



Travel as an elite athlete

We will not have much time to adjust to the time change and long travel day, therefore our preparation and initial actions when we get off the plane are crucial. I understand that many of you have probably not traveled overseas with national basketball programs so this is to help you develop good habits which you can take with you on future trips.

The most important task is to make sure you are able to remain rested and healthy over the week we are away. There will be cultural/environmental differences in _____ and there are no guarantees as to what exactly we will be eating. We are going to a National High Performance Training Centre therefore meals will be those adapted to high performance athletes. We will be provided with three meals a day, breakfast, lunch and dinner, usually at 9:30am, 1:00pm and 9:30pm after the games. You will need to make sure you have plenty of snacks on hand that you can eat as needed. These snacks are also extremely important for the plane and following each practice/game. I have given you a few possibilities in the pages below and please contact me if you have any specific questions. We also have to make sure that most of the food is in your checked baggage if you are concerned about it not getting through security (i.e. peanut butter). Also, put things in plastic Ziploc bags so it will not ruin the contents of your bag if damaged.

I have created this report based on information from our Canadian Women's National Team Program's guidelines, as well as from other sources on high performance sport including Pacific Sport in BC, Sports Medicine & Science Council of Saskatchewan and Fit to Play by Carl Petersen. I hope it provides you with some information and good ideas when you are packing.

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Pre-travel

- Eat cultured yogurt or other probiotic food (i.e. some soft cheeses, juices and soy drinks) prior to travel to help prevent stomach problems
- Well hydrated
- Well rested
- Adjust time clock – since we are going to _____ which is ___ hour ahead / behind then start to adjust sleep and wake times by that amount for the three days before flying
- High carbohydrate meals (pasta, multigrain breads, fruit, veg)
- Set watch to destination time prior to departure

Team travel attire:

Checked luggage

- Snacks
- Towel (for during the games)
- White uniform and shooting shirt
- Running shoes

- Bathing suit (in case there is a pool for recovery)
- Red and white NEDA golf shirts
- Black CB golf shirt and grey CB women's t-shirt (Denise to hand out at the airport in Toronto)
- Dress clothes (1-2 sets)

Carry-on luggage (in case our luggage is lost make sure you have the following items):

- Basketball shoes
- Practice gear
- Red uniform
- Extra socks, underwear etc.
- Water bottle
- Extra contact lenses (if applicable)
- Snacks (to be outlined later)

During flight

- ear plugs, travel pillow
- hand sanitizer (small travel size)
- snacks
- compression socks (if you have these)
- low fat, high carb meals
- try to get aisle or emergency exit row
- Try to get some sleep!
- EXERCISE

Nutrition

To combat jet lag:

- High carb meals before flying
- Hydrate before you fly and drink 1 cup per hour on the flight
- Avoid caffeine, pop
- Include protein in breakfast to stimulate your system
- High carbs for supper/evening snack to stimulate sleep

Snacks during the day

- low fat, high carbohydrate (DOES NOT include chips, candy, cookies!)
- granola bars, dried fruit bars, raisins, peanut butter
- DRINK – water, juice

Recovery after game/practice

- Approx. 60-80 grams of carbohydrate in the first 30 minutes after
- Examples: 500ml Gatorade, 500 ml water, PB + jam sandwich = 84g carbs

- ½ cup raisins = 59 g; 1 cup applesauce = 60g; Powerbar = 41g, 1 cup cranberry cocktail = 36 g; fruit smoothie = 95 g; chewy granola bar = 23g; Sunrype Energy to Go = 34g; Sunrype Fruit + Veggie bar = 33g
- Other favorites: chocolate milk (2 cups 1%), low fat yogurt, PB + honey sandwich, cinnamon raisin bagel, banana
- Obviously some of these items will be easier to bring than others but it will also give you options for the future
- Remember that water and a carbohydrate in solid form is just as beneficial as using a sports drink
- Follow with another carb loaded meal or snack hours later

Hydration

- consume 500ml 2 hours before the game/practice
- low carb (%) drink , like Gatorade or Powerade, is recommended for intense exercise greater than 1 hour
- should drink about a ½ cup of water every 10- 20 minutes of exercise

Eating in foreign country

- peeled fruit
- bottled water

Recovery

It is imperative that you recover well from the flight and also from practices/games so that your body is ready to play the next day. There are a number of possibilities for recovery depending on the environment we have to work with. I will outline a few of the options which I think would be reasonable for us to have available in _____.

After the flight

Light exercise program described below which I will do with you unless there is practice:

- warm-up 10-15 minutes
- light jog 15-20 minutes or 20-25 minute cycle
- 5x20m sprints or 5x30s cycle sprints (4 hours before bed)
- Sauna, whirlpool + rehydrate

After practice/games

- Nutrition (as described above)
- Hydration (as described above)
- Cycling with high pedaling rate or cool down
- STRETCH or use foam rollers/balls to loosen muscles
- Massage to flush out muscles – especially if you playing a lot of minutes on the court
- Showers
 - A- Hot (comfortable) x 2 minutes, cold (as possible) x 10 s →6-10x
 - B – Cold (as able to stand) x 1minute, hot (as comfortable) x 30s → 8-10x

Take home messages:

- Plan early for your trip and make sure you are as comfortable as possible for the long flight so you can relax and sleep
- Eat (carb + protein) and drink immediately after practices/games!
- Choose a couple of foods that you know you will want to eat after a game/practice to recover – pack lots of snacks!
- Remember: what you eat and drink after the game will impact your energy level for the next game