

Recovery Strategies

Immediately Following Game/Practice/Workout	• Immediately begin restoring lost fluid by drinking water • Within first 15 minutes post-competition, consume a sports drink or energy bar • Foam roll then static stretch • Mentally unwind by listening to relaxing music on your way home, back to your dorm or to study-hall, class etc.
When You Get Home	• Shower as soon as possible ◦ Alternate between hot (:30 sec) and cold (:30) in the shower 3-5 times • Within 1 to 2 hours, eat a meal with protein and carbohydrates • Continue to rehydrate throughout the evening until urine is clear • Unwind by listening to relaxing music in the house/dorm/apartment/hotel
How to Unwind in the Evening	• Shower with warm/hot water to help you relax your muscles and your mind • Massage/Foam Roll Glutes, Hips, Legs, Feet, Chest and Shoulders • The evening is best time to perform long static stretches (:30 seconds or more)
How to Prepare for Sleep	• 15 to 30 minutes before entering bed, shutdown all electronic equipment including cell phones, computers, tablets, and televisions • Use relaxation techniques and skills such as: ◦ visualization of the positives of the game/work-out/practice ◦ Pray and/or Meditate ◦ Read a Book (not on your Kindle, Tablet, or Cell-Phone) • You need <u>at least 7</u> hours of sleep to perform at optimal levels. The more sleep before the sun appears the better!
The Morning Following a Game (or Practice/Work-Out)	• Take note of how you feel (refreshed, still tired, quality of sleep) • Within 1 to 2 hours of waking, consume a well-balanced, protein rich-meal • Beginning hydrating with water. Avoid juices, coffee or other stimulants
Preparing the Body on a Game-Day	• Take a nap for 30, 60 or 180 minutes before if you did not sleep 7 hours • Make hydration, along breakfast, lunch or dinner a priority! • Stay in a relaxed, positive mental state throughout the day.