

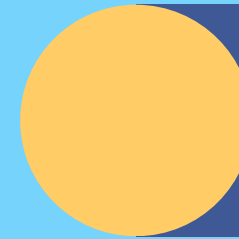


NUTRITION:

**THE OFF-FIELD SECRET TO
LEVELING UP YOUR GAME**



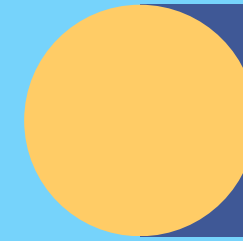
WHO AM I?



Co-Owner of
Complete Performance



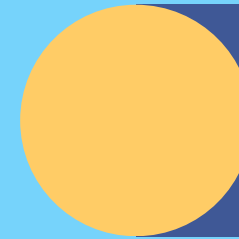
**WHO
AM I?**



Dog Mom



**WHO
AM I?**



Assistant Director at
MN Moose



● ● ● ● ● **BACKGROUND**

Education

B.S.Exercise Science & Psychology (UMD)

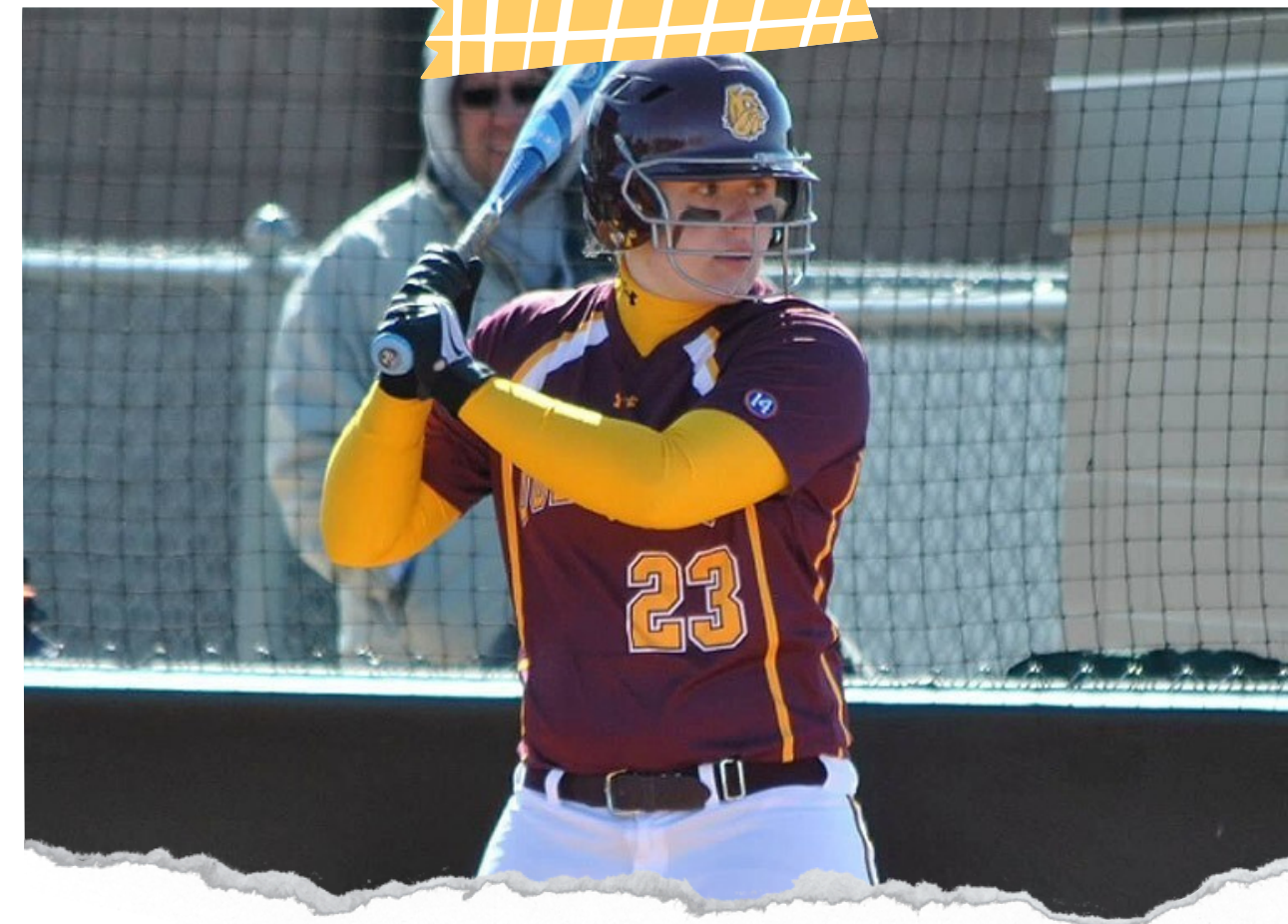
M.A. Holistic Health Studies (SCU)

NSCA Certified CSCS

Precision Nutrition Level 1

Nutrition Coaching Institute Level 1 & 2

GG5 Level 1 & 2 (Almost)



UMD Softball

2011-2015

● ● ● ● **BACKGROUND** ● ● ● ●

Education

B.S.Exercise Science & Psychology (UMD)
M.A. Holistic Health Studies (SCU)

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Precision Nutrition Level 1
Nutrition Coaching Institute Level 1 & 2
GGG Level 1 & 2 (Almost)



