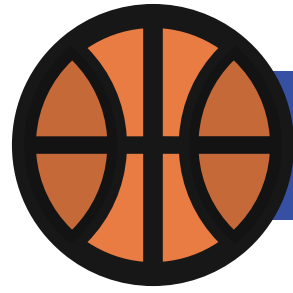




A team's intensity during a season is often a reflection on how fit they are and how well they have managed their bodies.



IMMEDIATELY AFTER GAME - AT COURT

ACTIVE RECOVERY

- 10 minutes of walking and dynamic stretching.
- Dynamic stretching may include high knees, butt kicks, knee to chest (knee hug), walking lunges, hip circles, deep squats, skipping, carioca / grapevine.

RECOVERY FOOD

- You need to consume food within 30 minutes of finishing game.
- Needed to refuel the muscles, replace fluid and electrolytes and assist in muscle recovery / repair.
- Include carbohydrate based food such as fruit, bread, cereal, sports bars, juice, muffins to refuel the muscles.
- Restore fluid intake with water and if high minutes played with sports drinks (electrolytes & carbohydrates).
- Include good quality proteins for muscle repair and these include milk, yoghurts, smoothies, tin tuna, chicken, eggs and cheese.
- The immune system can become suppressed by intensive exercise so consider using probiotics.
- Vitamins C & E, glutamine and zinc supplements (these at home).

ICE INJURIES OR SORE BODY PARTS

- Use crushed ice and apply to injured or sore body parts for 10-15 minutes.
- Wrap ice on to the body part so ice can be on whilst eating recovery food and stretching (see below).

STRETCHING

- 10 minutes or more of static stretching and foam rolling – quads, hamstrings, adductors, calfs, buttocks, lower back and mid back.



SOON AFTER GAME - AT HOME OR AS A GROUP

HOT / COLD

- Ice bath: immerse from waist down in bath with plenty of ice for 7-10 minutes.
- Hot / cold shower: 30 seconds warm water followed by 30 seconds cold water – minimum of 4 times.

MASSAGE

- Massage can assist in muscle recovery and injury management.



END OF THE DAY

- Attempt to get 8-10 hours sleep.
- Wear compression garments when sleeping.
- Magnesium bath.