



# PROSPECT GIRLS CROSS COUNTRY

## Recovery Packs/Snacks

## Meet Day Signup Sheet



Here is a list of the meet dates and I would like to have recovery packs provided for the girls. The most important days to have recovery packs are during the weekday meets and they are \*starred\* below. Please sign up on this form, email me, or call to reserve your date. Thank you in advance and please contact me if you have suggestions on how to improve for future weeks/years.

<u>2019 XC Date/Meet/Location</u>	<u>Family(s)</u>
<b>**Tuesday, Sept 3 (@MacArthur MS with Hersey, HE)</b>	
<b>Saturday, Sept 7 (Fenton Invite)</b>	<b>Hennig, Allemeier, Ginsberg</b>
<b>Saturday, Sept 14 (Lake Park/East Campus)</b>	
<b>**Tuesday, Sept 17 (Triangular meet @ TBD)</b>	<b>Lawlor, Foley</b>
<b>Saturday, Sept 28 (@ Palatine Invite/Deer Grove East)</b>	
<b>**Tuesday, Oct 1 (MSL East @EG High School)</b>	
<b>Saturday, Oct 5(@ Niles West Invite- JV team only)</b>	
<b>**Thursday, Oct 10 Senior Night (Home vs. Loyola)</b>	
<b>Saturday, Oct 19 (MSL Conf./Deer Grove East -Palatine)</b>	<b>Barbaric, Nash, Erickson</b>
<b>**Tuesday, Oct 22 (Home- Prospect Invite)</b>	<b>Piagari</b>
<b>Saturday, Oct 26 (IHSA Regionals- 14 athletes)</b>	
<b>Saturday, Nov 2 (IHSA Sectionals- 14 athletes)</b>	
<b>Sat, Nov 9 (IHSA State Meet/Detweiler Park, Peoria)</b>	<b>TBD</b>
<b>Sat, Nov 16 (Nike XC Regional/Terre Haute, IN)</b>	<b>TBD</b>
<b>Sat, Nov 30 (Footlocker Midwest Regional- Kenosha,WI)</b>	<b>TBD</b>

**RUN, FIGHT, WIN KNIGHTS!!**



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### Meet Day Sign-ups



Recovery is an essential part of our training and the optimal time for recovery after a workout or race is the first 30 minutes. The 30-60 minutes is okay but not as good as this first 30 minutes because the body begins to repair itself once it has cooled down. Therefore our goal is to provide our athletes with fluids, carbohydrates, and protein within 30 minutes on meet and workout days. This season I am asking parents to volunteer to bring recovery packs/snacks for all meets using the signup on the previous sheet.

Snacks/Recovery food should have a total of 15g of protein and 60g of carbohydrates and should be packaged for easy disbursement. You may buy individually packaged snacks, zip-lock baggies, or even a lunch bag to organize the recovery packs. There should be enough to feed 30-40 girls (I will update this once we have our numbers). The program plans to keep all leftovers, and they will be to used as recovery foods after practice days for the girls.

Below is a list of some common snacks and their nutritional value, but just because an item is not listed, that doesn't mean that it is not a good recovery snack and likewise for the items listed.

Item	Carbs (g)	Protein (g)	Fats (g)
Chocolate milk (1 cup) We will provide cups!	30	9	9
Chocolate Skim milk (1 cup)	30	9	0
Gatorade (12oz)uuy	20	0	0
Gatorade G2 Series (12oz)	7	0	0
Gatorade Recover (16oz)	41	16	0
Peanut butter and jelly sandwich (1/2 sandwich)	30	6	9
Peanut butter crackers (1 package)	25	4	9
Cliff bar	40	11	6
Granola bar (1)	20	3	5
Trail mix	28	5	15
Fig Newtons (2)	40	2	4
Fruit Snacks (1 package)	25	1	0
Fruit (1 med. Size)	25	1	0
Veggies (1 cup)	5	2	1

\*Please no bottled water and no junk food (cookies, donuts, etc.).