



PERFORMANCE NEWSLETTER

Nutrition Tips

How much protein do I need? An athlete needs 20% of their daily caloric intake from protein. More is not better. The body can only effectively digest and distribute about 35-50g of protein at each meal. Protein can be found in meat (all types), eggs, dairy products, and shakes.

Recipe of the Week

Power Oatmeal - Prepare 1/2 cup of plain instant oatmeal in the microwave. Mix in 2 tbsp. of Peanut Butter and 1 tbsp. of Honey. This can be used as a snack between meals and also serves as a great breakfast.

Nutrition Facts:
Total Calories - 431
Fat - 19g
Carbohydrates - 51g
Protein - 14g

Announcements

- Pro Baseball players Dylan Bundy, David Chester, Bobby Bundy, Mason Hope, Austin Kirk, and Dallas Beeler back in the house getting after it!

Recovery

In order to optimize performance and the ability to consistently perform at high levels you need to be aware of what you are doing outside of the DSD facility. Recovery (proper or improper) can make or break your performance as an athlete. If you choose to neglect your body over the weekend, your body will neglect you when you begin your next week of training. Below I will outline a few recovery tips that will aid in preparing you for your next weeks training:

1. Nutrition - Calories fuel your body. You must consume quality calories if you wish to add muscle and strength. Strive to eat complete meals, containing a quality sources of protein, carbohydrates, fruits, and vegetables.
2. Muscles Therapy - If you don't want to wake up with sore muscles, take care of your body with different forms of therapy. Cold tubs, stretching, foam rolling, or contrast showers will cut down on soreness and speed the recovery process.
3. Hydration - In order to efficiently recover, you must hydrate. Athletes who participate in strenuous training should consume at least 1 gallon of water per day. Stay away from sugary soft drinks
4. Sleep - All athletes should get between 6-8 hours of sleep per night. Lack of proper sleep will inhibit recovery, making it hard to achieve maximum performance.

Supplement Review

Creatine: One of the most popular and widely used supplements among athletes. Creatine works by supplying energy to muscle tissue and is transported through the bloodstream. It is said that Creatine will increase lean mass, endurance, and speed the recovery process. Side effects may include: excess bloating, muscle cramps, diarrhea, and kidney damage. Most studies have found no significant side effects at the doses used for up to six months. Anyone using creatine should use no more than 15 grams/day and increase their daily water intake.