

# Optimizing Performance and Recovery



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# Presentation Expectations

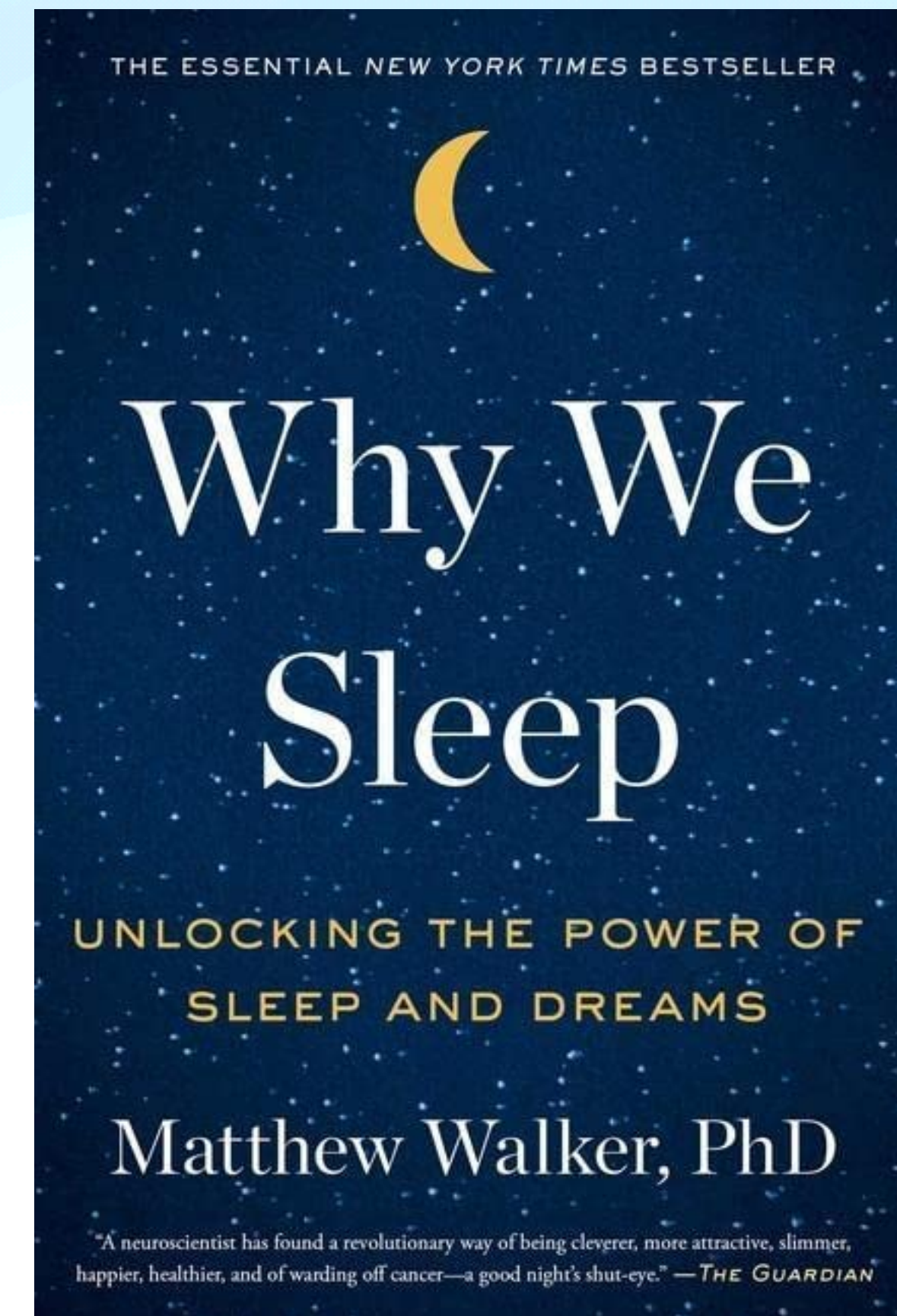
**Discover proven training and recovery strategies to optimize performance**

- Better understand the power of sleep and its effect on performance
- Overview of stress management and how to identify areas of over stress
- Nutrition guidelines for youth athletes
- Supplementation guidelines for youth athletes
- Recommendations of off season, pre season, and in season training strategies

