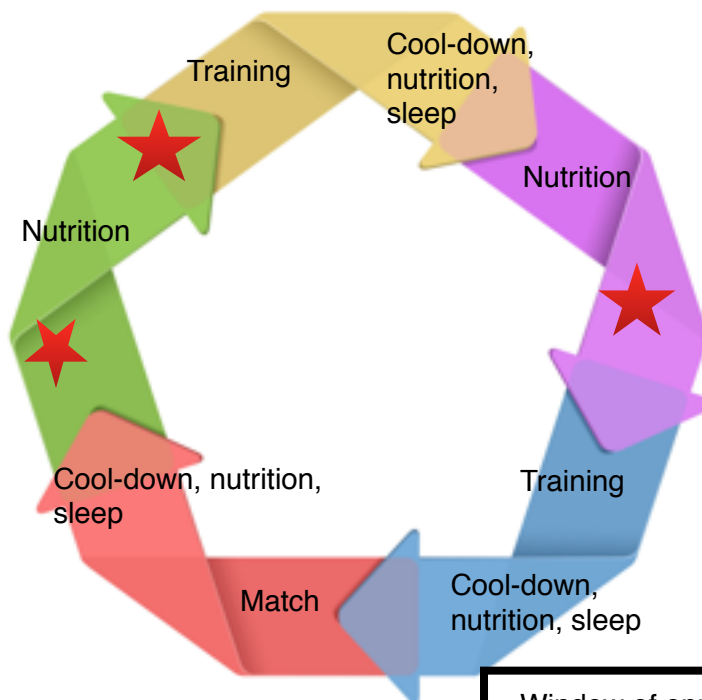


The number one overlooked aspect in youth sports is **physical recovery from training and matches**. A lot of people, kids and adults alike, make the mistake of dismissing recovery as something that has to be painful (ice baths) or something they don't have enough time for. In fact, the most effective recovery strategies are simple and delicious (hint, nutrition is important!).

*What does recovery mean any ways?*

Recovery refers to the physiological process that each athlete goes through day in and day out during the training months. Each day brings new adaptations, therefore the necessity to pay attention to recovery serves to encourage positive adaptations. Below is an ideal cycle.



The best strategy is to look at recovery as a small cycle. In the diagram there are 2 training sessions and one match.

Nutrition includes hydration.  
<http://www.usyouthsoccer.org/assets/1/1/>



Window of opportunity for improving or furthering recovery or resting with one of the following:

1. **Auto Regulatory Progressive Resistance Exercise (APRE)** is a prescribed list of exercises that are light but sophisticated enough to elicit gains or positive adaptations.
2. **Flexibility exercises** are Active Stretches or Dynamic Stretches that players were taught in their fitness sessions.
3. **Rest** is a novel concept for all these competitive athletes. One of our Speed, Agility, and Injury Prevention course goals is to teach a masterful approach to recovery between 2 sports and multiple sessions.

**Nutrition was the main component on the recovery cycle. This table reveals a way of computing the when and the what**

Objective	Nutritional source	Goal	Read more
Hydrate	Water, watermelon, pineapple, oranges, hydration products with electrolytes, magnesium and zinc	Dehydration inflicts heavily on recovery. This is because dehydration also leads to a drop in blood plasma volume causing muscle cells to not receive enough energy.	<a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1421497/">http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1421497/</a>
Reduce muscle soreness	Eggs, water, almonds, Brazil nuts, walnuts, blueberries, tart cherries, protein	Soreness can be seen as a badge of honour but truly it's damaging to performance and healthy muscle tissue.	<a href="http://www.jissn.com/content/9/1/19">http://www.jissn.com/content/9/1/19</a> <a href="http://www.nrcresearchpress.com/doi/abs/10.1139/H08-028#.ViuB8npi2t">http://www.nrcresearchpress.com/doi/abs/10.1139/H08-028#.ViuB8npi2t</a>
Replenish carbs or glycogen	Watermelon, starchy fruits, potatoes, pineapple, kiwi	Replenishing glycogen means replenishing muscle fuel	<a href="http://www.todaysdietitian.com/newarchives/110413p18.shtml">http://www.todaysdietitian.com/newarchives/110413p18.shtml</a>
Repair or reduce inflammation	water, fish, fish oil, ginger (great smoothie addition)	Muscle soreness is a sign of inflammation. Stock up on fish or fish oil for double weekends and tournaments!	<a href="http://www.ncbi.nlm.nih.gov/pubmed/23046224">http://www.ncbi.nlm.nih.gov/pubmed/23046224</a>
Boost immunity	Fermented dairy, sauerkraut, pickled veggies, fiber, ginger	Chronic muscle soreness may mean the immune system is taxed, also coaches don't like sniffing players at training	<a href="http://optimalsoccer.com/os-content/uploads/2013/11/Immune-System-Article.pdf">http://optimalsoccer.com/os-content/uploads/2013/11/Immune-System-Article.pdf</a>

Thank you for taking the time to invest in your recovery! If we want our players to play at their best, they must LEARN how to recover and take notice of their body.

*Recovery is more important to me than actual training sessions due to the large number of games I have to play. Winding down and resting is a key part of my day-to-day routine and enables me to perform to the highest level in my profession and prolong my career”*

Cristiano Ronaldo

Jennifer Schwartz-Biggle MS