



### **Top 5 Pre-game Travel Meals**

As coaches, players and parents, we often find ourselves in hotels, short time between games, and long days at the ball park! Here are some road worthy meals that will supply athletes with the proteins and carbs necessary to help maintain their peak performance!

1. Banana , a bag of pretzels with a bottle of water
2. Breadsticks (3) , a yogurt with a bottle of water
3. Turkey sandwich on wheat bread, with bottle of water
4. Soup (in thermos), crackers with bottle of water
5. Protein (low sugar) energy bar, with bottle of water

Its important as athletes, to eat right and get adequate sleep for your body to perform at its best! You practice and work hard all season, don't short yourself come game time!! Consistently making good choices will help take your game to the next level!!!

Coaches

Cowlitz County Thunder Softball

**ALL OUT.....ALL GAME.....ALL SEASON!!!**

