

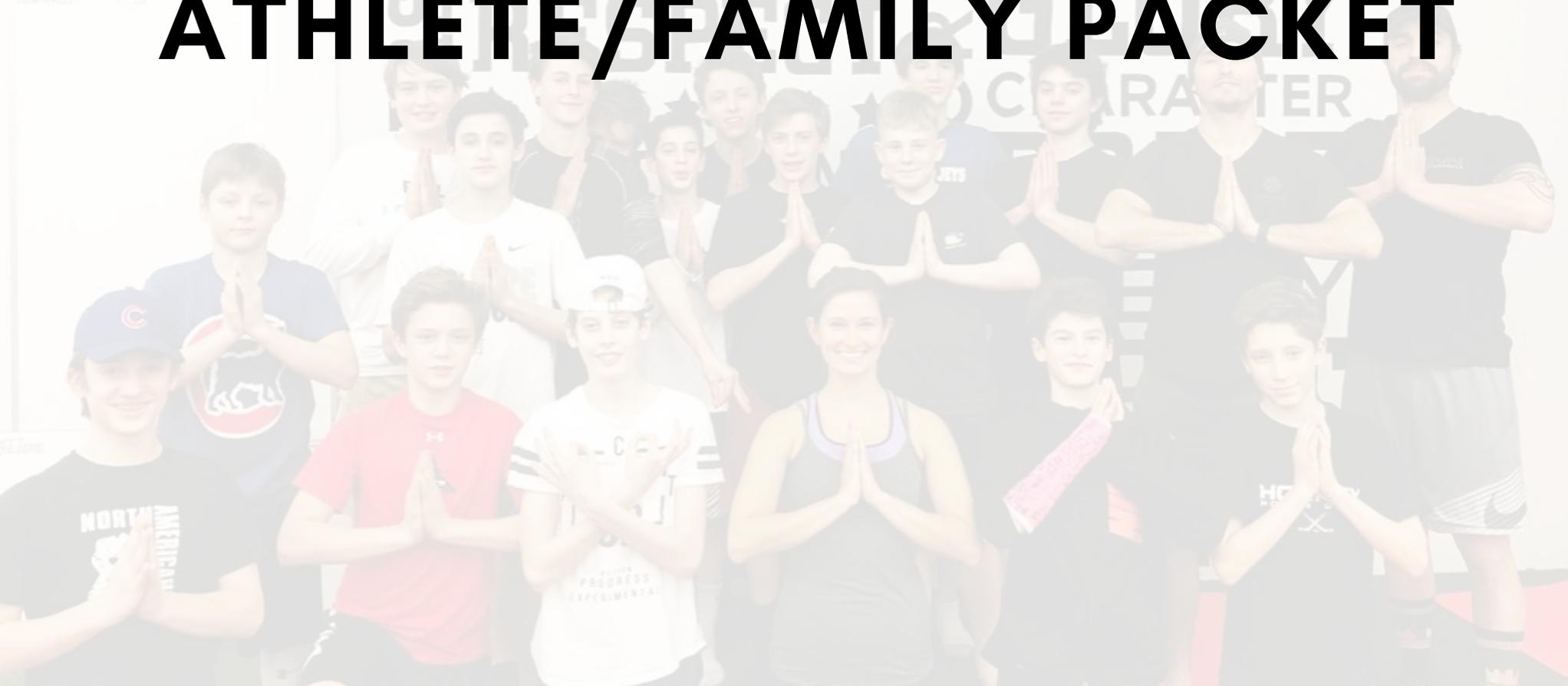
GVMN
PERFORMANCE





NEW! JOIN US!
INTEGRITY ★
RESILIENCE
ORIGINAL
DRIVE
FOCUS COURAGE
GLORY
CHARACTER

ATHLETE/FAMILY PACKET



INTRODUCTION

Dear Parents and Athletes,

We would like to thank all the families for the commitment you have made to our off-ice strength and conditioning program. The goal is to not only improve your child's athletic performance, but to also educate them on healthy life habits. Our mission is to provide the athletes with the tools and education to make healthy lifestyle choices everyday.