St. Kate's Assistant

2015-2019

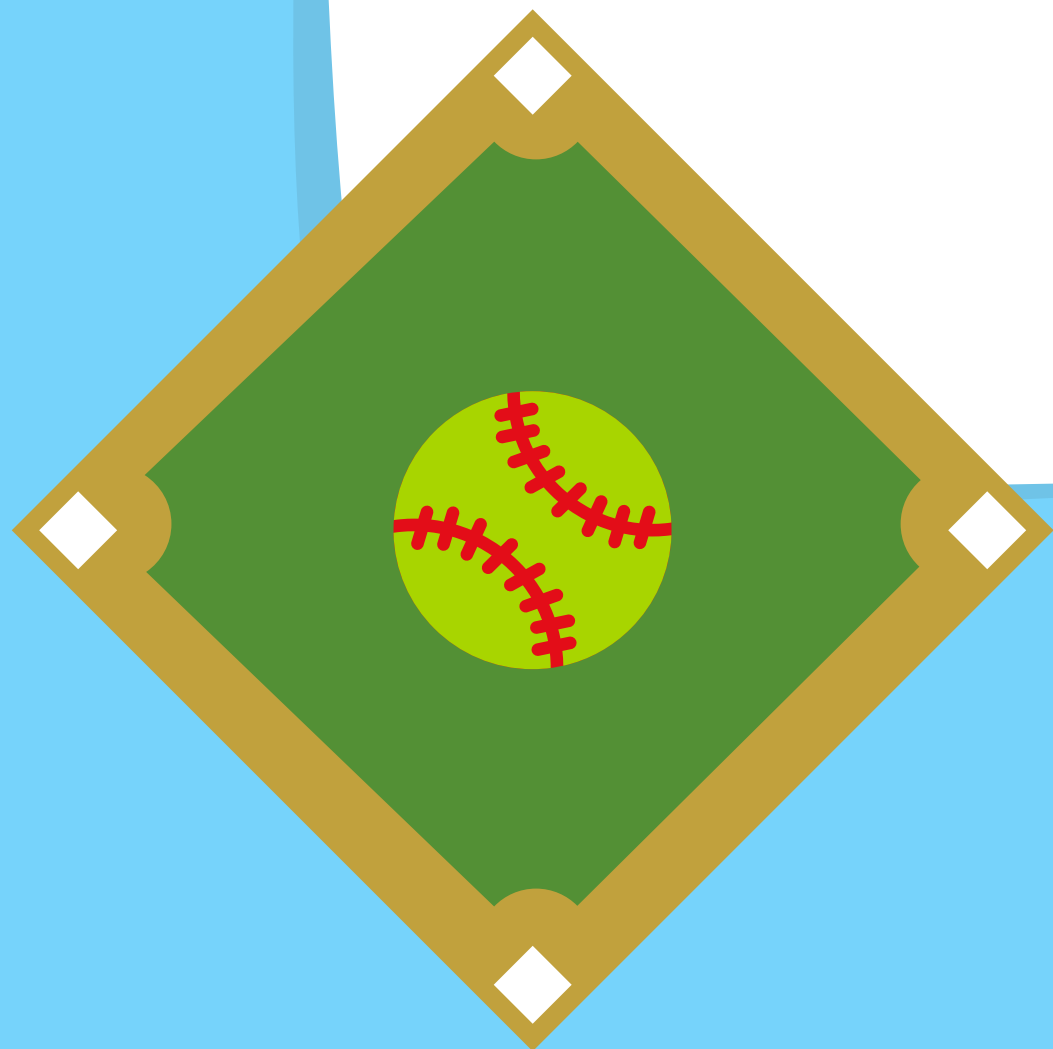


“

**Why I'm
Here?**



**TO HELP
YOU...**

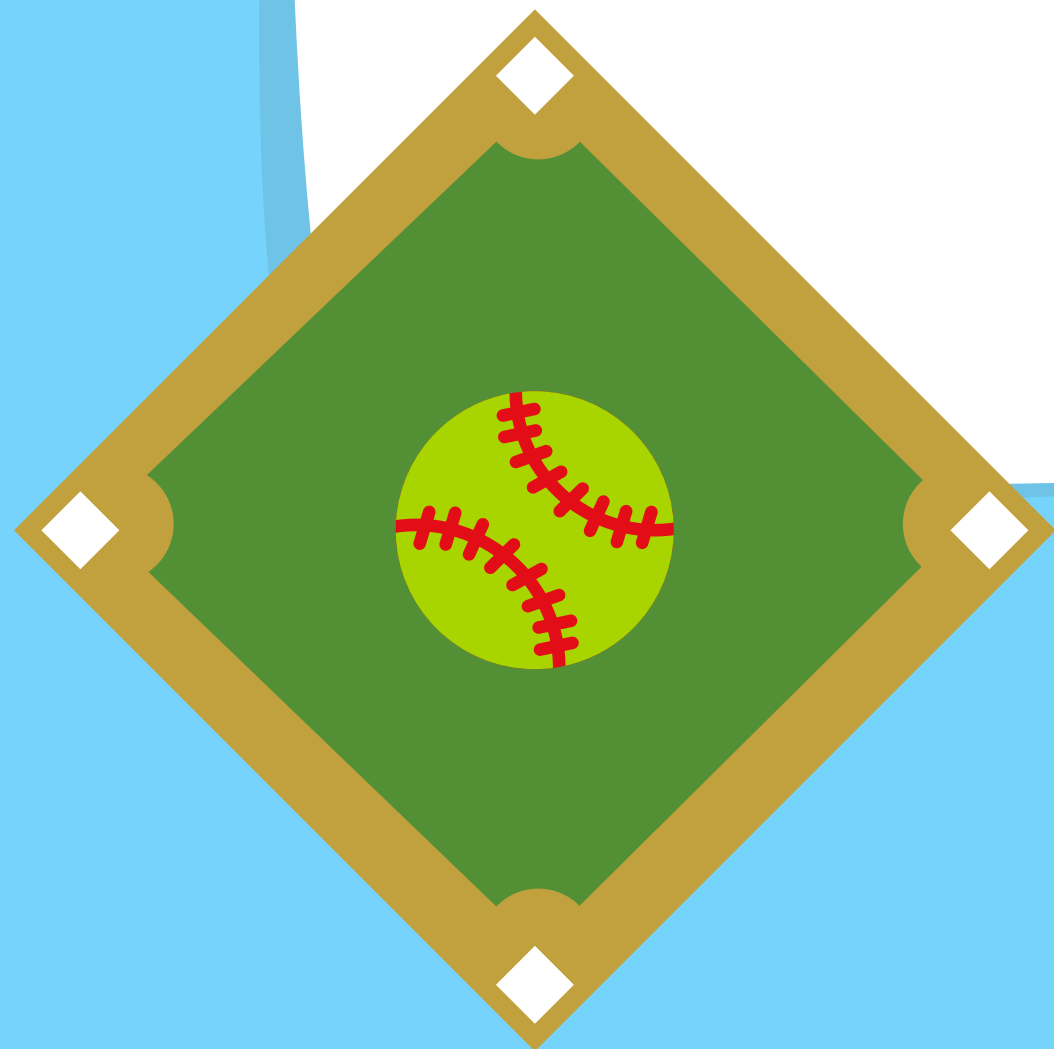


1

Level Up Your Game



**TO HELP
YOU...**



1

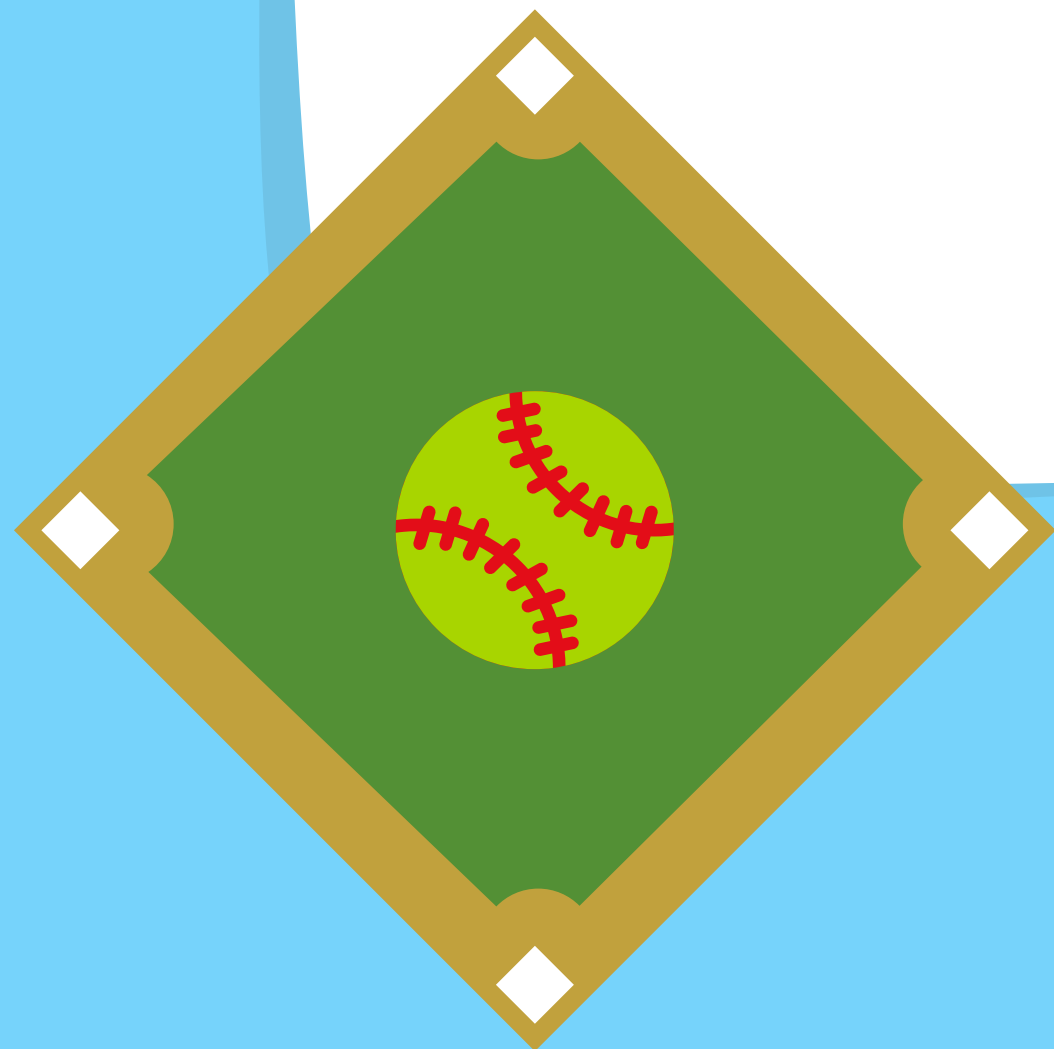
Level Up Your Game

2

Perform at Your Best



**TO HELP
YOU...**



1

Level Up Your Game

2

Perform at Your Best

3

Win More Championships

NUTRITION & SOFTBALL

Softball is about the long game.

If you want to come out on top of Championship Sunday, you have to have more than skill...

It requires strategy beyond 1st & 3rd Plays & batter approaches...



Nutrition



Softball



NUTRITION & SOFTBALL

Softball is about the long game.

It requires strategy
OFF THE FIELD!



NUTRITION & SOFTBALL

Softball is about the long game.

It requires strategy
OFF THE FIELD!

Most Importantly in
what you eat!



**WHY DOES IT
MATTER?**



Nutrition



Softball



FUN FACTS



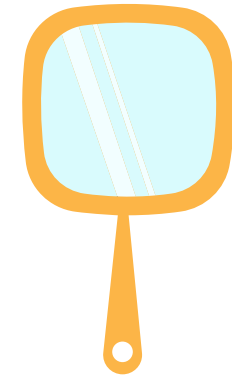
62%

OF PEOPLE
WORLDWIDE
SUFFER FROM
DIGESTIVE
COMPLAINTS
ONCE PER YEAR.



