

NUTRITION, LIFESTYLE & HOCKEY

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Fruit and vegetables

Bread, other cereals
and potatoes



Meat, fish
and alternatives

Milk and dairy foods

Foods containing fat
Foods containing sugar

Nutrition and sport

- Playing any sport requires energy and a healthy body
- Good nutrition is important between practice sessions and games
- Good eating and drinking habits should be part of an umpire's lifestyle



It is well recognised that:

- **WHAT** we eat and drink
- **WHEN** we eat and drink
- **HOW MUCH** we eat and drink

can all influence sporting performance



Hockey – the science bit...



- 2 main fuels used by exercising muscles:
CARBOHYDRATE AND FAT
- Hockey generally requires short bursts of intense activity over long period of time
- CARBOHYDRATE is the primary and essential energy source

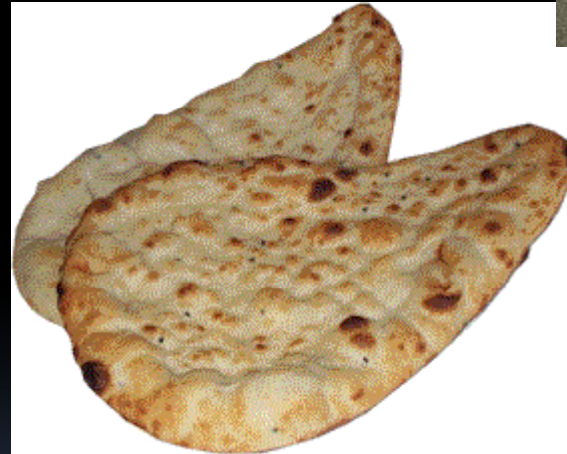


Choose the right fat and protein!



CARBOHYDRATE

- Body's preferred energy source
- Stored in muscles as glycogen
- Benefits: go with anything, plenty of variety, bulks up your poo!



Pre-match: fuel up with carbohydrate

- Maximise energy stores by keeping glycogen stores topped up each day
- Pre-match meal 2 hours before exercise
- Low-fat, high carbohydrate snack or light meal
- Ideally have plenty of slowly absorbed carbohydrates (more starchy, less sugary)



During the match/training

- Keep your energy levels topped up during exercise
 - Half-time is the only opportunity (usually)
 - Tournaments: in between games is crucial to maintain performance (especially if one first and last games!!)





AFTER MATCH/TRAINING

- Refuel as soon as it is possible after exercise - WHICH ENERGY SOURCE?
- CARBOHYDRATE
- Aim to have at least snack/light meal, e.g. bananas, bagel, muffin, teacake
- Then followed by main meal - should consist of plenty of starchy rich foods





EXERCISE

PLAN A DAY'S FOOD INTAKE

- Breakfast
- Lunch
- Dinner
- Includes snacks and fluids



HYDRATION

- Dehydration leads to deterioration in playing performance
- Drink **small** amounts at **regular** intervals
- COACHES – ensure plentiful supply of water or squash at games + practices
- After exercise, when your pee is pale straw colour/clear = rehydration!



FLUID

- ARGUABLY **MOST IMPORTANT!!!**
 - Must drink before, during and after exercise – *prevent dehydration*
 - Don't wait until you are thirsty
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- **KEEP YOUR WATER BOTTLE FILLED UP!**



SUMMARY

- Eat a **variety** of foods in a **well-balanced diet**
- Fuel up on **carbohydrate** before, during and after exercise
- **Drink** plenty of fluids **throughout** the day as well as before, during and after exercise



How this fits into umpiring

- Preparation will keep you ahead of the game
- Good diet and fitness are imperative to success in umpiring, especially faster games
- Make it part of your routine to train and adjust your diet according to your umpiring, i.e. match vs tournament

- **The players do this ...**

WHY SHOULDN'T UMPIRES? 😊

ANY QUESTIONS?