We have included a meal plan below which is to be used as a guide. We encourage players to focus on eating more frequently and avoid sugar and gluten as much as possible. Nutrition is the key to success, remember....

Eat clean

Eat often

Hydrate

Greens, Greens, more GREENS

The majority of an athlete's success is going to come from the decisions they make outside of the weight room or practice!

Healthy life habits are the key to continuous athletic improvements . This is something we can not stress enough. Playing hockey is a privilege. The sacrifice families make for this sport are huge. Having good life habits and making smart choices will get you to the next level. Nothing is given in sports, you have to go get it!

NOTE:

The Meal Plan Guide is not a prescribed diet plan. It is a recommended guide to help players improve the quality of their choices.

ATHLETE MEAL GUIDE & SUPPLEMENT RECOMMENDATION

ATHLETE MEAL GUIDE

TRAINING DAYS BREAKFAST

Omelet

(Containing 2-3 eggs with chopped veggies)

1 Cup of Fruit (Any kind of fruit)

1 scoop of Biosteel Protein

SNACK

May either be a

Protein Bar (ex. Quest, RXbar)

or a baggie of assorted nuts

LUNCH

-A 4-6 ounce serving of either
Chicken, Turkey, Ham, or Steak

- 1 cup of cooked white rice

-1 cup of asparagus or green beans

SNACK

-1 Scoop of Biosteel Protein

- 1 cup of assorted fruits

DINNER

- 4 to 6 ounces

of either chicken, steak, or beef

- 1 to 2 cups of potato (or sweet potato)

-A sweet treat

NON-TRAINING DAYS BREAKFAST

- A piece of Toast w/ butter

-2 slices of bacon & 2-3 Eggs

- Yogurt with fruit

SNACK

- PB&J Sandwich

- 1 Scoop Of Biosteel Protein

LUNCH

- A 4-6 ounce serving of either Fish or
Chicken

- 1 to 2 servings of cooked veggies

SNACK

- Sandwich with turkey, lettuce, and tomato

- 1 Scoop of Biosteel Protein

DINNER

- 4 to 6 ounces

of either chicken, steak, or beef

- 1 to 2 cups of potato (may be sweet potato)

-A sweet treat

RECOMMENDED SUPPLEMENTS

BIOSTEEL IS THE #1 MOST PURCHASED PRODUCT IN PROFESSIONAL SPORTS, AND THEIR MISSION IS TO CREATE THE HEALTHIEST AND SAFEST PRODUCT FOR THE ATHLETE. BELOW ARE THE PRODUCTS WE HOLD AT OUR FACILITY AND RECOMMEND FOR ALL OF OUR YOUTH ATHLETES.

NATURAL WHEY PROTEIN ISOLATE



ADVANCED RECOVERY FORMULA PROTEIN



EVERYDAY ESSENTIAL SPORTS GREENS



ORGANIC RECOVERY PLANT PROTEIN



HIGH PERFORMANCE HYDRATION MIX



CONTACT US IF INTERESTED
IN PURCHASING.

*ADDITIONAL FLAVORS AVAILABLE
UPON REQUEST



THIS IS STRICTLY A GUIDE AND NOT A PRESCRIBED MEAL PLAN*

GAME DAY GUIDELINE & HEALTHY FOOD GUIDE

GAME DAY GUIDELINE

UPON WAKING UP

At least 10grams of protein (RECOVERY IS KEY)

FOUR main components

(Nuts, Eggs, Meat, Carbs)

Be balanced in protein, carbs, fruit, and veggies

AS AN ATHLETE YOU NEED CARBS, YOU'RE TOO YOUNG FOR A "LOW CARB DIET"

Game Meal Tips

- Fewer fats before your game (Light on the cheese and condiments)
- 4-6 hours before the game should be your biggest warm meal
- White rice over Brown Rice (Faster Digestion)
- Small snack 1-1.5 hours before the game (Very light)

Take your time eating and drinking. You do not want to upset your stomach

Post Game Meal

- Red Meat (Slow digestion to help you recover)
- Carbohydrates are great before bed helping promote sleep and brain recovery

TWO BIGGEST MISTAKES AN ATHLETE MAKES

- Staying up late scrolling or playing video games. This will not allow your brain to rest! 8hours minimum of sleep (Less Sleep, more negative energy, less recovery)
- Snacking on sweets and not caring what you put in your body. Over snacking on sweets kills your chances over time to perform at your BEST/RECOVER/IMPROVE.

