



Dear Fever parents,

AWP would like to welcome you to the AWP family. Over the last 7 years AWP has been very successful training soccer players. Our track record speaks for itself training over 20 division 1 soccer players. Soccer players need specific training that is geared for their sport which has much different demands than other sports. Many years ago, the US national soccer program realized that they needed to step up their off field training to meet that of other countries and in 2007 they consulted with Nike and SPARQ to develop a new training and testing program. The AWP soccer training program is based off the demands that the US national soccer team has to meet. Our training is geared to build total body strength and balance, core stability as well as elite speed and agility. Soccer players now at National level are being tested in:

1. Vertical Jump
2. Pro Shuttle (20 yard agility)
3. Arrowhead test
4. 20 yard and 40 yard sprints
5. Sit ups and pushups
6. 300 yard shuttle
7. Yo-yo / Beep test

AWP training for soccer players is geared to improve results in these tests as well as prepare the athletes for the physical demands of soccer. For the middle school teams we focus on body weight training and core stability as well as speed and agility training. For high school aged athletes our training is focused on weight training for strength and endurance in a circuit style format as well as speed and agility training. We have a transitional weight room program that teaches the basics of how a soccer player needs to lift as well as basic intro to the weight room. We appreciate the opportunity and are fully confident that the AWP soccer training program will exceed your expectations and redefine how soccer players train in Fort Wayne. Please contact us with any questions.

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x  DPT

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### Fever Pricing

Dear Fever Parents,

For any athlete that wishes to continue to train with AWP, after the training period for the Fever Soccer Academy has ended, we are offering a discount pricing for these athletes that wish to continue to train with AWP during the whole year. Please contact us with any questions and concerns regarding continued training with AWP. Below is listed the pricing.

High School Athletes (9<sup>th</sup>-12<sup>th</sup>):

6 week Session (3 Times per Week): \$250.00

6 Month Membership (Unlimited Training): \$175.00 per Month

12 Month Membership (Unlimited Training & 3 Month Freeze): \$125.00 per Month

Youth Athletes (5<sup>th</sup>-8<sup>th</sup>):

4 week Session (2 Times per Week): \$150.00

6 Month Membership (Unlimited Training): \$150.00 per Month

12 Month Membership (Unlimited Training & 3 Month Freeze): \$125.00

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## **Quick Fever Nutrition Tips**

### Daily

1. Eat a good breakfast which must include some form of protein, either eggs and or a breakfast meat, or supplement with a shake. Cereal and or a pop tart is not a adequate breakfast for an athlete
2. Carb Loading is a myth. Eating a ton of carbs days before games will do nothing but be stored as fat and slow you down. If you eat a balanced diet you do not need to change leading up to games.
3. Eat multiple times throughout the day. 4-6 small meals a day is recommended
  - a. Breakfast
  - b. Snack
  - c. Lunch
  - d. Snack
  - e. Dinner
  - f. Snack
4. Keep in mind, you're eating for energy for performance. The food you put into your body is the fuel source for your physical performance. Don't eat to the point of being stuffed, allow your body time to tell you it's full. This means eating slowly and completely breaking down the food by chewing adequately.

### **Quick tips for road trips**

1. When traveling it is important to not fall into fast food trap. Subway is the best option if you cannot eat at a restaurant.
2. Meals should be clean, and what we mean by clean is no grease, low sugars and salts. Also, avoid dense foods that will sit long in your stomach like potatoes.
3. No Pop, no Caffeine, stay away from carbonated beverages as they are harder on the stomach
4. An example
  - a. Grilled or roasted chicken breast, turkey, fish.
  - b. Vegetable or Fruit
  - c. Milk
5. Between game meals should be fruits and vegetables and small sandwiches with minimal condiments.
6. Do not drink Gatorade all the time. Water is always the best source of hydration. Gatorade was designed to be used during physical competition, not as a daily drink. Think of Gatorade as a supplement to performance, not a daily source of hydration.
7. Chocolate milk is a great post-workout/competition drink. A 12 oz. glass of chocolate milk is basically a protein shake.
8. Eat a good post game meal with clean foods. Post game meals can contain more sugar, but also should contain complex carbs and dense foods to replenish the body and sustain the calorie demands needed for your body to recover.



### Detailed Soccer Pre game meals

The pre- game meal should be consumed 3-4 hours prior to a soccer game. Eating a normal course before a match will have several disadvantages. You don't want to feel "full" before a match or before practice, since it will hinder your ability to play. Not eating at all before a match or practice is not an option either as there can be very harmful consequences like feeling weak and shaky and could even cause you to pass out. So what you need to do is find something to eat that is light but can still provide you with a good source of energy to cope with the upcoming effort. These pre-match snacks can contain fruits or vegetables or some light bread product. Not all fruits and vegetables are ideal though. You'll also want to pick up those that are rich in carbohydrates, in order to fill up with energy before the match.

Some of the most carb-rich fruits out there include apples, peaches, oranges, and grapefruits. Breads are usually harder on the stomach, but they also offer you a rich carbohydrate base. So a slice of toast or some crackers could be beneficial.