2X

AS MANY WOMEN
SUFFER FROM
DIGESTIVE HEALTH
ISSUES ON A WEEKLY
BASIS COMPARED TO
MEN.



95%

OF SEROTONIN
(YOUR MOOD
BOOSTING
HORMONE) IS
PRODUCED IN THE
SMALL INTESTINE.



70%

OF OUR
IMMUNE
SYSTEM LIES
IN OUR GUT!



BUILD A BETTER GUT, BUILD A BETTER ATHLETE.

Christina Meyer-Jax



Nutrition

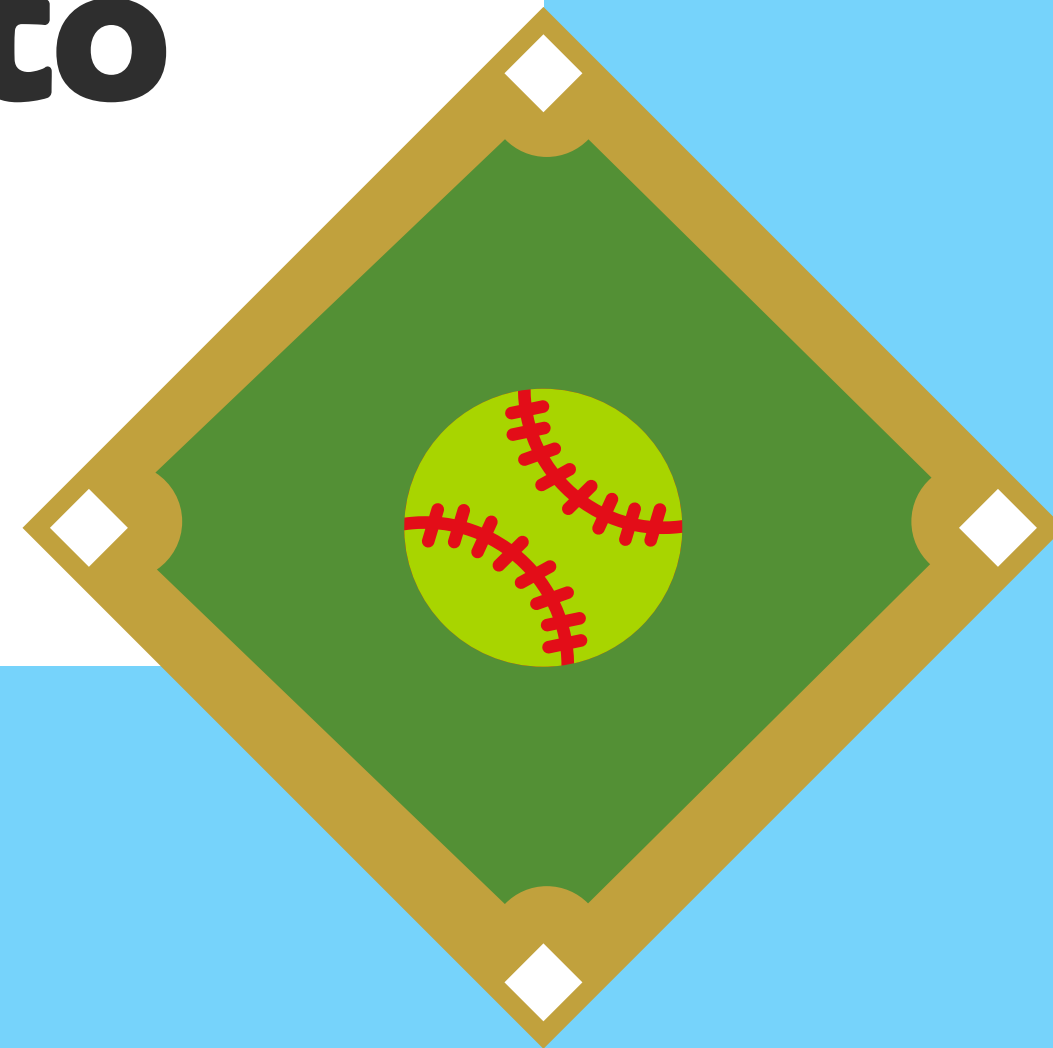


Softball



“

**Our approach to
Nutrition...**





OFFENSE

How You Score



DEFENSE

How You Protect

REMEMBER!

**DEFENSE WINS
CHAMPIONSHIPS
BUT YOU CAN'T
WIN WITHOUT
SCORING.**



LET'S HIT...



3 OFFENSIVE TOOLS



Short Game

3 OFFENSIVE TOOLS



Short Game



Base Hits

3 OFFENSIVE TOOLS



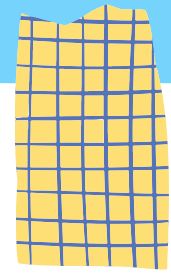
Short Game



Base Hits



Homeruns



SHORT GAME

Hydration

Thirst
Signals

Sources
for
Hydration

How to
Hydrate



THIRST SIGNALS

1 If you're thirsty, you're already dehydrated.

2 How do you feel?

3 Urine Chart

Signs of Dehydration

Fatigue

Dry Mouth

Headaches

Light-Headedness

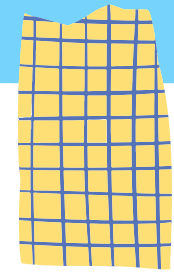
Dizziness

Confusion or Mental Fatigue

Mood Changes

Urinating Less Than 3x/Day

***Prolonged dehydration can lead to heat cramps, exhaustion or stroke which can keep you out of the game for a prolonged period of time.**



