TEAM SNACK SCHEDULE

TEAM:		COACH:	cor	CONTACT INFO:	
SNACKS	CHILD	PARENT	PHONE	EMAIL	

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				1 1	



HALFTIME = ENERGY

It's important to stay hydrated, but not weighed down. Crackers, pretzels, 1-2 orange slices





POST GAME = RECOVERY

After a game, it's recommended that you replace carbohydrates, proteins and electrolytes Within 30 minutes.



OFFICIAL CHOCOLATE MILK OF





Sample Team Snack Schedule

Yi-Tong Ma

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