HEALTHY FOOD GUIDE

FATS

Avacado
Nut Butters
Egg Yolks
Nuts
Oils
Olives
Flax seeds

PROTEIN

Chicken
Turkey
Egg Whites
Fish
Bison
Whey Protein
Turkey Bacon
Lean Beef

CARBS

Breads
Rice
Potatoes
Pasta
Oats
Pancakes
Fruits
Veggies

FATS & PROTEIN

Eggs
Salmon
Bacon
- Chia Seeds
Cottage Cheese
Whole Fat Milk

CARBS & PROTEIN

Beans
Grains
Quinoa
Most Yogurts
Skim Milk
Peas

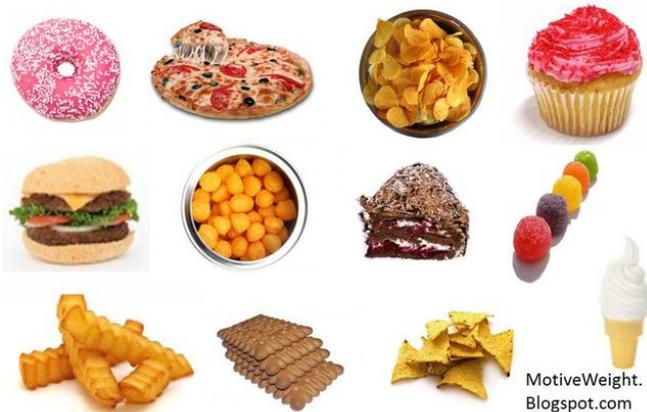
**THIS IS STRICTLY A GUIDE AND NOT A
PRESCRIBED MEAL PLAN***

SPORTS NUTRITION

EAT MORE OF THESE



AND LESS OF THESE



MotiveWeight.
Blogspot.com

Eat Clean
Eat Often
Hydrate
Greens, Greens, and
MORE Greens



WEB MD PORTION SIZE GUIDE

WebMD® Portion-Size Guide (wallet size)

In the age of super-sizing, it's all too easy to misjudge portion sizes. WebMD has created some easy guidelines to help you figure out how many servings are on your plate -- and they're in a handy wallet size you can keep them with you when you're dining out.

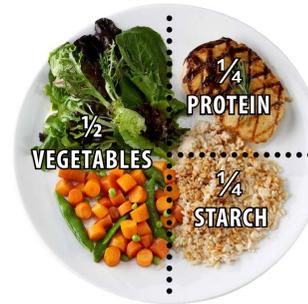
Cut out and fold on the dashed line. You may want to laminate or tape for lasting use.

WebMD Portion Size Guide

<p>BASIC GUIDELINES</p> <ul style="list-style-type: none"> 1 cup = baseball ½ cup = lightbulb 1 oz or 2 tbsp = golf ball 1 tbsp = poker chip 3 oz chicken or meat = deck of cards 3 oz fish = checkbook 	<p>GRAINS</p> <ul style="list-style-type: none"> 1 cup of cereal flakes = baseball 1 pancake = compact disc ½ cup cooked rice = lightbulb ½ cup cooked pasta = lightbulb 1 slice bread = cassette tape 1 bagel = 6 oz can of tuna 3 cups popcorn = 3 baseballs 	<p>DAIRY & CHEESE</p> <ul style="list-style-type: none"> 1 ½ oz cheese = 3 stacked dice 1 cup yogurt = baseball ½ cup of frozen yogurt = lightbulb ½ cup of ice cream = lightbulb
<p>FRUITS & VEGETABLES</p> <ul style="list-style-type: none"> 1 medium fruit = baseball ½ cup grapes = about 16 grapes 1 cup strawberries = about 12 berries 1 cup of salad greens = baseball 1 cup carrots = about 12 baby carrots 1 cup cooked vegetables = baseball 1 baked potato = computer mouse 	<p>MEATS, FISH & NUTS</p> <ul style="list-style-type: none"> 3 oz lean meat = deck of cards 3 oz fish = checkbook 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball 2 tbsp hummus = golf ball ¼ cup almonds = 23 almonds ¼ cup pistachios = 24 pistachios 	<p>MIXED DISHES</p> <ul style="list-style-type: none"> 1 hamburger (without bun) = deck of cards 1 cup fries = about 10 fries 4 oz nachos = about 7 chips 3 oz meatloaf = deck of cards 1 cup chili = baseball 1 sub sandwich = about 6 inches 1 burrito = about 6 inches

