

The 10 Commandments of Recovery

by Angela Calder

Hydration and Refuelling

- (1) **During training and Games:** access to drink bottles containing water, and/or a sports drink is essential. Bottles can be stored beside or close to the training/competition area in drink holders clearly marked with each athlete's name. Support staff (trainers, managers, assistant coaches etc.) **need** to get athletes to hydrate as often as possible during a game when there are any stoppages eg injury time. During training there are more opportunities eg after the warm-up, and before the warm down.
- (2) **At half time:** players **MUST** have some sports drink, or equivalent to ensure they have sufficient energy for the last 15 - 25 minutes of the game.
- (3) **After training and Games:** every athlete **MUST** replace their weight loss with sports drink (with electrolytes and carbohydrates) and water within 30 minutes. PLUS: eat some fruit or muffins or a sandwich within half an hour of the end of the game.
- (4) **Post Game and post training meals:** **MUST** be eaten within 1 – 2 hours of the end of a game or training. These **MUST** include a protein as well as a combination of carbohydrates and fresh vegies and fruit.

Stretching

Many athletes have tight muscles and joints and this **will** affect the efficiency with which they can move and play AND increase their chances of being injured. So

- (5) **After training and Games:** All athletes **MUST** stretch to a set routine. This **MUST** be a comprehensive routine that includes a set pattern of stretches to target major muscle groups and joints.

Massage

- (6) **During every training camp:** All athletes **MUST** try to get at least one full body massage a week. This can be given by a partner or parent if finances restrict access to a qualified massage therapist.
- (7) **After Training and Competition:** each athlete **MUST** spend 10 minutes before going to bed on some self massage particularly legs and shoulders.

Hydrotherapy

- (8) **After training and Competition:** Athletes **MUST** shower within 30 minutes of finishing the session, and use a contrast temperature (ie warm/hot for 30 seconds; then cold for 30 secs. Repeat this 3 times).
- (9) **The Day after a heavy workload or tough game:** Recovery session in a pool – lasts 20 minutes max. : If there is a clean spa – a contrast spa plunge (or cold shower) routine is excellent to promote muscle recovery and a relaxing sleep. (NB: not to be done if athlete has recent injuries).

Relaxation

- (10) **Before bed:** Listen to some relaxing music, read, relax and *switch-off* from the days events.