# SLEEP

## “The Ultimate Performance Enhancer No One Is Using”

- Why We Sleep by Dr Matthew Walker
- “Put simply: sleep a consistent 7-9 hour opportunity each night is the single most effective thing we can do to reset our brain and body health each day.”
- Big 3 For Performance
  - Be Consistent (Same time every day +/- 30 minutes)
  - Keep It Cool (~62-65 deg)
  - Make it Dark



# How To Improve Sleep

**Better Sleep = Better Recovery = Better Performance**

## Caffeine

- Avoid all caffeine 4 hours before sleep
- Caffeine is still in your system for up to 7.5 hours after consuming
- Inhibits deep sleep where repair of the body occurs

## Exercise

- Avoid strenuous activity within 2-3 hours before sleep
- Regular exercise is beneficial and recommended during the morning and afternoon

## Wind-Down

- Consistency is key
- Your body will recognize the cues more easily and this will aid to get deeper sleep
- Minimize screen time 30+ minutes before sleeping

## Napping

- Avoid napping after 2 pm
- Limit nap duration to 20-30 minutes

# Stress Management

Physical, emotional, social, financial, etc.

## Fight or Flight vs Rest and Digest

- We compete in a fight/flight state but we recover in a rest/digest state
- The best in the world are the best at maximizing both states

## Big 3

- Take time to recoup, regroup, and rest
- Mindfulness, meditation and gratitude
- Journaling/planning



“Choose the positive. You have choice, you are the master of your attitude, choose the positive, the constructive. Optimism is a faith that leads to success.” Bruce Lee

Seek professional help if needed - if you wonder if you need help, seek it out

# Overlooked Stresses

Recovery runs or extra workouts



Family or school



All nighters

Weight training or other sports



Pool parties during tournaments



# Nutrition

## Food = Fuel

“Our food should be our medicine and our medicine should be our food.”

Hippocrates

## Food Recommendations

### High Protein

- 1 gram per pound of body weight (Maintenance)

### Whole food diet

- Avoid fried food, soda, refined carbs, processed meats

### Low added sugar

- No more than 5% to help prevent systemic inflammation

### Eat enough food

- You're burning more than 2000 calories per day
- Food tracking can be helpful (MyFitnessPal)

