



TEAM: _____ COACH: _____ CONTACT INFO: _____

Snack suggestions

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



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



Snack Schedule For Sport Team Template

Lingsheng Yao



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