

## **NDA Track Meet Preparedness Guide**

Pre-Meet preparation:

- Proper rest, hydration and nutrition are essential components to your athlete doing their best. Prior to a meet, 8 to 12 hours of sleep is recommended to help them compete and stay energized for the day.
  - Eight 12oz. glasses of water per day is recommended to ensure proper hydration prior to competition. This can vary from child to child based on their age, the amount of activity, and factors unique to the individual.
  - Carbohydrates are recommended the night before competition. Pasta and rice are good sources. Avoid dairy and greasy foods.
  - Don't forget the protein! Lean meats are good. Chicken or turkey is best.
  - A balanced breakfast should be consumed three hours prior to competition. Avoid foods that contain substantial amounts of fats or oils (deep fried foods such as potatoes chips, French fries, fried chicken), as they are slow to digest and can cause cramps during competition and effect their ability to perform.
    - Meals high in starches and protein are recommended such as:
      - Eggs, wheat toast and juice & water.
      - Sliced turkey and eggs & water
      - Bacon/sausage and eggs & water
      - Cereal or oatmeal w/fruit & water
- \*Did you notice that everything involves water!

Absolutely no sugary sweets, syrup, jellies, donuts or pastries! No stopping at Krispy Kreme on the way to the track meet!

This should go without saying, but remind your athlete to have their uniform, shoes, spikes ready the night before so they don't forget! It's early in the morning, so best to prepare beforehand.

Track meets lasting 4 hours or more require more food consumption throughout the day such as:

- Turkey, Beef or Chicken Jerky
- Fresh fruit (bananas, strawberries, watermelon, apples, etc., as long as it is fresh and not in a jar or can)
- Power Bars, Fig Bars, Granola Bars
- Peanut butter sandwiches
- Dried fruit
- For a natural boost of pre-competition energy, you can also get honey sticks (small tubes with honey) sold at Whole Foods or Spouts.
- Powerade/Gatorade for AFTER race refreshment

- And bring PLENTY of water...not just for your athlete, but for you and those that come with you to watch.

You will want to prep some of the fruit the night before the meet. Generally, knives or other cutting utensils are frowned upon (for obvious safety reasons).

What else to bring? (Some necessary, some voluntary)

- Cooler(s) to store food and drinks and ice.
- We can always use extra tents for the stands and for a pre- and post-race area for the athletes near the track.
- Tarps and blankets. Help with ground cover and gives a place for athletes to stretch out before and after a race.
- Bungee cords. They help secure tents in the stands.
- Camp chairs / stadium cushions. There will be some meets where we are in the stands and some where we will be on the ground. 3-4 hours will necessitate comfortable seating.
- Insect repellent. With all this rain...we will have lots of bugs.
- Sunscreen. Even if you don't think you need it. Trust us.
- Hats, scarves, bandannas to cover your head.
- Portable fans. Wal-Mart or Cabela's are great places to find these.
- Umbrella(s). For heat protection and for the unexpected rain shower.
- Band-Aids, peroxide spray, Neosporin.
- Paper towels
- Garbage bags. NDAA never leaves a mess.