



Upper Valley
Medical Center
Premier Health Partners

UVMC Center for Sports Medicine

Your Home Town Sports Medicine Team

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Everyday Nutrition for the Traveling Athlete

By: Amy L. Ficklin, ATC

During the spring, athletes are at school, on the road, and competing at a high level on a repetitive cycle. Proper nutrition can often be overlooked and replaced with whatever can be purchased at a concession stand or gas station on the way to practice or competition. Keeping your athletes properly fed cannot only increase their competitive edge but also teach lifelong healthy eating habits.

Breakfast is the most important meal of the day. A breakfast consisting of Pop Tarts and donuts may not be much better than eating nothing at all. The simple sugars in these quick breakfast fixes offer a quick energy boost but that energy wears off just as quickly, leaving an athlete with no lasting benefit and the body needing more nutrients to perform. Breakfast should include complex carbohydrates such as whole grain cereal or oatmeal, apples, bananas and low fat yogurt. These foods will provide a long lasting energy source to meet the demands of a high performance athlete.

Proteins are essential in the athlete's diet for their benefits on muscle performance. Proteins are important as they help to build muscle and improve muscle recovery from the breakdown of training and competition. The most complete source of protein is the egg. Eggs are a great protein for breakfast but can also be incorporated in lunch, dinner and snacks on the road. Hard boiled eggs can be eaten alone or on salad. Lean meats, fish, poultry and low fat dairy products are also great sources of protein. Proteins should only make up about a quarter of the athlete's diet.

A moderate level of fats should not be overlooked for a competitive athlete. Fats are found in most everyday food products. Fats contain important fatty acids that provide energy for the endurance stages of competitions. It's important to eat healthy fats like nuts and the fats found in dairy products; avoiding the fats in fast food and junk food is just as important. Nuts and seeds can easily be found in the produce area of the grocery store and can be purchased by the pound. A cup of these in a Ziploc bag makes a great snack on the bus or as an addition to lunch.

Making sure that athletes eat a healthy snack between the end of a school day and the start of practice or competition can make a huge difference in performance. Many athletes go straight to practice after school and expect their body to rely on the food they ate for lunch three to four hours earlier. By providing a source of energy the body will break down less and take longer to fatigue. In turn, the athlete is less likely to be affected by overuse and fatigue injuries.

Ultimately, the key to solving many of the nutrition issues for athletes is planning ahead. The average competitive athlete in high school should take in 3,000 to 5,000 calories per day. Half of those calories should come from complex carbohydrates and the other half split evenly between proteins and fats. Athletes should eat breakfast, lunch and dinner every day with properly spaced snacks between each of these meals. Although your athlete may eat lunch and possibly breakfast at school, packing a few healthy snacks everyday is a great way to make sure they have a beneficial energy source to get them through practice and games. Packing an extra meal for dinners should be considered for those late nights on the road.

For more information, please contact the UVMC Center for Sports Medicine at **937-667-2614**.

UVMC Center for Sports Medicine Summer Sports Enhancement and Injury Reduction Programs

EXPLOSIVE SPEED & POWER (ESP) Sports Enhancement Program

- For high school, college and professional athletes.

- Features the same type of off-season workouts used by elite Division I programs, utilizing Olympic lifts and core body strengthening techniques to improve power and strength.
- Proper running mechanics/ground based speed drills, plyometric jumping techniques and flexibility exercises are practiced to improve speed, agility, vertical jump and flexibility.

EXPLOSIVE SPEED & POWER JR. (ESP Jr.) Sports Enhancement Program

- For 7th and 8th graders.

- Utilizes age-appropriate strengthening activities and emphasizes education on proper form and techniques as well as injury prevention.
- Proper running mechanics/ground based speed drills, plyometric jumping techniques and flexibility exercises are practiced to improve speed, agility, vertical jump and flexibility.

SPORTSMETRICS™ Knee Injury Reduction Program

- Comprehensive training program specially designed for female athletes.
- Scientifically proven to reduce knee injuries and improve performance for sports that involve pivoting, cutting or jumping, such as soccer, basketball and volleyball.
- Combines dynamic warm-up with plyometric drills, strength training and flexibility exercises.

For more program information or to register, call 667-2614 or 440-7152.
Program information and registration forms available online at www.UVMC.com/sportsmedicine



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TEAM OF THE MONTH

The UVMC Center for Sports Medicine would like to congratulate the following teams from the area for their outstanding achievements and selection as Team of the Month this winter sports season:

December: Troy High School Bowling Teams

The boys' and girls' bowling teams were recognized for their accomplishments during the 2011 winter sports season. The boys' team finished first in the Ohio High School Kickoff Classic held Dec. 4 in Columbus. The girls finished second in the classic. The boys' defeated Cincinnati Xavier three games to two to take the title in a field of 34 teams. The girls' team finished fifth in qualifying in the 28-school field. The girls' then fell to Westerville Central three games to one in the championship match. The boys' team ended December with a 10-0 record; the girls with a 9-1 record. The boys set a new team record of 2,723 pins for a single match against Beavercreek on Dec. 28. The same day, A.J. Bigelow rolled a 300 game against Beavercreek. The girls' team set a new two-game team record by rolling team games 1,054-1,091 for a 2,145 (a 214.5 average per bowler) against Tippecanoe on Dec. 21. Michelle Spencer set a new team record with games of 278-259 for a 537 total in a match against Beavercreek on Dec. 28.

January: Miami East Swimming Teams

In only its 2nd year, the Miami East Swimming Team was recognized for its success during the 2011 season. The team started the 2010-11 season with seven members. Four had prior swimming experience from participation in summer leagues as children and three had never stepped foot in water, according to Coach Carol Bollinger. The team has had a successful season, scoring points in the Southwest Classic Invitational and placing in the Clark County Invitational at Wittenberg University. The boys' team with two members placed eighth overall. The girls' team placed 12th. The teams competed in the Carroll High School Invitational in early February, with the boys finishing in ninth place and the girls in eighth place.

February: Piqua High School Wrestling Team

The team was recognized for winning its first ever GWOC North title. The team began the season with a tournament win and then also finished the highest ever for a Piqua wrestling team at tournaments such as Top Gun and Butler's Holiday Tournament. Three wrestlers—Kyle Bryant, Tyler Chambers and Dominick Magoteaux—were champions at the sectional tournament on Feb. 19 and Bryant was named Most Outstanding Wrestler/GWOC North.

March: Graham High School Wrestling Team

The Graham High School Wrestling Team was recognized for its outstanding 2011 wrestling season. The team sent 10 wrestlers to the state championships this year with all 10 of those individuals winning their 1st round of competition by nothing less than a major decision. Out of these 10 individuals, Graham produced 6 state championships, 2 runners-up and 2 fourth-place finishers.