

Performance Nutrition for Badminton



Source: Bronwen Lundy –
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Team GB Beijing 2008
Nutritionist

A GUIDE TO TOURNAMENT EATING

There are specific issues that you are faced with at tournaments, for example

- uncertain gap between games
- travel and eating times
- length of the day
- more rounds you get through the quicker the next match comes

Strategies to deal with some of these issues should be as follows:

- plan to have enough available to eat with you
- eat before the day starts
- have food little and often – grazing

24 Hours Before Competition

- Have a Good Evening Meal e.g pasta, rice
- Ensure your diet throughout the day is nutritious
- Drink plenty for hydration

Pre Match Meal

- Have a bigger breakfast than normal
- Good examples are bran / fibre cereal, porridge, baked beans on toast
- For lunch good examples are jacket potato and beans, pasta

Snacks

- Have lots of different options available
- Ensure there is some time to digest
- WHAT TO EAT WHEN TIME IS SHORT

20 to 30 MINS	Piece of Fruit, Cereal or Breakfast Bar, Dried Fruit, Jam or Honey Sandwich
10 MINS	Sports drink is your best option that will prepare you best for that match

Competition Day Rules

1. Never try new foods/fluids at a tournament, always practice in training first
2. Have a PRE MATCH MEAL 3 hours before competition
3. Have a Snack 1 hour before competition
4. Choose familiar, low fibre foods
5. Feel comfortable and confident
6. Remember fluids

Recovery Nutrition

1. Within 1 hour of Competition, eating gives you the most nutritional benefits in terms of recovery
2. Replace energy stores (glycogen)
 - Carbohydrates
 - Proteins
 - Fluids
3. The benefits to your body will be hydration, muscle repair and growth plus immune system protection

Essex Performance Camps and Masterclasses

September to December 2009

For the season 2009/10 Badminton Essex Performance Centre's will be running:

Full Day Performance Camps & Half day Masterclasses

As always spaces are limited due to court availability so early booking is advisable to secure your place.

Details of the Camps and Masterclasses up to December 2009 can be found below in order to aid players preparation plans for the new season

Should you wish to reserve a place please use the booking form below

CAMPS

September to December 2009

C1. TOURNAMENT PREP CAMP 1

Saturday 5th September 9am – 5pm

David Lloyd Leisure, Basildon

16 places Age 10 - 16

C2. TOURNAMENT PREP CAMP 2

Saturday 12th September 9am – 5pm

Bower Park School, Romford

16 places Age 10 – 16

C3. PURE SINGLES

Saturday 24th October 9am – 5pm

David Lloyd Leisure, Basildon

16 places Age 10 - 16

C4. PLAYING WITH CONSISTENCY

Saturday 5th December 9am – 5pm

Bower Park School, Romford

16 places Age 10 - 16

MASTERCLASSES

September to December 2009

M1. IMPROVE YOUR DOUBLES

Saturday 10th October 9am – 12pm

David Lloyd Leisure, Basildon

16 places Age 10 – 16

M2. BACKHAND CLINIC

Saturday 14th November 9am – 12pm

David Lloyd Leisure, Basildon

16 places Age 10 - 16

BOOKING FORM

PLEASE BOOK A PLACE FOR ME ON COURSE NUMBER _____ on _____ (date)

CHILD'S NAME

ADDRESS

TEL NO Home Mobile

EMAIL

EMERGENCY CONTACT

(name & tel. number)

Do you consider your child to have a disability ? YES / NO

If yes, what is the nature of the impairment?

Medical Conditions that the coach should be aware of:

I enclose my cheque for: £35 Camp / £20 Masterclass

payable to Badminton Essex South Performance Centre

A letter of confirmation of your booking will be issued confirming full details prior to your course date

Once booked , fees are not refundable. If due to illness or injury you are unable to attend, you may provide a substitute of equal standard to take your place

post to: Allison Pearson 55 Ormesby Chine, South Woodham Ferrers, Essex CM3 7AR