Eating for Competing

Before a normal school day: Breakfast
During a normal school day: 11am lunch or snack
When school is out/before practice: 3pm snack
Right after practice: Power Back Diet
Within that next hour: Complete dinner

Power Back Diet

Immediately following exercise/workout
Step 1: 4-6 oz. of a sweet drink
    Gatorade, PowerAde
Step 2: 12-16 oz of a quick protein
    Chocolate Milk, yogurt
Step 3: 75 g of carbohydrates
    Raisins, Fig Newtons, Nutrigrain Bars