

Coach's Challenges

When working with a variety of sports and coaches, I find that coaches are often challenged with assisting athletes in reaching their strength goals due to:

- Overscheduled athletes
- Financial and budget constraints of families
- "Forgetting" to eat
- Poor planning
- Limited grocery shopping by families so the athlete has few meal and snack options in the household
- No time to eat
- Overtrained athletes



COME BACK STRONGER | **REFUEL**
with chocolate **MILK**

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Strength Gains for High School Athletes

Protein Requirements

Adolescent and high school athletes often are challenged with gaining strength and weight. If a young athlete has not reached the correct stage of growth and development (Tanner Stages), they may not have the hormones to promote growth and development. The amount of training and weightlifting will not matter and may even create injuries for a young athlete.

As a registered dietitian nutritionist, I understand the value of a sound nutrition plan in combination with an appropriate strength workout to help an athlete gain strength and weight the right way. This occurs once when the athlete has enough of the right hormones for growth and development.

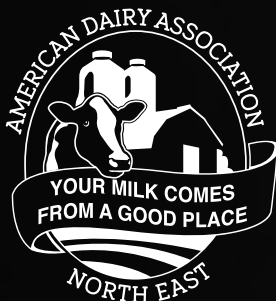
A sound nutrition plan includes carbohydrates, protein and fats. It is the correct balance of these macronutrients and their calories that will promote strength and weight gains. I recommend a 2:1 combination of carbohydrates and protein. The carbohydrates serve as the muscle fuel so the protein can be utilized for strengthening and developing the muscle fiber. If there aren't enough carbohydrates fueling the muscle, then the protein is not able to adequately do its job.

Extra calories in the diet also promote weight and strength gains. Eating consistently is one of the key strategies for success. When an athlete misses a meal or a snack, a calorie deficit is created. Young athletes often do not recoup the lost calories from a meal which makes weight gain difficult for young athletes.

6 KEY STRATEGIES

Focus on calories, carbohydrates and protein when encouraging weight and strength gains. Here are six key strategies:

1. Add ~500 calories a day.
2. Eat 3 meals and 1-2 snacks daily.
3. Increase portion sizes at meals.
4. Drink low-fat milk, chocolate milk, or 100% juice with meals/snacks.
5. Choose nutrient dense snacks (ie. pb&j sandwiches, trail mix)
6. Do not skip meals.





Meal Planning Overview

Meal and menu planning are essential to a successful strength gain plan. Each macronutrient has a purpose in an athlete's menu plan. Here are their roles:

Carbohydrates

- Primary source of energy and muscle fuel
- Adds fiber, vitamins and minerals
- Prevents athletes from "hitting the wall" during a game

Protein

- Provides amino acids, the building blocks or protein
- Assists in the strengthening and repair of muscle fibers
- Works with carbohydrates to enhance recovery after exercise

Fats

- Provides fat soluble vitamins (A, D, E, K) and omega 3 fatty acids
- Fuel source for low intensity and long duration exercise
- Nutrient dense source of calories

Putting together meals for athletes does not need to be complicated. Many food items like chicken breasts can be purchased pre-cooked and reheated in a microwave with instant rice or noodles. Here are some examples:

Rotisserie Chicken + Potato + Green Beans + Milk + Water

Noodles + Pre-Cooked Chicken Breast + Creamed Spinach + Milk + Water

Scrambled Eggs + Shredded Cheese + Whole Grain Toast + Asparagus + Milk + Water

Tuna w/Lite Mayo + Pita Bread + Tomato Soup with Parmesan cheese + Milk + Water

Instant Rice mixed w/ Lentil Soup + Carrots + Milk + Water

Cooked Oatmeal (made with milk) + Nut Butter + Walnuts + Raisins + Milk + Water

Ham & Cheese on a Sub Roll + Vegetable Soup + Milk + Water

It takes a team effort between the athlete, coach, and athlete's family to successfully eat for strength gains. It takes consistency and planning.

Fuel up and Come Back Stronger!

AmericanDairy.com

