

Intermittent, High Intensity Court Sports – Volleyball, Badminton

General Nutrition Guidelines

Energy:	A moderate energy expenditure sport
Carbohydrates:	5g/kg/d and 7 – 12g/kg/d during sustained training and competition lasting more than 90 minutes.
Protein:	1.4 – 1.7g/kg/d
Fats:	Remainder of kcal should be consumed from healthy fats.

Common Nutritional Concerns

- **Burning Out Early**
 - Because of the intensity of stop-and-go sports, the length of some games and tournaments young athletes can use up their energy stores before the event is over. This especially becomes a problem if the athlete has not eaten a proper meal or snack earlier in the day or prior to the event and does not bring appropriate snacks for during the event.
- **Carbohydrate during exercise**
 - A 6 - 8% carbohydrate solution, as found in some sports drinks, leads to faster sprint times, higher average jump height, enhanced motor skills, and improved mood.
- **Restoration of Glycogen, Fluids and Electrolytes**
 - Glycogen, fluids and electrolytes stores must be replenished daily and commence as soon as practice and competition are over.. If appetite is suppressed immediately afterwards, a liquid meal may be appropriate.
- **Dehydration**
 - Drinking on a schedule is important to prevent dehydration and heat illness. Hydration strategies should be planned to replace fluid and sodium lost in immediately after exercise. Drink frequently, every 15 – 20 minutes or as often as possible.