## Water Recommendations

### Off Season

- Minimum of 1/2 of your body weight in ounces

### During Training/Play

- Up to 2-3x your body weight in ounces depending on conditions

### Compliment with electrolytes

- Avoid sugary drinks and caffeine

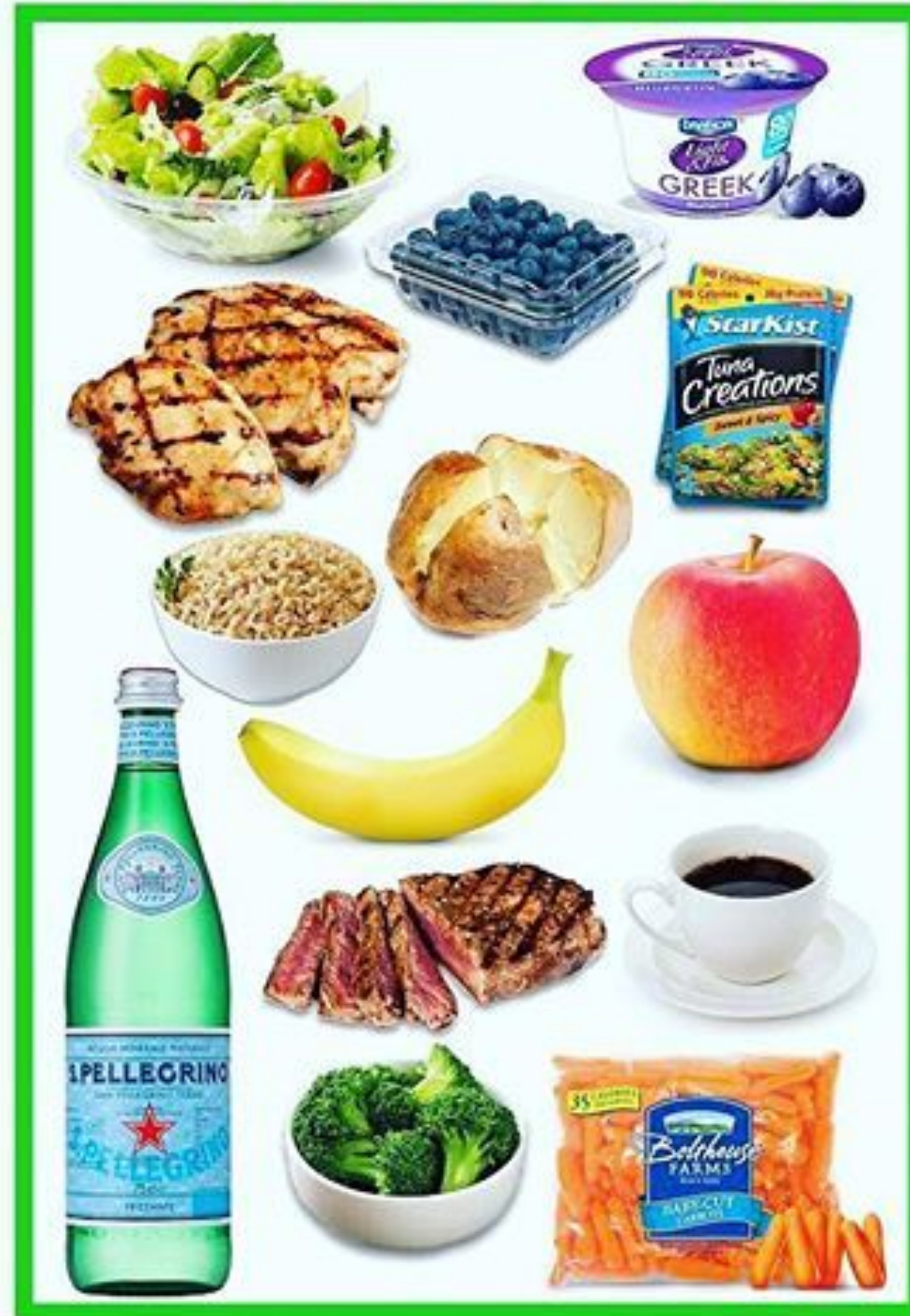
# 2000 CALORIES

@CARTERGOOD

## Junk Food



## Whole Foods





# Supplements

**Individuals under the age of 18 should get their protein and nutrient from diet rather than supplements**

**Studies show that supplements do not help sports performance in youth athletics**

**Meal replacement/protein shakes when whole food is not readily available is better than not eating at all**

# Off Season Training Recommendations

## Get away from your sport

- Multiple sport athletes have a proven decreased risk of injury
- Allow your body and mind to focus on other things

## Build strength and capacity

- Emphasis on weight training and building muscular capacity (4-5x per week)
- Building muscle (>1 g per lb of body weight of protein in diet + eating enough calories)
- Low and slow cardiovascular activity (running, biking, hiking 2-3x per week)
- Get injuries from last season addressed proactively (find a physical therapist that knows how to treat athletes)
- Invest in a Dynamic Movement Assessment (DMA) or mobility evaluation to find areas of limitation or weakness

## Plan your targets for the season

- Write down your targets and the key predictive actions (KPAs) that will get you to these targets
- Dial in your habits (sleep, stress management, nutrition) while your schedule is more open

# Pre Season Training Recommendations

## Ramp Up Sport

- Incorporate sprinting and high speed training
- Bridge to sport specific training (drills and free play)

## Shift in Priorities

- No longer building muscle in weight training but refining movement (2-3x per week)
- 50/50 split of sport and non sport training (3 sessions per week of each)
- Physical therapy as needed to address flare ups before workload increases in season

## Dial In Habits With Training

- Prioritize things that invest in you
- Block schedule
- Make time for rest

# In Season Training Recommendations

## High Priority On Sleep

- Minimum 8 hours per night recommended for athletes wanting to perform (9+ hours is optimal)
- Athletes that sleep less than 6 hours per night are at a higher risk of injury

## Stress Management

- Maintenance dose of weight training (2x per week)
- Make time to decompress
- Put first things first (Prioritize)
- Identify and address injuries ASAP to ensure they don't become major limiters

## Nutrition Reminders

- Eat enough whole food!
- Drink water throughout the day every day (Not just game days!)

# Questions?

**Someone else probably has the same question and is too afraid to ask...**

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