

# RECOVERY AFTER A GAME



## TIPS FOR TEENAGERS

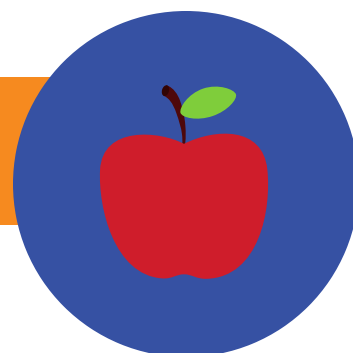
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### HYDRATION

It is common to lose 1-3 litres of fluid during a game. Aim to replace 150% of what you have lost. Water or sports drinks will help restore fluid levels.

### FOOD



Within 30-60 mins of finishing a game, consume foods that are high in both carbohydrates and protein e.g. salad sandwich with chicken and/or cheese, fruit smoothie, flavoured milks, fruit muffin or banana bread)



### SLEEP

Average teenager gets 8-10 hours. After a game you can add an extra 2 hours.

### ICE BATHS

Decrease body temperature, blood flow, inflammation & muscle soreness.



### ACTIVE RECOVERY

After a game: light jog, stretch, lying down with legs elevated. Next day: Hydrotherapy, swimming, deep water running, foam roller, massage.

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