



How PREPared Are You For Your Match?

PRE-MATCH PREPARATION

HAVE I WARMED UP?

- Approximately 30-40 minutes prior to start of match, you should raise your core temperature to prevent injury. Example: Light jog, stationary bike, dynamic stretching

DO I HAVE ENOUGH ENERGY?

- At least 30 minutes prior to the start of the match, you should have a snack
- If you are not scheduled for the first match of the day, you should snack approximately every hour after you eat the first meal of the day

DO I HAVE ENOUGH FUEL FOR THE COURT?

- During changeovers, you should snack every 10-20 minutes to maintain energy during the match, especially if it extends into three sets
- Snack examples – a bite of sports bar, pretzels, sports gel, banana, peanut butter crackers

DO I HAVE ENOUGH FLUID?

- You need to drink both anti-doping approved sports drinks and water during the match to maintain proper hydration and energy levels
- 3:2 ratio of sports drink to water is recommended

DO I HAVE TWO CHANGES OF CLOTHES?

- Dry clothes help remove heat from the body and prevent heat illness

DO I HAVE SUNSCREEN?

- Apply sunscreen 30 minutes prior to the match to work most effectively

DO I HAVE A HAT?

- A hat will help keep you cooler and protect skin from the sun

HEAT ILLNESS PREVENTION

HAVE I BEEN DRINKING ENOUGH FLUIDS PRIOR TO MY MATCH?

- It is very important to hydrate both the day before the match and the day of the match

IS MY URINE CLEAR?

- Urine should be pale yellow or clear when properly hydrated, unless taking a multi-vitamin

DO I HAVE LIGHT-COLORED CLOTHING?

- Wearing light-colored clothing and wicking fabric decreases heat retention, keeping the body cooler
- Change of clothes – dry shirts, skirts, shorts or dresses allow the body to release heat

DO I HAVE MY DRINKS?

- You should have a 3:2 ratio of approved sports drink to water per match (i.e. three 16-20 ounce bottles of sports drink to two bottles of water)

HAVE I ADDED SALT TO MY DRINKS?

- Recommend ½ packet of salt for every 20 ounce bottle sports drink to help with electrolyte loss from sweating

AM I DRINKING?

- From the beginning of the match, drink one gulp of water for every gulp of sports drink at each changeover
- If you're thirsty, you may already be dehydrated

DO I HAVE MY ICE BAGS/ TOWELS?

- Start using from the beginning of the match to keep cool
- Place on groin, underarms, back of neck and abdomen

BLISTER CARE

ARE MY FEET DRY?

- Make sure your feet are dry before putting your socks and shoes on

HOW ARE MY TOES?

- Powder between toes will decrease moisture in the skin and decrease the chance of blisters

HOW ARE MY SOCKS?

- If you're wearing two pairs of socks, put on the first pair inside out and the second pair right side out to prevent blisters due to the nubby side of the sock
- Change socks frequently during the match to prevent moisture buildup

HOW ARE MY SHOES?

- Make sure your shoes fit properly
- The shoe should fit your foot; your foot should not fit the shoe

AM I A SLIDER?

- Place Vaseline on the outside of the inside sock to cut down on friction
- See SMT (Sports Medicine Therapist) for lacing techniques to limit slide in shoes

POST-MATCH RECOVERY

WHEN IS MY NEXT MATCH? IS IT TODAY? IS IT TOMORROW?

- Adjust food intake to the time between matches, a few hours vs. a day

HAVE I HAD MY RECOVERY SNACK?

- Eat a snack or have recovery drink no later than 30-40 minutes post-match
- The snack should be a 4:1 ratio of carbohydrate to protein and 200-400 calories. Examples:
 - Chocolate milk
 - Recovery drinks
 - Fruit juices (cherry)
 - 1 medium banana and glass of low-fat milk
 - A bowl of granola with 1 cup low-fat milk
 - Low-fat yogurt with 1/2 cup of fresh berries
 - Almond butter on whole wheat toast
 - A bowl of whole grain cereal with low-fat milk

HAVE I COOLED DOWN?

- A light jog, stationary bike ride or a walk in the pool is recommended
- You never want to transition from a high-intensity exercise to stationary, as this may lead to injury

HAVE I STRETCHED?

- Stretching is critical to prevent injury

HAVE I EATEN ENOUGH?

- If you're done competing for the day, you should have a regular meal within one to two hours of your recovery snack
- The meal should consist of easy to digest protein (fish, chicken, and turkey), carbs (rice, pasta bread) and low-fat
- Red meat and high-fat foods require more water to digest and may actually limit recovery in high-heat conditions
- You should have a light snack prior to bed to keep energy stores up

HAVE I URINATED ENOUGH?

- You should urinate 4-5 times prior to the next day's match and urine should be close to clear

HAVE I SLEPT ENOUGH?

- It is important to get a full night of restful sleep

For additional player wellness information, please contact: PlayerWellness@usta.com