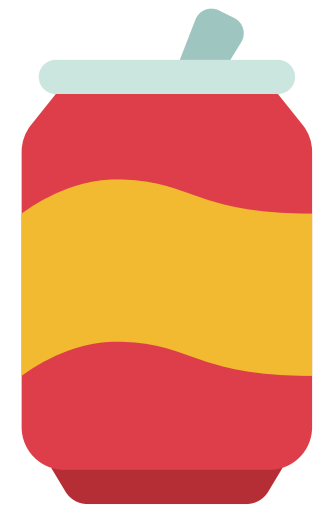
BEST SOURCES

- Water
- Water + Electrolyte Packet
- Fruits & Veggies
- Diluted Sports Drinks



WORST SOURCES

- Pop
- Sugary Juices or Drinks
- Coffee
- Milk



HOW TO HYDRATE



GENERAL
RECOMMENDATIONS



PRE-GAME



IN-GAME



POST-GAME

HOW TO HYDRATE

GENERAL RECOMMENDATIONS

9 CUPS OR
85 OZ. OF WATER
PER DAY



PRE-GAME

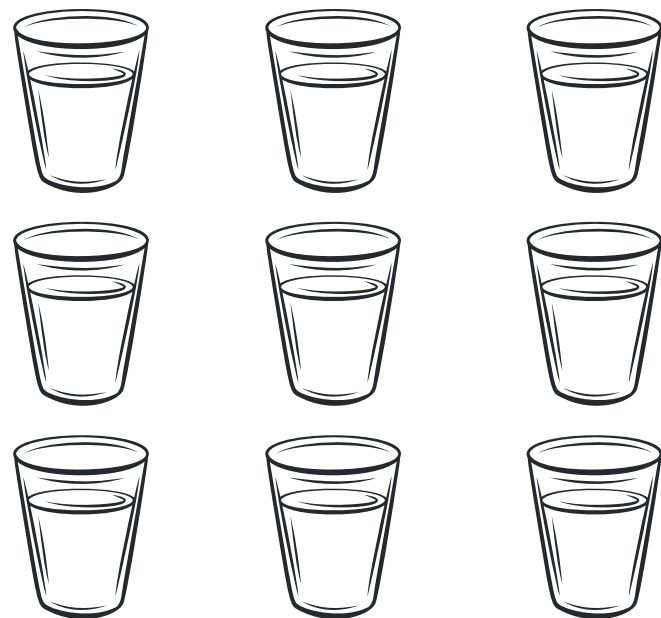
IN-GAME

POST-GAME

HOW TO HYDRATE

GENERAL RECOMMENDATIONS

9 CUPS OR
85 OZ. OF WATER
PER DAY



PRE-GAME



2-3 HOURS BEFORE:
15-20 OZ.



30-45 MIN. BEFORE:
8-10 OZ.

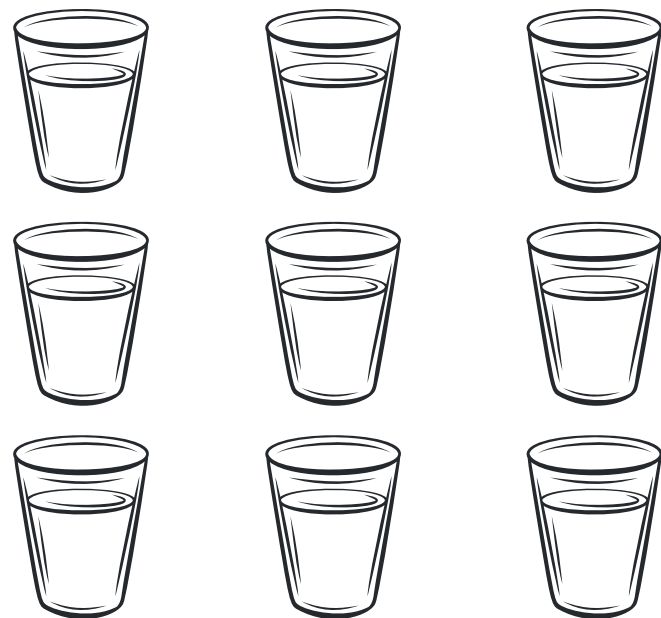
IN-GAME

POST-GAME

HOW TO HYDRATE

GENERAL RECOMMENDATIONS

9 CUPS OR
85 OZ. OF WATER
PER DAY



PRE-GAME



2-3 HOURS BEFORE:
15-20 OZ.



30-45 MIN. BEFORE:
8-10 OZ.

IN-GAME



5-10 OZ. EVERY 10-20
MINUTES

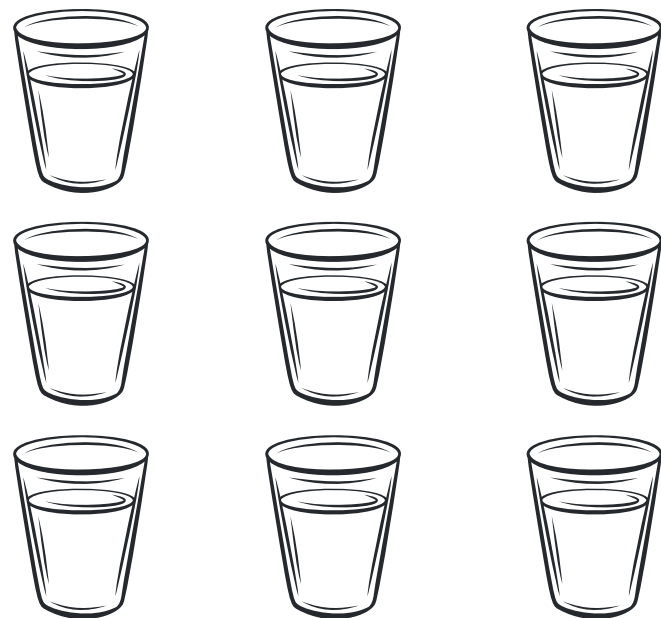
TAKE A DRINK EVERY
INNING

POST-GAME

HOW TO HYDRATE

GENERAL RECOMMENDATIONS

9 CUPS OR
85 OZ. OF WATER
PER DAY



PRE-GAME



2-3 HOURS BEFORE:
15-20 OZ.



