

**HYDRATION WATER**

<b>Pregame/Training</b>	4 hours prior to game 5ml per kg body weight (60kg = 300ml)	<ul style="list-style-type: none"> <li>• Small sips of water during the day</li> <li>• 40ml per kg body weight over the day</li> <li>• (60kg = 2.4L daily)</li> </ul>	<ul style="list-style-type: none"> <li>• No urine or dark urine 2 hours prior additional 2.5ml per kg body weight (60kg = 150ml)</li> <li>• Weigh before game to assess how much is lost during game</li> </ul>
<b>During</b>	200ml every 10 – 20 mins	<ul style="list-style-type: none"> <li>• Focus on sipping not guzzling</li> </ul>	
<b>Post-Game</b>	700ml immediately	<ul style="list-style-type: none"> <li>• Big mouthfuls</li> </ul>	Check body weight for every 1kg loss = 1.5L drank over 2 – 4 hours after

**CARBOHYDRATES**

<b>Pregame/Training</b>	1 – 4 hours prior 1g- 3.5g carbohydrate per kg bodyweight (60kg = 60g carbohydrates)	<ul style="list-style-type: none"> <li>• Keep low in protein, fat and fibre</li> </ul> <p><b>EXAMPLES</b></p> <ul style="list-style-type: none"> <li>• Oats with apple</li> <li>• Cereal with milk, fruit and yoghurt</li> <li>• Peanut butter on toast with sliced banana</li> </ul>
<b>During</b>	30 – 60g Carbohydrates per 60min	
<b>Post-Game</b>	Start 30 – 60 min after exercise  1g carbohydrate per kg body weight (60kg=60g carbs)	<ul style="list-style-type: none"> <li>• Required to replace muscle and liver glycogen</li> </ul> <p><b>EXAMPLES</b></p> <ul style="list-style-type: none"> <li>• Low fat fruit smoothie</li> <li>• Soup with a cheese sandwich</li> <li>• Small tin of tuna and dry biscuits</li> </ul>

**PROTEIN**

<b>Post-Game</b>	20g straight after training  Minimal amounts pre game and during	Consume every 3 – 4 hours through out the day with meals <ul style="list-style-type: none"> <li>• Chicken</li> <li>• Beef</li> <li>• Portk</li> <li>• Tofu</li> </ul>
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