



Fuel To Finish Strong

Why Nutrition Matters Between Games

At almost every tournament, the same pattern shows up. Teams start the day strong, focused, fast, and ready to compete.

Then lunch hits. Players head out for food, come back for warmups, and something shifts. Legs feel heavier. Energy dips. Focus fades.

Here's the truth: long days at the field are challenging, but the real difference often comes down to what you eat between games.

Fast Food = Fast Fade

According to studies in journals like the American Journal of Clinical Nutrition and Pediatrics, eating greasy, high-fat, low-nutrient meals—like McDonald's, Chick-fil-A, pizza, or other fast food—can seriously hurt your performance and endurance. Why? Because your body has to work harder to digest that kind of food, which takes energy away from everything else.

The result?

- Sluggishness and fatigue
- Slower reaction time and reduced focus
- Dehydration
- A drop in motivation

Not exactly what you want before a big game.

What Should You Eat Instead?

You don't need to eat like a bodybuilder, but you do need to think like an athlete.

Between games, the food you choose should help you stay light, energized, hydrated, and ready to move. Ideal between-game fuel includes:

- Fruit (bananas, grapes, oranges, applesauce pouches)
- Cut vegetables with hummus
- Greek yogurt tubes
- PB&J sandwich or wrap
- Turkey or chicken wraps (whole wheat)
- Hard-boiled eggs
- Whole grain crackers with cheese
- Low-sugar protein bars
- Low-sugar trail mix

Additionally remember that water is your best friend. Avoid soda and energy drinks.

The Bottom Line

Think of food as part of your gear. The right fuel keeps you sharp, strong, and ready to compete all day.

Plan ahead. Bring a small cooler stocked with snacks and drinks that support your performance. Don't count on the snack stand to have what athletes actually need.

Fast food might be quick and easy, but it won't help you play your best. If you do head offsite, skip the greasy stuff and look for better options. Most Wawa-style spots offer things like wraps, fruit, yogurt, trail mix, and hydration drinks that can make a real difference on the field.