



Food Coordinators Guide

The role of the Food Coordinator is to work with the coaches and parents to meet the nutritional needs of the athletes during tournaments. This includes, but is not limited to working with the Travel Coordinator to plan and secure breakfast, lunch and dinner while traveling and coordinating food tables while playing home matches (and matches that are away that permit them). A spreadsheet excel format has been developed for Food Coordinators.

Pre-Match

- The pre-match meal should be rich in carbohydrates, since they are primary fuel source for working muscles. A high quality protein source is also essential for this meal. Protein will help the staying power of the meal, slowing the digestion process and preventing the player from entering the match feeling empty. A good pre-game meal might include a grilled chicken sandwich with a baked potato topped with broccoli and salsa; grilled chicken breast covered in marinara sauce atop a dish of pasta; or a turkey sub/sandwich with ah serving of pretzels. Breakfast might be a whole grain bagel with an egg or peanut butter and a glass of orange juice; yogurt, fruit and juice or a bowl of cereal, banana, and a juice.

During Match

- During the match it is important to maintain hydration. 4-8 ounces of fluid should be consumed every 15 minutes during activity. Making it a goal to drink between ½-1 cup of a drink during each time-out or each time the player comes out of the game should accomplish both of these goals. Remind players that the most important time to hydrate is the day before the match. Gatorade and other sports drinks have their place, but are usually not necessary for hydration during matches, but can be beneficial between back-to-back matches.

Post-Game

- A post-game meal or snack is often forgotten. This meal, however, has a very important function. The human body has a very limited capacity to store carbohydrates. They are stored in the form of glycogen in the liver and the muscles. Therefore, it is important to maximize the amount that



can be stored. After a volleyball match the enzymes that are responsible for taking in fuel and storing it are at their highest level within the first 30-45 minutes. Taking advantage of this window is critical in the recovery process, getting the body ready for the next match. An energy/sports bar works well when there is little time between matches. Look for a bar with high carbohydrates (preferably less than half coming from sugar), some protein and low in fat. It is highly recommended that each girl be responsible for bringing her own energy, sports bars to each tournament.

Suggestions for Energy/Sports Bars:

- Cliff Z Bar
- Special K Bar
- Nutrigrain Bar

Other

Prior to the season it is important to check with the team for food allergies, especially peanut allergies. You will need to determine if the player just needs to avoid these foods or if the offending food needs to be totally avoided by the team.

Please keep cost in mind when planning meals and going out. Work with the travel coordinator to bring food in whenever possible and choose restaurants that have low cost food options available.

When purchasing snacks and ordering food from restaurants remember to include your coaches!

Food Tables

- If playing early 8 am matches – include food for a mid-morning snack and a light lunch.
- If playing PM waves matches – include food for light lunch/dinner and a snack.

Below is an example of food table assignments:

- 2 lb turkey breast/day, low fat crackers
- Fruit-that can be easily grabbed by players (bananas, grapes, pre-sliced apples, etc.)
- Low fat sliced cheese for sandwiches, cheese sticks
- Sun Chips, pretzels, hummus, peanut butter and jelly, mustard, low fat mayonnaise
- Green salad with low fat cheese/meat
- Pasta salad with low fat meat/cheese
- Water – 3 gallon jugs/day, cooler with ice
- Whole grain bread, bagels, low fat cream cheese
- Gatorade (dozen small/day), granola mix
- Paper goods, utensils, table cloth
- 1 lb chicken/day, sliced tomato and lettuce for sandwiches



Food While Traveling

Each tournament will present unique challenges and circumstances. It will be important to work with the travel Coordinator to determine where meals will be eaten. Make sure to recruit other parents to help you with purchasing food, buying breakfast, and making snacks and sandwiches. Whether eating out or brining in food, low fat food is encouraged. For example, when ordering from Italian, pasta with marinara sauce and grilled chicken on the side is a better choice than fettuccini alfredo or lasagna. Order salads with dressing on the side and add an extra helping of steamed vegetables.

Breakfast

For AM waves providing breakfast for the girls can be a challenge if the hotel they are staying in does not provide it. The Travel Coordinator will work with the hotel to try and arrange breakfast at the hotel when this is an option. The Club Travel Coordinator attempts to reserve hotels that have breakfast in the morning. Options for when there is no breakfast at the hotel include:

- Getting a refrigerator (most hotels have refrigerators in rooms) and purchasing food for breakfast. This can include yogurt, cereal, bagels, peanut butter, cheese sticks, OJ, milk.

the goal is to make sure the girls are eating adequate amounts of carbohydrates and a small amount of quality protein.
- Locating a bagel store and sending in the order the day before. This order can be picked up by 6:15 am and brought to the girls at the hotel.

Lunch

Tournaments are different, some allow food tables others such as National Qualifiers (Big South) do not permit food, but offer nutritious foods in the convention center and if the coach agrees the girls can purchase their own lunches and bring their own snacks in their backpacks. Other tournaments offer nothing but pizza and fried food and you will want to find alternatives. Subway, Paneras, Jimmy Johns, etc offer nutritious alternatives. It is best to eat this small meal during the two hour time slot in the schedule when the team is refereeing and resting. In the beginning of the season, collecting each player's and coaches' favorite Subway, "supermarket," or Panera sandwich and "compiling a standard order for the team can be very helpful to expedite the order.



Dinner

A team often eats a meal together after the PM wave is over (if it is later in the evening, take-out at the hotel is often preferred).

Water

Players should bring their own water bottles that can be refilled using gallons of water to refill them (instead of using individual water bottles). Often tournaments have large coolers situated around the gym for the girls to refill their bottles or water fountains they can use.

Handling the Money

When traveling there will be expenses incurred for meals etc. There are different approaches to collecting money from players for the weekend. One approach that has worked well is having one parent on the team be the money manager (can be different parent at each tournament). This parent collects all receipts and records who has paid for each item. At the end of the tournament, he/she then collects money from each player/family for the cost of the tournament and repays the parents who paid for items.

In the trip itinerary, make sure the Travel Coordinator advises players to bring enough money to cover the costs of incidentals, restaurant meals, or food purchased individually by the player.