

## Answers to online workshop

- **How much milk do you need to drink for 30g?** For example, countdown chocolate milk requires around 600mls, but good ole whole milk you will only need 350mls. So go for whole milk and add some flavour powder etc if you must, to get them to drink it.  
**Other options:** 300mls of protein plus natural yoghurt, 400mls of Greek lite natural yoghurt (or 200/250mls and a handful of nuts). **Banana** are a good source of healthier fats, magnesium and potassium, but not a great source of protein.  
**Avocados** great for vitamin and healthy fat and carb recovery but only 3 grams of protein.  
**Large egg** has a 6.5g of protein.  
**Mix and match your recovery foods but whole milk is your best healthy option 😊**
- **Lollies at quarters?** Do they need them? **No.** Can they have them? preferably not as the sugar high followed by a crash, which will likely reduce their concentration and performance and some power. That said one lolly each at quarters will do no real harm. Be wary of the players on the bench, munching on lollies but not playing, they will struggle. **Go for natural or dried fruits** if you can, as they have fructose in and are a healthier option but have the same quick energy boost.
- **Powerade and Gatorade?** Avoid these like the plague if you can. No player even after a day of tournament if they have been able to eat in between games, will require either of these for recovery. Only people who may slightly get a benefit are high endurance athletes who are running, cycling etc for 3-4hours.  
If you want some recovery for cramping etc, then either use pharmacy recovery powders in water or at worst get powerade powder, not drink and add it to water. This takes longer to be processed by your body and therefore is better for recovery and has less sugar, e-numbers or additives. Alternatively, milk, small amount of orange juice etc will all help with cramping, vitamin and mineral recovery just as well if not better.

See links below:

**Nutrition:** <https://netballsmart.co.nz/images/netball-smart/pdf/Nutrition.pdf>

**Hydration:** <https://netballsmart.co.nz/images/netball-smart/pdf/Hydration.pdf>

**Recovery:** <https://netballsmart.co.nz/images/netball-smart/pdf/Recovery.pdf>

**Stretches and Foam rolling:**

[https://netballsmart.co.nz/images/netball-smart/pdf/NetballSmart\\_Roller\\_Recovery\\_and\\_Stretches\\_Combined.pdf](https://netballsmart.co.nz/images/netball-smart/pdf/NetballSmart_Roller_Recovery_and_Stretches_Combined.pdf)

**Smart Tournament Tips:**

[https://netballsmart.co.nz/images/netball-smart/pdf/Smart\\_Training\\_Landscape\\_Web.pdf](https://netballsmart.co.nz/images/netball-smart/pdf/Smart_Training_Landscape_Web.pdf)

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