

# Sports Nutrition

“Your Secret Weapon to Optimal Performance”

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# Background Work

## Current work



## Previous work



2006-2013



2008-2013



2002-2016



# What is happening in High School Sports.....



Bigger  
Weight Rooms

Better Strength  
and Conditioning  
Programs





# Better Sports Medicine Facilities





*“I want to know why when I'm in a room people ignore me.”*



# Is Sports Nutrition the Elephant in the Room?



“Good Eating Habits  
can make a  
Good athlete **Great**”



“Bad Eating Habits  
can make a  
Great athlete **Good**”



# Invest in Your Foundation

- We spend a lot of money and time on:
  - Equipment
  - Uniforms
  - Practice, Drills, Technique
  - Studying our Opponent
  - Strength and Conditioning Programs
- **How much time do you invest in eating well or planning to eat well?**



# Actual vs. Perceived Eating Habits of High School Athletes

- 256 HS athletes (3 schools) surveyed on eating habits
- Athletes Rating of their Eating Habits 86% (B)
- Eating Habits as Rated by a Sports Dietitian 65% (F)



**86% of HS athletes thought they ate well but did not**

**Reference: *My Sports Dietitian***





# Nutrition is Your Secret Weapon

## How does Nutrition Impact Athletic Performance?

**Reduces risk for injury by reducing inflammation, improving bone strength, and facilitating the healing process**



- Adequate Calories needed for Bone Strength and to reduce risk for stress fractures
- Fruits and Vegetables to Boost Immune System, Reduce Inflammation, and speed healing
- Nutrient timing for muscle recovery

**Provides Fuel the Body Needs to Work Harder and Longer**



- Eat every 3-4 hours for sustained energy
- Carbohydrates should be primary source of fuel
- Adequate Hydration to reduce fatigue



# Nutrition is Your Secret Weapon

## How does Nutrition Impact Athletic Performance?

**Optimizes Performance on and off the Wrestling Mat**



- Provides adequate fuel to perform well on the mat and have sustained energy
- Helps athlete reach off-season body weight goals
- Sustained energy for Wrestling tournaments/Multiple Matches

**Speeds Recovery after Training**



- Refills gas tank after a hard practice (i.e. Carbs are critical)
- Rebuilds broken down muscle tissue (i.e. 20-30 grams protein post workout)
- Hydration to replace lost electrolytes



# Questions and Contact

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