30-45 MIN. BEFORE:
8-10 OZ.

IN-GAME



5-10 OZ. EVERY 10-20
MINUTES

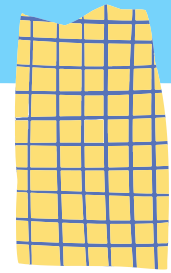
TAKE A DRINK EVERY
INNING

POST-GAME



8-10 OZ. 30 MINUTES
POST GAME

START DURING YOUR
POST-GAME CHAT



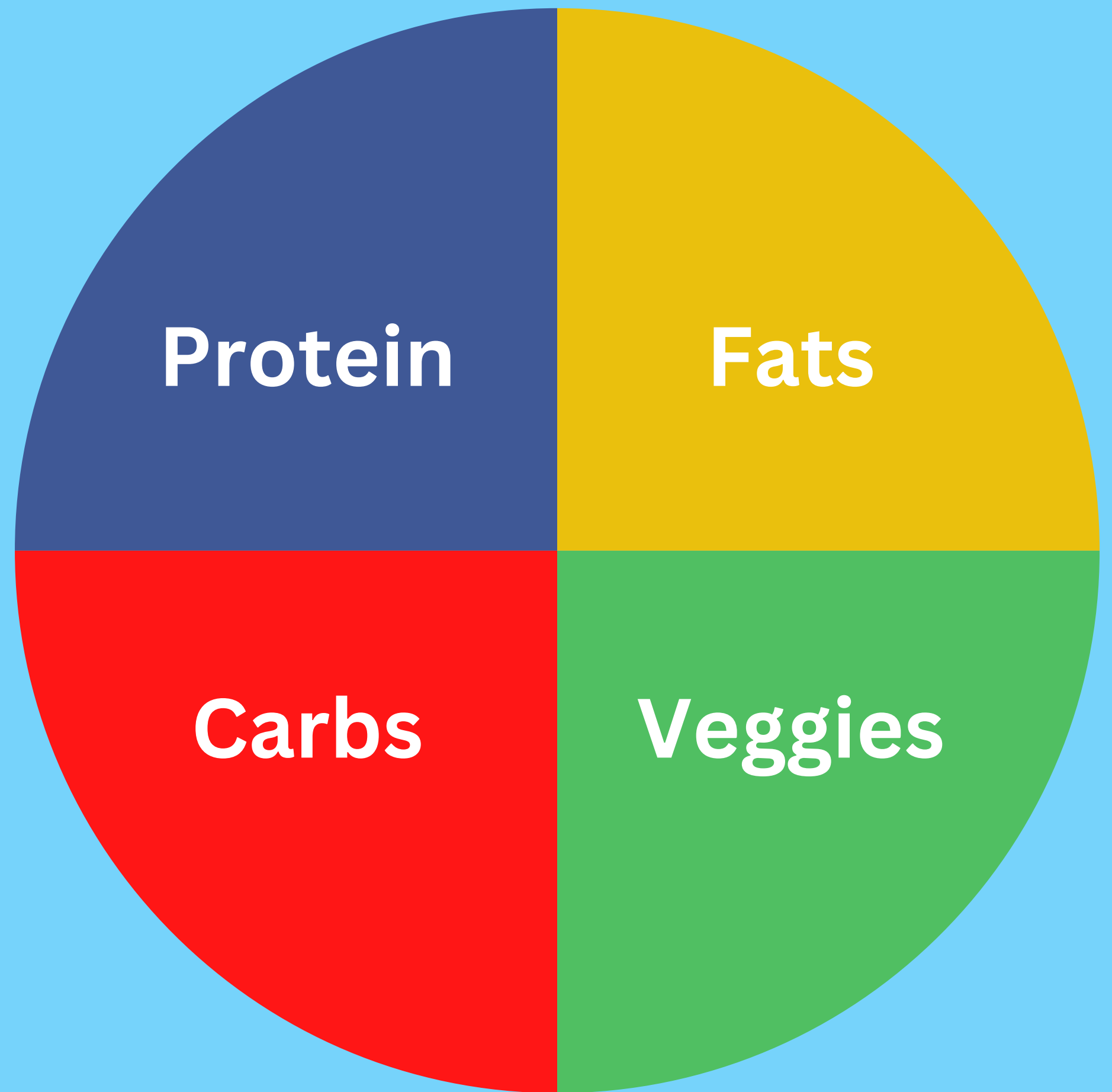
BASE HITS



The Food You Eat

This makes up the
majority of your
game!

How to Build Your Plate



PROTEIN

Necessary for the proper functioning of a body.

The basis of skin, hair, and nails.

They're responsible for helping build & maintain muscle.

It also keeps you full!

PROTEIN

Chicken Breast (Skinless)
93+% Lean Turkey Breast
93+% Lean Ground Beef
Bison Burger
Venison
Pork Tenderloin
Any White Fish
Any Shellfish
Egg Whites (Carton or Egg)
0% Fat Cottage Cheese
0% Greek Yogurt
Tuna

FATS

Often thought of as unhealthy, the "good" fats are necessary for functioning.

They build cell membranes, nerve tissue and hormones.

A slow-burning energy source.

FATS

Peanut Butter
Almond Butter
Coconut Oil
Grass Fed Butter
Olive Oil
Avocado
Any Nuts
Coffee Creamer
Any Cooking Oils
(Not Vegetable or Canola)

CARBS

The body's primary source of energy.

An excellent source of fiber.

A great way to add flavor and excitement to your plate.

