

Central Montcalm Boys' Basketball

Nutritional Information

One of the biggest impacts on athletic performance today is also one of the most overlooked, proper nutrition. Our players here at Central Montcalm work hard in the gym and the weight room to become better basketball players. Yet time and again I have witnessed countless numbers of basketball players making nutritional decisions that are not helpful with performing at the highest level. World-class racecar drivers use only the best oil and gasoline for their vehicles; basketball players need to fuel their bodies with the proper foods to yield the best results on the court.

Proper nutrition can make a significant difference in athletic performance. A player that eats the right foods at the right time will be energized and ready to play; a player that eats the wrong foods at the wrong time will be more lethargic and not have proper energy stores. In particular, athletes should consume proper amounts of carbohydrates and protein everyday. Carbohydrates help athletes to maintain energy and they also help prevent muscle fatigue. Protein is needed to help athletes rebuild and repair their muscles after competition. Protein helps to keep athletes strong. I encourage players in this program to maintain a steady diet filled with carbohydrates and protein.

Nutrition is especially important in helping players to recover from practices and games. In order to replenish the nutrients lost during competition, athletes are advised to replace these losses soon after competing. The goals of post-competition meals/snacks are to replace fluid losses, intake more carbohydrates for energy, and repair any muscle damage. It has been proven that consuming the proper foods within 30 minutes after competition allows the body to recover more quickly.

As evidence of the coaching staff's beliefs about the importance of nutrition, you will see all coaches adhering to these standards of eating before and after practices and games. If coaches expect athletes to practice good eating habits, then we should set the example. Also, our teams will no longer be stopping at any fast food restaurants on the way home from games; instead players are encouraged to bring appropriate post-game snacks with them.

The list on the following page provides 6 examples of appropriate recovery snacks. I have tried to use foods that I know some of our players enjoy. If players wish to deviate from the list, please keep in mind that the standards being used for these snacks are 10 grams of protein and 100-150 grams of carbohydrates.

<u>Snack #1</u>	<u>Carbohydrates (grams)</u>	<u>Protein (grams)</u>
1 cup of trail mix	91.85	8.82
1 cup of canned peaches	19.54	1.18
Totals	111.39	10.0

<u>Snack #2</u>		
2 cups of Kellogg's raisin bran	94.38	10.48
1 raw carrot	6.9	0.67
Totals	101.28	11.15

<u>Snack #3</u>		
1 packet of seedless raisins	114.81	0.43
1 hotdog	18.03	10.39
Totals	132.84	10.82

<u>Snack #4</u>		
1 cup of white chocolate candy	100.71	9.98
Totals	100.71	9.98

<u>Snack #5</u>		
10.6 fl oz thick chocolate milkshake	63.45	9.15
1 cup frozen red raspberries	65.40	1.75
Totals	128.85	10.9

<u>Snack #6</u>		
1 cup skim milk	12.15	8.26
¾ cup apple cinnamon cheerios	25.0	2.0
2 cups sweetened apple sauce	101.54	0.92
Totals	138.69	11.18

I hope this list of snacks will be helpful when trying to choose good food options for your son(s). I am not mandating a strict diet for your son(s), but merely trying to provide information to our players/parents on how they can get optimal results through developing better eating habits. Hopefully this information has been helpful to you. Please let me know if you have any questions/concerns.

Thanks,

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