WebMD® Portion Size Guide

When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all too easy to misjudge correct portion sizes. Here are some easy comparisons to help you figure out how many servings are on your plate.



PORTION SIZE YOUR PLATE

¼ PLATE VEGETABLES:

Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

¼ PLATE PROTEINS:

Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.

¼ PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

BASIC GUIDELINES



1 cup = baseball



½ cup = lightbulb



1 oz or 2 tbsp = golf ball



1 tbsp = poker chip



1 slice of bread = cassette tape



3 oz chicken or meat = deck of cards



3 oz fish = checkbook



1 oz lunch meat = compact disc



3 oz muffin or biscuit = hockey puck



1 ½ oz cheese = 3 dice



GRAINS

- 1 cup of cereal flakes = baseball
- 1 pancake = compact disc
- ½ cup of cooked rice = lightbulb
- ½ cup cooked pasta = lightbulb
- 1 slice of bread = cassette tape
- 1 bagel = 6 oz can of tuna
- 3 cups popcorn = 3 baseballs



DAIRY & CHEESE

- 1 ½ oz cheese = 3 stacked dice
- 1 cup yogurt = baseball
- ½ cup frozen yogurt = lightbulb
- ½ cup ice cream = lightbulb



FRUITS & VEGETABLES

- 1 medium fruit = baseball
- ½ cup grapes = about 16 grapes
- 1 cup strawberries = about 12 berries
- 1 cup of salad greens = baseball
- 1 cup carrots = about 12 baby carrots
- 1 cup cooked vegetables = baseball
- 1 baked potato = computer mouse



FATS & OILS

- 1 tbsp butter or spread = poker chip
- 1 tbsp salad dressing = poker chip
- 1 tbsp mayonnaise = poker chip
- 1 tbsp oil = poker chip



MEATS, FISH & NUTS

- 3 oz lean meat & poultry = deck of cards
- 3 oz grilled/baked fish = checkbook
- 3 oz tofu = deck of cards
- 2 tbsp peanut butter = golf ball
- 2 tbsp hummus = golf ball
- ¼ cup almonds = 23 almonds
- ¼ cup pistachios = 24 pistachios