You'll also want to pay attention in your soccer diet to the GI value of the food you eat in your pre game meal. The GI is short for Glycemic Index and it's a scale of how much a certain type of food raises the level of blood sugar in comparison to pure glucose. Before matches, it's recommended that the food you eat contains as low GI value as possible because low GI foods help conserve energy during effort. In the attached list look at the foods with a GI below 55

### In Game

Players should be provided with easily digested foods during the game and at half time. These include crackers, grapes, oranges, watermelon, rice crispy bars, trail mix, etc... Gatorade should be available at all games. Each player should drink 10-12 ounces 30 minutes prior to the game, 8-10 ounces of water before kick-off, and 10 ounces of Gatorade at half time. Water should be available to all players at anytime prior to, during, and after games. Light colored Gatorade (Tiger, Rain, etc.) instead of darker colors should be available for players as it is easier to digest.

### Post Game Meals

A good post game meal is equally important as the pre game one. Pre match, your food had to be light and full of carbs to give you the energy and mobility to put off the best performance, but after the purpose of the meal will be entirely different. Your post match diet will have to cover all the nutrients you lost in your game and get your muscles in shape to play again.

Post match diets are usually fluid-heavy but a good stream of carbohydrates in the plate will also help you recover easier and high GI carbs work best in this situation. High GI food helps you replenish carbohydrate stores quicker after a match, since they get depleted after extensive effort. So basically, high GI food is the best for refueling yourself after the game, getting your energy levels back on track in the same day. High GI foods include rice, potatoes and bread, but you can find a more extensive list of low and high GI food below.



## Soccer Diet – GI Foods List

Low GI Foods				Medium GI Foods		High GI Foods	
Fat Free Milk	32	Cabbage	10	White Rice	56	Golden Grahams	71
Fettuccine	32	Mushrooms	10	Pita Bread	57	Bagel	72
Spaghetti	32	Chillies	10	Wild Rice	57	Corn Chips	72
Sweetened Yoghurt	33	Onions	10	Banana	58	Watermelon	72
Nutella	33	Artichoke	15	Blueberry Muffin	59	Honey	73
Apple	36	Asparagus	15	Cheese Pizza	60	Kaiser Roll	73
Butter Beans	36	Avocado	15	Papaya	60	Mashed Potatoes	73
Pear	36	Broccoli	15	Baked Potatoes	61	Cheerios	74
TomatoSoup	38	Cauliflower	15	Couscous	61	Cream of Wheat, Instant	74
Carrots, Cooked	39	Celery	15	Hamburger Bun	61	Graham Crackers	74
Meat Ravioli	39	Cucumber	15	Icecream	62	Doughnuts	75
Natural Muesli	40	Eggplant	15	Macaroni& Cheese	64	French Fries	76
Canned Chickpeas	42	Green Beans	15	Raisins	64	Frozen Waffles	76
Custard	43	Lettuce	15	Instant Oatmeal	66	Total Cereal	76
Grapes	43	Low Fat Yogurt	15	Pineapple	66	Jelly Beans	80
Orange	43	Peanuts	15	Angel Food Cake	67	Pretzels	81
Macaroni	45	Spinach	15	American Rye Bread	68	Rice Cake	82
Banana Bread	47	Zucchini	15	Taco Shells	68	Cornflakes	84
Instant Noodles	47	Tomatoes	15	Whole Wheat Bread	69	Baked Potatoes	85
Long Grain Rice	47	Cherries	22	Melba Toast	70	French Baguette	95
Green Peas	48	Plum	24	White Bread	70	Dates	103
All Bran	50	Grapefruit	25				
Brown Rice	50	Peach	28				
Cheese Tortellini	50	Wheat Tortilla	30				
Whole Milk	31						

### Common Warning Signs and Symptoms of Overtraining Syndrome

- Washed-out feeling, tired, drained, lack of energy
- Mild leg soreness, general aches and pains Pain in muscles and joints
- Sudden drop in performance
- Insomnia
- Headaches
- Decreased immunity (increased number of colds, and sore throats)
- Decrease in training capacity / intensity
- Moodiness and irritability
- Depression
- Loss of enthusiasm for the sport
- Decreased appetite
- Increased incidence of injuries.
- A compulsive need to exercise

### **Recognizing Overtraining Syndrome**

There are several ways you can objectively measure some signs of overtraining. One is by documenting your heart rates over time. Track your aerobic heart rate at specific exercise intensities and speed throughout your training and write it down. If your pace starts to slow, your resting heart rate increases and you experience other symptoms, you may heading into overtraining syndrome. You can also track your resting heart rate each morning. Any marked increase from the norm may indicate that you aren't fully recovered. Another way to test recover to use something called the orthostatic heart rate test, developed by Heikki Rusko while working with cross country skiers. To obtain this measurement:

- Lay down and rest comfortably for 10 minutes the same time each day (morning is best).
- At the end of 10 minutes, record your heart rate in beats per minute.
- Then stand up
- After 15 seconds, take a second heart rate in beats per minute.
- After 90 seconds, take a third heart rate in beats per minute.
- After 120 seconds, take a fourth heart rate in beats per minute.

Well rested athletes will show a consistent heart rate between measurements, but Rusko found a marked increase (10 beats/minutes or more) in the 120 second-post-standing measurement of athletes on the verge of overtraining. Such a change may indicate that you have not recovered from a previous workout, are fatigued, or otherwise stressed and it may be helpful to reduce training or rest another day before performing another workout



# **AWP SPORTS PERFORMANCE**

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