

HIGH INTENSITY COURT SPORTS

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Energy Systems

- Phosphagen - immediate energy system fueling the first 5-10 seconds of activity
 - The movements of shooting, rebounding, jumping, short sprints, passing, hitting, serving, etc.
- Anaerobic - fuels activity for 1-3 minutes
 - Running down the court, continuous play, bursts of movement, etc.
- Aerobic - fuels activity lasting longer than 3 minutes
 - Extensive drills, active gameplay, long rallies, etc.

Macronutrients

- The major nutrients we consume in our diets
 - Protein - about 20% of our diet
 - Carbs - about 60% of our diet
 - Fats - about 20% of our diet

Micronutrients

- The nutrients we consume in smaller amounts
 - Vitamins
 - Minerals

Hydration

- Consistent water intake during the day is important for performance and recovery
 - It is recommended that women consume around 11.5 cups/day while men consume around 15.6 cups/day from drinks and foods
- Electrolytes such as sodium and potassium help replace what is lost through sweat
 - Sources: bananas, electrolyte drinks, avocados, potatoes, milk
 - Sweat loss leads to fatigue, cramping, and dehydration

Practice Days

- Pre-practice: you should eat 2-3 hours before- focus on carbs and lean protein
 - Consume 30-60g CHO before
 - Ex. whole grains, fruits, healthy fats such as avocados or nuts, chicken
- Post-practice: you should eat within 30-60 minutes
 - Refuel with 0.45-0.55g CHO per lb. and 0.55-0.66g protein per lb.
 - Ex. bananas, Greek yogurt bowl with berries and granola, chicken
- Make sure you are drinking water consistently throughout the day
 - for every lb. lost after exercise drink 2-3 cups of water

Game Days

- Eat familiar foods
- Consume a carb rich meal 3-4 hours before the game
 - pasta, grilled chicken, fruit, leafy greens
- Eat simple carbs 1 hour before
 - Ex. familiar fruits, sports drinks
- Consume simple carbs during the game to sustain energy- 30-60 CHO per hour as needed
 - Ex. banana, granola bar, sports drink
- Refuel with 0.45-0.55g CHO per lb. and 0.55-0.66g protein per lb.

Case Study: Day in the life

- Breakfast
 - Egg and bacon breakfast bagel with fruit
- Snack
 - Granola bar (something high in carbs)
- Lunch
 - Chicken burrito bowl for high carbs and some protein
- Dinner
 - High protein sushi bowl to get carbs and protein for recovery

Recovery Days

- Why are they important?
 - They allow the body to repair muscle, restore energy, reduce soreness, and prepare for the next performance
- What should recovery days include?
 - Protein for muscle repair- 0.36-0.54g per lb.
 - Sources: chicken, fish, eggs, Greek yogurt, dairy, beans, protein shakes
 - Carbs for energy- 1.36-5.44g per lb.
 - Sources: rice, pasta, oats, potatoes, whole grains, fruits
 - Hydration and electrolytes to replenish
 - Sources: water, electrolyte drinks, hydrating fruits
 - Healthy fats such as Omega-3s for inflammation
 - Sources: salmon, nuts and seeds, olive oil, avocado

Sources

- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/nutrition-and-fitness/nutrition-for-athletes-what-to-eat-before-a-competition>
- [Athlete Recovery: Evidence-Based Nutrition Strategies \(2025 Guide\)](#)
- <https://www.thesportsfoodie.com/meal-plan-guide-for-basketball-players/>