

Fueling your student athlete

Home & field lifestyle guide — giving every kid their best shot

What happens at home all week shapes how a kid performs on the field — and what happens on the field shapes how they recover at home. Use both sides of this guide together.

At home

EVERYDAY HABITS THAT BUILD THE FOUNDATION

✦ Sleep

9–11 hours a night, consistent bedtime. Screens off 30 minutes before bed — growth and recovery happen during sleep.

✦ Regular meals

3 balanced meals plus 2 snacks daily. Pair protein with a complex carb at each one for steady energy.

✦ Daily hydration

About half their body weight in ounces of water each day, even on rest days — more on practice days.

✦ Family rhythm

Eat together when you can. Keep fruit, veggies, and a protein snack visible and easy to grab.

On the field

WHAT TO DO AROUND PRACTICE & GAME TIME

⚡ 60–90 min before

Light snack pairing carbs and protein (banana with nut butter, trail mix). Hydrate fully — don't wait until they're thirsty.

⚡ During activity

Water every 15–20 minutes. On hot, humid Sea Island days, add electrolytes — see the fridge recipe below.

⚡ Within 30–60 min after

Protein + carb recovery snack (yogurt and fruit, a turkey or salmon wrap) and continued rehydration.

WATCH FOR

Dizziness, cramping, headache, nausea, or unusual fatigue. Sit them out, cool and rehydrate them right away, and tell the coach.

Keep these on the fridge

FRIDGE CARD

Sea Island watermelon-lemon water

A refreshing, naturally sweet hydration boost

YOU'LL NEED

- 2 cups cubed watermelon
- 1 lemon, thinly sliced
- A few mint leaves (optional)
- 6 cups cold water

MAKE IT

Lightly muddle the watermelon in a pitcher. Add lemon and mint, pour in cold water, chill an hour, and serve over ice.

FRIDGE MAGNET RECIPE

Pineapple-lemon-lime electrolyte water

A simple homemade electrolyte drink for practice days

YOU'LL NEED

- 1 cup 100% pineapple juice
- Juice of 1 lemon + 1 lime
- 3 cups cold water + a pinch of sea salt

MAKE IT

Stir everything together until the salt dissolves. Chill and send a bottle to practice — a gentler alternative to sports drinks.