CARBS

Sweet Potatoes
Red Potatoes
Any Beans or Legumes
Brown Rice
White Rice
Ezekiel Bread
Rolled Oats
Any Berries
Quinoa
Fruit

-
-
-
-

VEGGIES

**Best source of
micronutrients.**

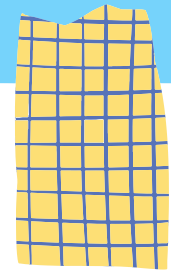
**They add volume to your
meals.**

**It's a great contributor to
hydration.**

VEGGIES

**ANY
and
ALL!**

Aim for Mostly Green & Leafy
Veggies



**HOME
RUNS**

How Much You Eat

The Big
Difference Maker



WHO DO YOU WANT TO BE?

Don't eat like a bird,
Eat like an athlete.



Athlete



Bird



MEAL PLAN

THE KEY?

ALWAYS MAKE IT A FULL PLATE!!

BREAKFAST

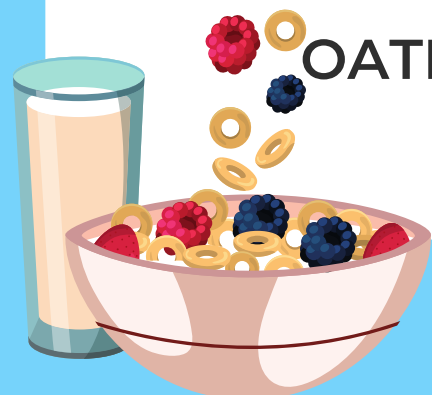
BREAKFAST
BURRITOS

SMOOTHIES

EGG BAKES

YOGURT
BOWLS

OATMEAL



LUNCH

DINNER

SNACKS

MEAL PLAN

THE KEY?

ALWAYS MAKE IT A FULL PLATE!!

BREAKFAST

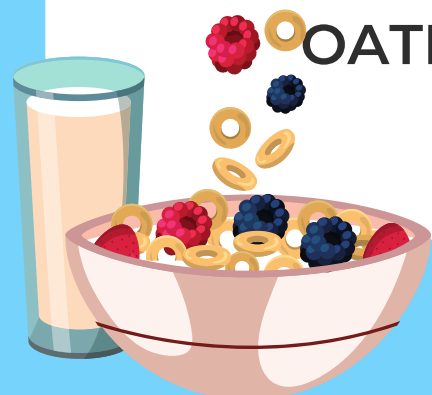
BREAKFAST
BURRITOS

SMOOTHIES

EGG BAKES

YOGURT
BOWLS

OATMEAL



LUNCH

SANDWICHES

WRAPS

SALADS

PASTA SALADS

YOGURT
BOWLS

DINNER
LEFTOVERS



DINNER

SNACKS

MEAL PLAN

THE KEY?

ALWAYS MAKE IT A FULL PLATE!!

BREAKFAST

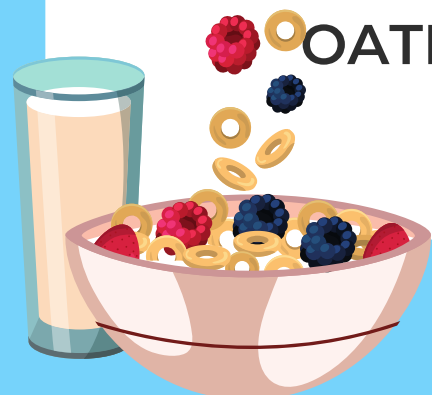
BREAKFAST
BURRITOS

SMOOTHIES

EGG BAKES

YOGURT
BOWLS

OATMEAL



LUNCH

SANDWICHES

WRAPS

SALADS

PASTA SALADS

YOGURT
BOWLS

DINNER
LEFTOVERS



DINNER

TACOS

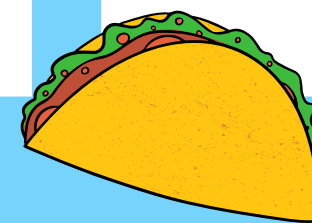
GRILLED MEATS +
SIDES

SALADS

STIR FRY

CROCKPOT
DINNERS

SHEET PAN MEALS



SNACKS

MEAL PLAN

THE KEY?

ALWAYS MAKE IT A FULL PLATE!!

BREAKFAST

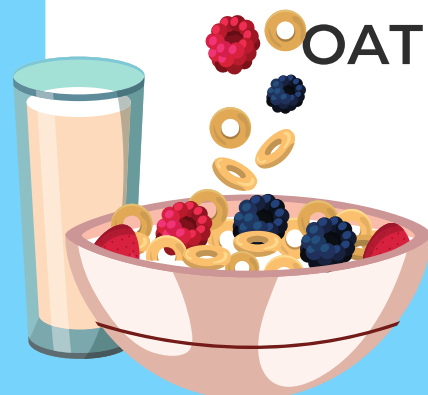
BREAKFAST
BURRITOS

SMOOTHIES

EGG BAKES

YOGURT
BOWLS

OATMEAL



LUNCH

SANDWICHES

WRAPS

SALADS

PASTA SALADS

YOGURT
BOWLS

DINNER
LEFTOVERS



DINNER

TACOS

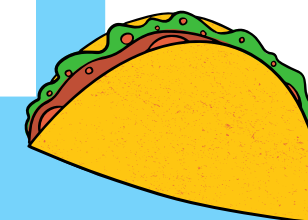
GRILLED MEATS +
SIDES

SALADS

STIR FRY

CROCKPOT
DINNERS

SHEET PAN MEALS



SNACKS

YOGURT

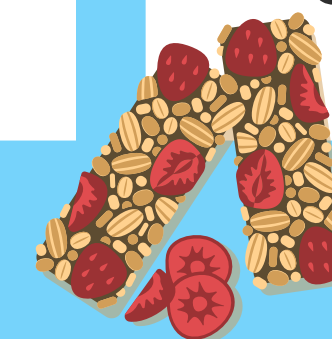
FRUIT & VEGGIES

NUTS & TRAIL MIX

DELI MEAT

PROTEIN BARS &
SHAKES

GRANOLA BARS



A NOTE ON HUNGER...

If you're hungry, EAT!

