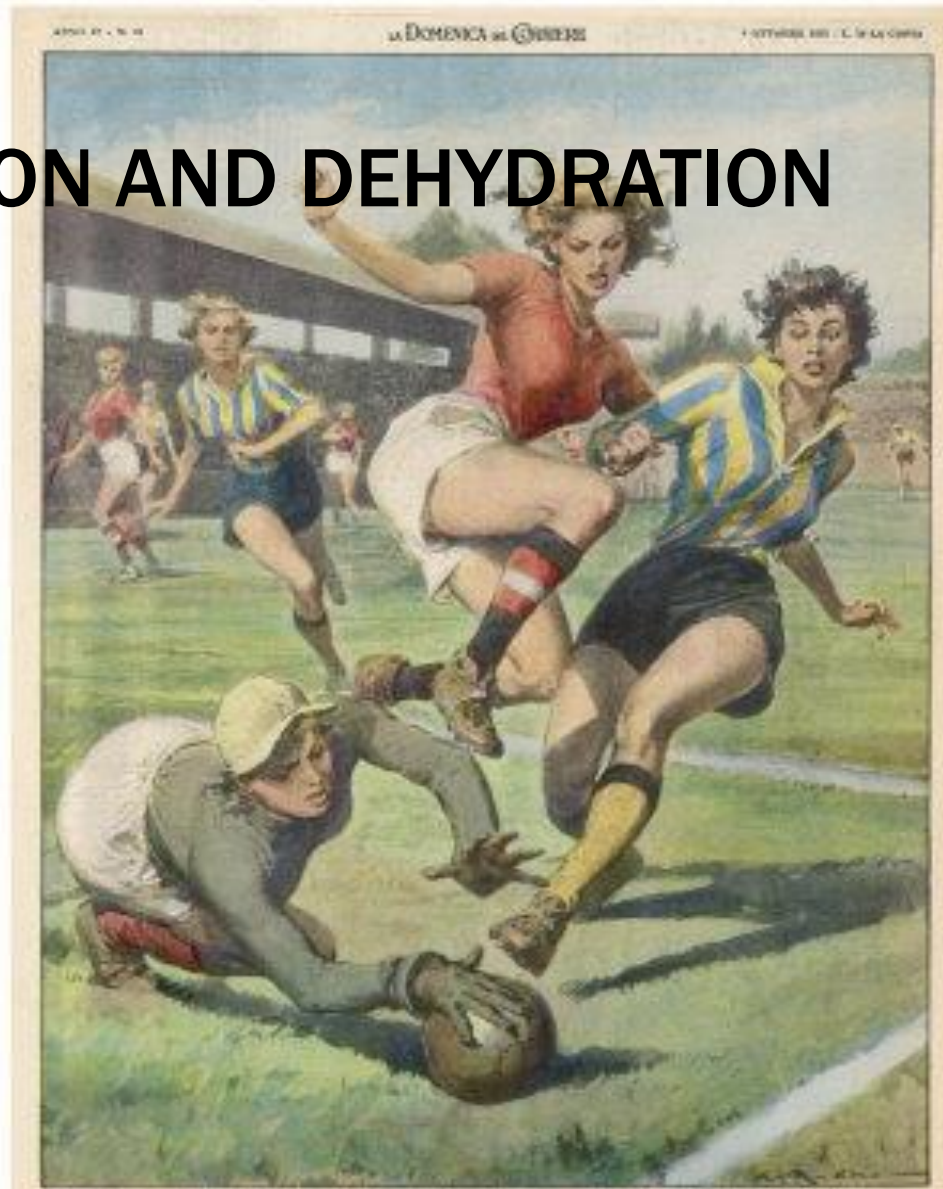


NUTRITION AND DEHYDRATION



A YOUNG PLAYERS GUIDE TO HIGH PERFORMANCE



SO WHAT'S THIS ALL ABOUT?

FOODS CONTAINING LARGE AMOUNTS OF CARBOHYDRATE INCLUDE BREAD, POTATOES, PASTA, RICE AND CEREALS. CARBOHYDRATE IS STORED IN YOUR MUSCLES AND LIVER AS GLYCOGEN, AND IN YOUR BLOOD AS GLUCOSE.

YOUR BODY ONLY HAS A LIMITED STORE OF CARBOHYDRATE SO IT'S VITAL YOU REPLACE THIS FOLLOWING EVERY TRAINING SESSION AND MATCH.

BE CAREFUL WHAT YOU EAT...



Coca cola or any fizzy drinks are bad for you...