SWEETS & TREATS

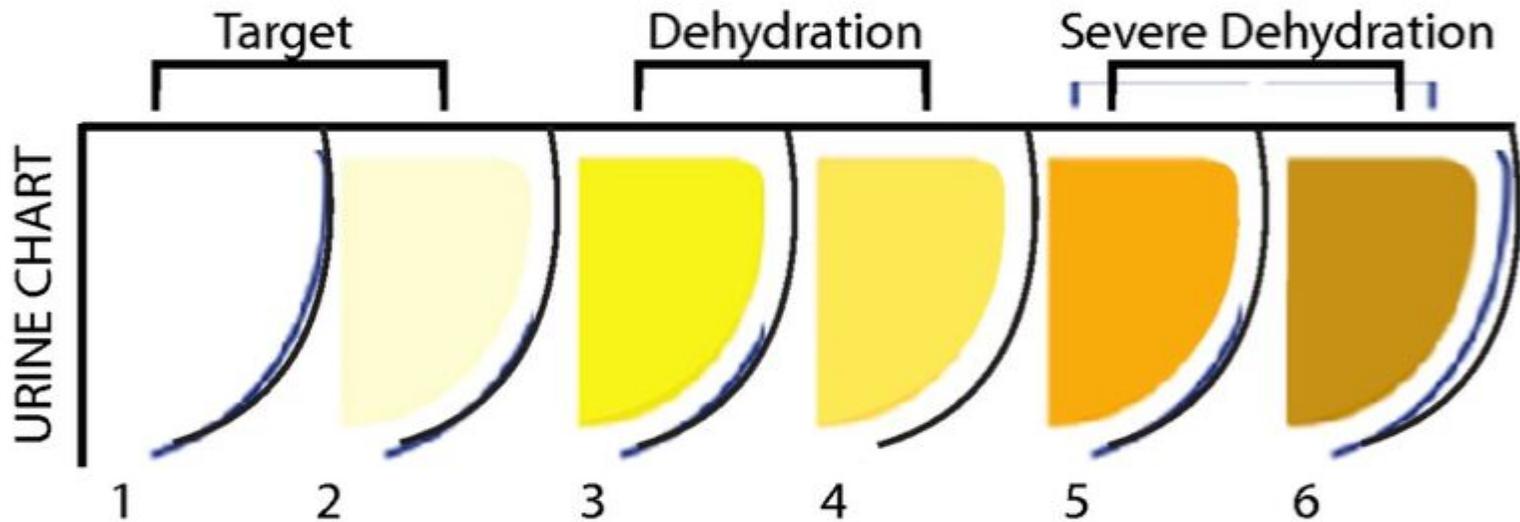
- 1 piece chocolate = dental floss package
- 1 brownie = dental floss package
- 1 slice of cake = deck of cards
- 1 cookie = about 2 poker chips

WebMD®

Better information. Better health.

The Effect of Water Loss on Performance

Percent Lost	2%	Impaired performance
	4%	Capacity for muscular work declines
	6%	Heat exhaustion
	8%	Hallucination
	10%	Circulatory collapse and heat stroke



- You can monitor your hydration level by using the pee chart above.
- The color of your urine should match 1 or 2 in the chart.
- Remember to bring water on your hike, especially to Rainbow Falls!
- Drink water before, during and after your hike!

IN SEASON TRAINING PLAN

Phase 1 Sept-November: In the early part of the season we have a variety of training experience within the athletes, ranging from those who have trained consistently the whole summer to novices who are about to begin their training experience. During this phase our goal is to develop a high level of competency in regards to technique and base level fitness to support our more intense progressions in the next phases. For this purpose a large of the majority of our workouts will look very similar week to week; this is necessary to make sure that we master the fundamentals early in the year and can cope with the necessary complexity and intensity of the next phase.

Phase 2 November-December/January: In this phase we begin to introduce advanced progressions and a wider variation of exercises and drills. The goal of this phase is to train the athlete to become faster, stronger, quicker and extremely enduring. Here is where the true gains are made since we are less limited by technique which was mastered in "Phase 1". The variation in drills, exercises, equipment and loads will stimulate new levels of performance in our athletes. At this point, many opposing teams are getting tired, slower and weaker, but with our approach here, we expect the Jet's athletes to do the opposite and in fact improve their physical abilities on the ice.

Phase 3 January-February: During this last phase our program splits into a couple different categories: 1) teams who are expected/fighting to make the playoffs 2) Teams that will not make playoffs and want to finish the season strong and are already looking at improving for the following season. For the teams who are fighting for a playoff spot or expecting to win games in the play-offs, we structure the program to allow the athlete to peak at this time of the year. As a metaphor, "we let the animal out of the cage" and plan for all abilities to be at the highest level at this point since we have had enough time to make significant changes in the performance of each athlete. Our hope is they will use these abilities in the playoffs. For the teams that will not be making playoffs, we also employ the same strategy so that they finish the season strong and have fun. Additionally, during this time we bring the awareness to the athlete that we can start training now for the next season so that they have more time to improve their performance and achieve higher personal and team outcomes.

Our hope is that this outline gave you and the athlete a clear understanding of our training process. At GVN Performance we make it our priority to allow each individual athlete to reach their highest level of potential so that they are able to contribute to the success of their team. Additionally, we hope that the values of a hard work ethic, honest efforts and good sportsmanship carry out into all aspects of their lives not just as great athletes but also as good people.

Again, thank you for your cooperation and cheers to more wins and success as the season unfolds!

