



PCI Ball Tournament Day Routine



Eat foods you are familiar with and hydrate throughout the entire day!

C H A M P I O N F U E L	Pre-Game Meal <i>3-4 hours before</i>	Pre-Game Snack <i>90 minutes before</i>
	Focus: Grains + Lean Protein + Fruits & Vegetables	Focus: Simple Carbs + Hydration + Small Amount of Protein
	<ul style="list-style-type: none"> •Veggie Omelet + Toast + Fruit •Oatmeal + Fruit + Milk •Breakfast Burrito + Fruit •Deli Sandwich/Wrap + Fruit •PB&J + Veggie Sticks 	<ul style="list-style-type: none"> •Granola Bar (not chocolate coated) + Water/Sports Drink •Cereal Trail Mix + Water •Pretzels + Fruit + Water •Crackers + String Cheese + Water
	Game-time Fuel <i>During Games</i>	Recovery Meal <i>Between Games</i>
Focus: Simple Carbs + Hydration	Focus: Grains + Lean Protein + Fruits & Vegetables	
<ul style="list-style-type: none"> •Banana/Orange + Sports Drink •Pretzels/Crackers + Water •Dried Fruit + Sports Drink •Squeezable Applesauce Packs •Granola Bar (not chocolate coated) + Water/Sports Drink 	<ul style="list-style-type: none"> •Deli Sandwich/Wrap + Fruit •Grilled Chicken Sandwich + Fruit + Veggie Sticks •Small Chicken or Steak Burrito •Protein Bar + Fruit + Water •Beef Jerky + Banana + Water 	

Get your body activated to give your best performance for every game!

#1 M O V E M E N T S	Warm Up <i>Before batting practice</i>	Cool Down <i>5 minutes after games</i>
	Focus: Improving Movement & Building Good Sweat	Focus: Loosen Muscles
	<ul style="list-style-type: none"> •Toe Touches (10) •Body Weight Squats (10) •Lateral Lunges (5 each way) •Reverse Lunges (5 each leg) •Walking Forward Arm Circles (5 yrd) •Walking Backward Arm Circles (5 yrd) •Forward Skip (10 yrd) •Shuffle Forward (10 yrd) •Shuffle Backward (10 yrd) •Sprint Forward (10 yrd) •Sprint Backwards (10 yrd) 	<ul style="list-style-type: none"> •Seated Toe Touch (2x30 sec hold) •Seated Butterfly Groin Stretch (2x30 sec) •Side Lying Quadricep Stretch (1x30 sec per leg) •Seated Arm Cross Stretch (30 sec each arm) •Overhead Tricep Stretch (30 sec each arm)