



TEAM: _____ **COACH:** _____ **CONTACT INFO:** _____

Snack suggestions

HALFTIME = ENERGY

It's important to stay hydrated, but not weighed down.
Crackers, pretzels, 1-2 orange slices



POST GAME = RECOVERY

After a game, it's recommended that you replace carbohydrates, proteins and electrolytes **Within 30 minutes.**

