

Expectations of Players: Nutrition habits

Good nutritional practices are essential to your performance. To be able to get the most out of every training session you need to eat the right foods and fluid at the right time to be able to get the full training benefits. Good nutrition can also help to protect your health in the short and long term, helping with injury prevention and protection of your immune system. Good eating behaviours that are learnt now will help prepare you for your future tennis career. The LTA sports nutrition service manager has put together expected nutrition practices for our players.

Each player should:

- Demonstrate they are taking care of their nutritional practices throughout the year; during training camps, travelling, competing and at the tennis academy.
- Come to every training session hydrated and fuelled. This means ensuring that each player has eaten a suitable meal 2-3 hours pre-training and sipped water or sports drink prior to training.
- Select healthy meal choices from the menu when at Bromley academy or while travelling; for example: pasta with tomato based sauces and chicken, jacket potato and beans/tuna, noodles or rice based dishes with fish/chicken/lean meat, wholemeal sandwiches with lean filling. (tuna/turkey/beans/chicken), with fruit juice/water, fruit yogurts and fruit.
- Not eat crisps and chocolate during a training day. These foods ideally should be limited in the diet, and the player should try and limit them to days when they are not training (once/twice per week only). Moderation is the key.
- Be discouraged from eating take away foods during the training week as they tend to be high in fat and low in nutrients, for example burgers/chips/pizza.
- Get into the habit of self monitoring their food and drinking habits, by completing at least 2 food diaries per year which will be checked by the coaching team.
- Come to every tennis session with a bottle of water/electrolyte/sports drink.
- Ensure that they eat or drink a suitable recovery snack/drink within the 'recovery window' post training. They should eat or drink as soon as possible post training if training again that day, or within the hour if training again next day.
- Bring along to training suitable foods to eat around training sessions. For example: low fat milk shake drinks/sports recovery drink, fruit yogurt smoothie, recovery bars, wholemeal sandwich with low fat filling with fruit, filled pitta with chicken/ham/beans/hummus or select a healthy choice from the café menu.
- Eat a high carbohydrate meal with moderate amounts of protein (palm size) at the end of the training day, such as pasta with chicken/fish/beans/pulses and vegetables, stir fry noodles with vegetables and fish/chicken/tofu, rice based dishes with lean meat/fish/beans and vegetables. Fruit and yogurt/rice pudding.
- Attend the mandatory nutrition lectures.