EATING TOO FAST...ALSO BAD FOR YOU



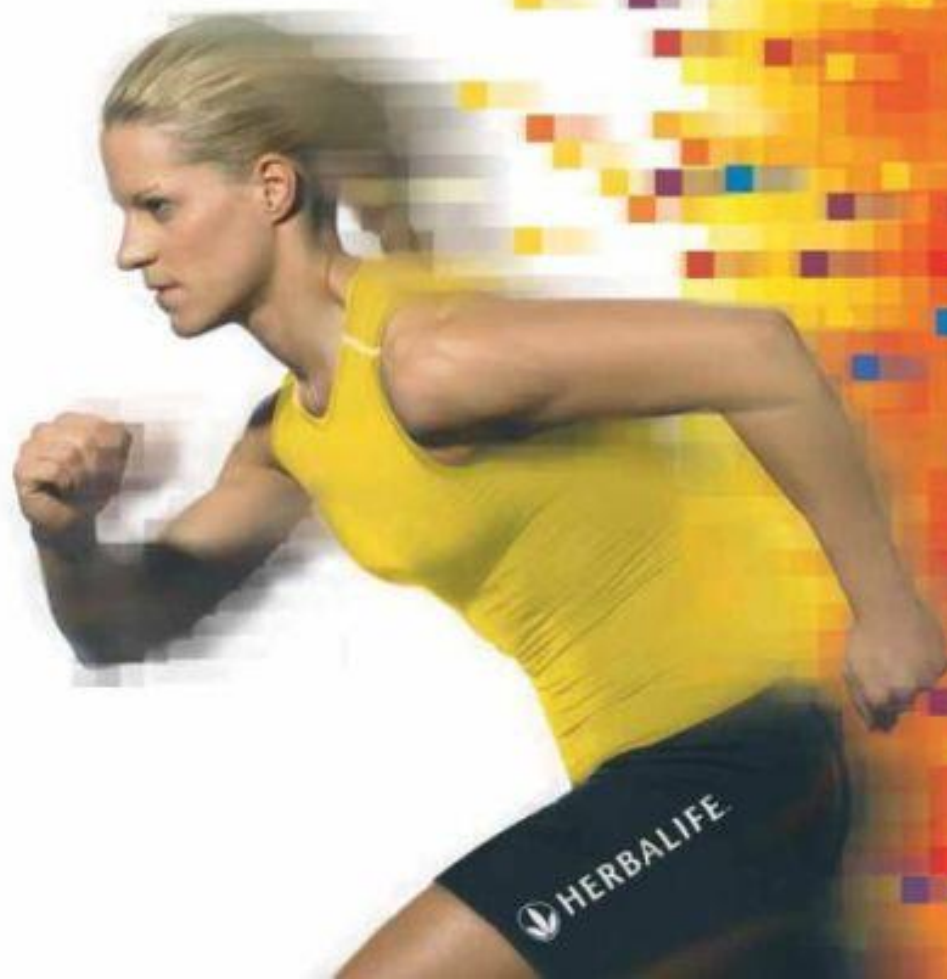
EATING THE WRONG THING...BAD FOR YOU



AND EATING TOO MUCH...IS BAD FOR YOU



Dehydration – know the score



EXTREME...BUT YOU KNOW WHAT I MEAN!



***Others suggesting what you should drink...
...may not be the best advice!!!***

NATURAL IS BEST...USE WATER TO RE-HYDRATE



DRINK THE RIGHT THING...

Nutritionists and coaches are warning high school athletes about drinks can hurt their performance. Researchers say that teenage players who drink Red Bull for example before the game might feel energetic in the beginning, but unfortunately after a while they would find themselves tired to even finish the game.

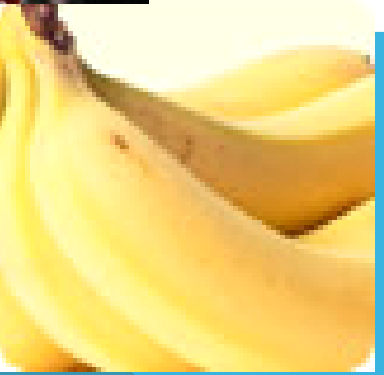
A market research stated, 25% of teens drink the caffeine-packed drinks regularly, they consume between one to three Red Bulls during football game practice instead of water.

“You can tell who’s drinking them because two-thirds of the way through practice, they’re done. They can’t make it through a two-hour practice,” a newspaper reported.

Other articles related to energy drinks warn people strongly from Energy drinks such as Red Bull. In previous studies, energy drinks were linked and associated with aggressive behaviours and heart diseases.



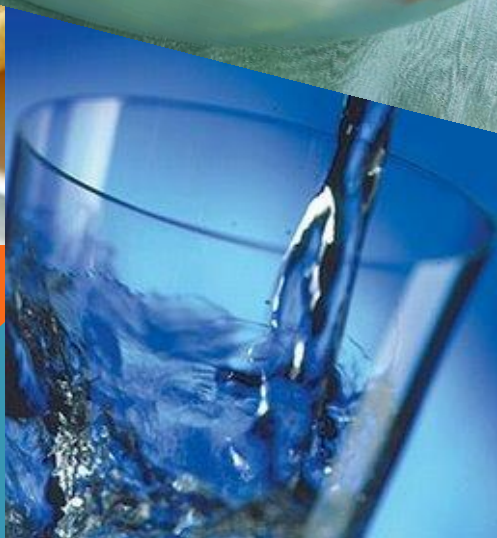
LOOK AFTER YOUR DIET



MAKE THE RIGHT SUBSTITUTION



5



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"I won it in a competition - honest!!"

**"Come on mate - you're gonna
have to come up with a better story
than that!"**