



Goalball UK Conference 2020

Nutrition Preparation for Tournaments

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Top Tips - Day Before Tournaments



1. **Get organised and control the controllable** – don't rely on finding the right foods at stores or service stations en route nor at the venue. Take your own supplies for the journey as well as for a full-day of competition.
2. **Plan for winning the tournament** – take food and water to last you the full day, not just the group stages. Use insulated cooler bags and ice blocks to keep food fresh.
3. **Don't try any new foods** – play it safe by sticking to familiar and plain foods, to reduce the risk of any stomach upset.
4. **Don't over-indulge, eat little and often** – too much food can cause havoc with your digestive system and keep you awake at night.
5. **Hydrate** – always have a bottle of water handy and remember to drink regularly throughout the day.

Top Tips - Day Of Tournament



What you eat and drink on the day of a tournament can make a huge difference to your performance and ensuring you're well fully fuelled and well hydrated! Ferrari?

- 1. First meal of the day** – consume a carbohydrate-rich meal 2-4 hours before the start
- 2. Pre-competition nerves** – choose liquid, smooth and bland options
- 3. Drink plenty** – as soon as you wake up, have a drink and start to hydrate. Aim to drink a 500ml bottle of water or diluted juice within the two hours before the tournament, giving it enough time to be absorbed and excreted.
- 4. Stick to your plan** – if you've gone to the effort of meal prepping and organising your eating strategy for the day, stick to it.
- 5. Choose light meals and carbohydrate snacks for short breaks**

Top Tips – Recovery



- **Socialising & Eateries after the tournament** – choose an Italian or Thai restaurant, rather than pub bistro's which serve high fat meals.
- **3R's of Recovery** – rehydrate, refuel, repair:

30 minutes after:

- Flavoured milk
- Sports drink (homemade or shop bought)
- Water or juice alongside food such as a sandwich, wrap, fruit

2 hours after:

- Consume another meal containing carbohydrates and protein, e.g. stir-fry, tomato-based pasta dish, chilli con carne, tuna pasta bake, fajitas, spaghetti bolognese and so on.
- Continue to hydrate with water, sipping little and often.

Summary



- Control the controllable – where possible pack your own food and fluids.
- Don't try anything new on the day of competition – avoid spicy, high fat, gassy food.
- If you suffer with pre-competition nerves, it's a good idea to choose liquid, smooth and bland options.
- Stick to your plan - try not to be tempted by cafes, shops and service stations to provide your food.
- Showcase your talent!