ml cottage cheese	16

Recovery Snack Examples:

- 2 slices bread + 1 Tbsp peanut butter + 1 banana + 250ml skim milk = 62g CHO, 16g Protein
- 600 ml corn flakes + 250ml skim milk = 48g CHO, 12g Protein
- 500ml chocolate milk= 54g CHO, 16g Protein
- 2 slices bread + 2 slices deli turkey meat + 1 banana= 59g CHO + 14g protein



Prepared by: Heather Hynes MSc, RD and Emily Ward,
Dietetic Intern, revised in 2011