

## Tennis

### General Nutrition Guidelines

Energy:	Recommendations will vary depending on level of play an intensity and duration of play.
Carbohydrates:	Between 7 -12g/kg/day depending on intensity and length of training and competition.
Protein:	1.2 – 1.6g/kg/d depending on growth and development and intensity of training
Fat:	Rest of kcals should be consumed as healthy fats.

### Common Nutritional Concerns

- Fluid and Electrolyte Intake
  - Dehydration can be a daily concern in hot, humid conditions. Drink every 15 -20 minutes during practice and competition. For practices/competition lasting more than an hour and in hot, humid conditions, consume and 6 -8% carbohydrate electrolyte solution frequently. Rehydrate immediately following practice/competition. Monitor sweat loss by weighting before and after, replace with 16 – 24 ounces of fluid for every pound lost. Begin to rehydrate right away.
- Restoration of Glycogen
  - Replenish glycogen stores immediately after competition or practice. Carbohydrate and protein combination meals and snacks are required.
- Prematch Meals
  - Since players can be on the court for many hours, they must eat beforehand. It is essential to plan ahead and know what suits the individual best. Experiment early to know what is suitable for the individual.
- Multiple matches in one day
  - Mini meals and snacks are needed in addition to sports drinks. Plan ahead!