



**TEAM:** \_\_\_\_\_ **COACH:** \_\_\_\_\_ **CONTACT INFO:** \_\_\_\_\_

## Snack suggestions

## HALFTIME = ENERGY

It's important to stay hydrated, but not weighed down.  
*Crackers, pretzels, 1-2 orange slices*



## POST GAME = RECOVERY

After a game, it's recommended that you replace carbohydrates, proteins and electrolytes **Within 30 minutes.**



OFFICIAL CHOCOLATE MILK OF **US YOUTH SOCCER**

