

Tonka United Player Travel Guidelines

Nutrition:

Drink lots of water; pee/urine should be clear and copious

Eat healthy foods, real food, “food that was around 100 years ago”

Eat a balanced diet that includes protein, fruits, vegetables, carbohydrates, and dairy

No greasy fast food, no soda, no candy (except earned Jolly Ranchers 😊)

Meals:

1-2 hours before a game = light meal (Ex. peanut butter and jelly sandwich, fruit, nuts, yogurt, granola, cereal, bagel with cream cheese, etc.)

2-3 hours between games = substantial but easily digestible (Ex. Turkey or tuna sandwich +all of the lighter stuff above)

Post-workout/final game meal = stuff yourself substantial (Ex. Chicken breast, pasta, veggies OR fish, baked potato, veggies)

Pregame Warm-Up

Organized, uniform, focused and fun, player lead

Get to field 45 minutes prior, warm-up begins 30 min prior

Pride in getting more quality touches than the opponent; opportunity for quality practice

Game

Focus on the things you can control

Use Your Skill, Compete, Have Fun

Post Game

Cool down, stretch, regeneration

Celebrate accomplishments

Reflect briefly on the game, What can you Improve? Get on with it, don't dwell on the negative

General Code

Leave any location better than you found it, be a good citizen

Coaches deal with referee, not players or parents

Coaches, Players, and Parents will all be good sports!