But how do you know if you're really hungry??

When's the last time you ate?

When is your next meal?

Where do you feel your hunger?

What were you doing before you felt hungry?

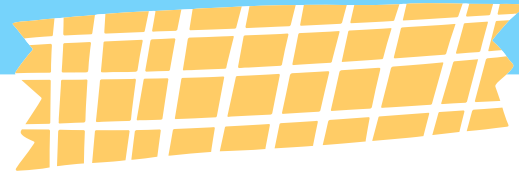
Is your hunger generalized or for something specific?





**A NOTE ON
BODY
COMPOSITION**





**TIME TO
D IT UP!**



Pre-Game Fuel



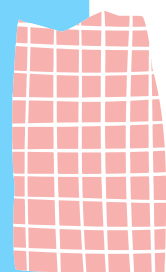
PRE-GAME FUEL

Your Pitchers & Catchers -
Can't have a game without them!

It Starts
Before Game
Day!

24-48
Hours
Prior

24-48 Hours Before



PRE-GAME FUEL

Your Pitchers & Catchers -
Can't have a game without them!

It Starts
Before Game
Day!

24-48
Hours
Prior

24-48 Hours Before

- It Starts Before Game Day!
- Balanced Meals
- High Quality Food Items
- Limit Sugar & Sodium Intake
- Hydrate, Hydrate, Hydrate

PRE-GAME FUEL

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Let's Talk Carb Loading...

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Hours
Prior

24-48 Hours Before

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- Balanced Meals
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The Day Of

Let's Talk Carb Loading...

PRE-GAME FUEL

Your Pitchers & Catchers -
Can't have a game without them!

It Starts
Before Game
Day!

24-48
Hours
Prior

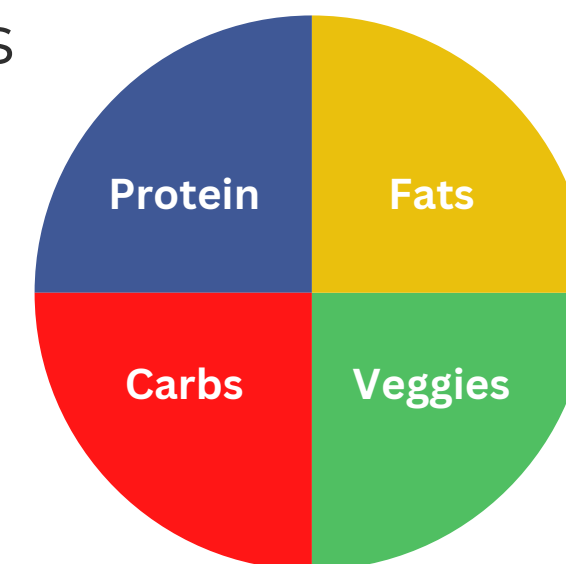
24-48 Hours Before

- It Starts Before Game Day!
- Balanced Meals
- High Quality Food Items
- Limit Sugar & Sodium Intake
- Hydrate, Hydrate, Hydrate

Let's Talk Carb Loading...

The Day Of

- Tune Up & Warm Up
- Easily Digestible, Whole Foods
- Protein + Carbs + Fruits + Veggies
- Limit Sugar & Sodium Intake



Between Game Fuel

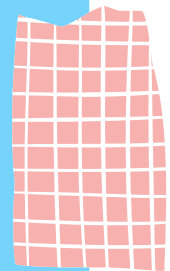


INTRA-GAME

The Infield -
First Line of Defense

Restocks
Your Fuel
Stores

How to Fuel:



INTRA-GAME

The Infield -
First Line of Defense

Restocks
Your Fuel
Stores

How to Fuel:

- Easily Digestible, Whole Foods
- Low Sugar
- Protein + Carbs + Fruits + Veggies
- Be Aware of Fats
- High in Electrolytes
- Hydrate, Hydrate, Hydrate

INTRA-GAME

The Infield -
First Line of Defense

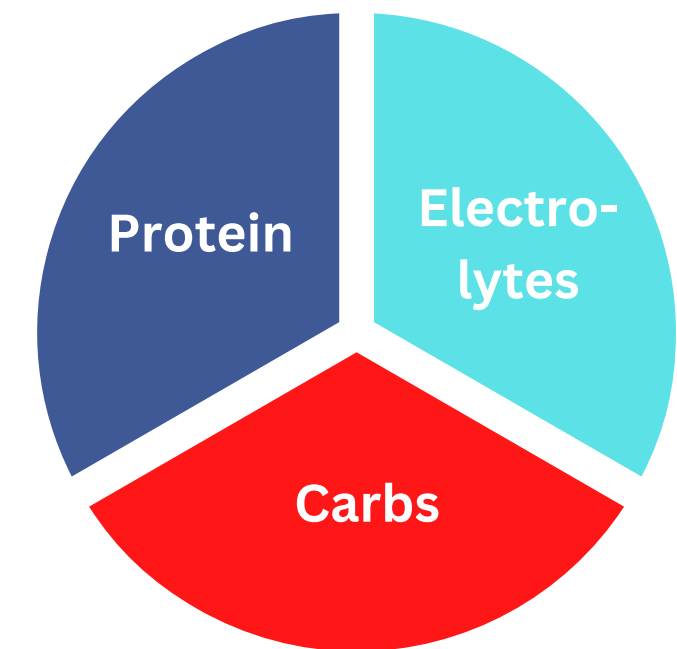
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How to Fuel:

- Easily Digestible, Whole Foods
- Low Sugar
- Protein + Carbs + Fruits + Veggies
- Be Aware of Fats
- High in Electrolytes
- Hydrate, Hydrate, Hydrate

Best Foods for Between Games

- Fruits & Veggies
- Sandwiches & Wraps
- Trail Mixes
- Homemade Lunchables
- Pasta Salads



INTRA-GAME

The Infield -
First Line of Defense

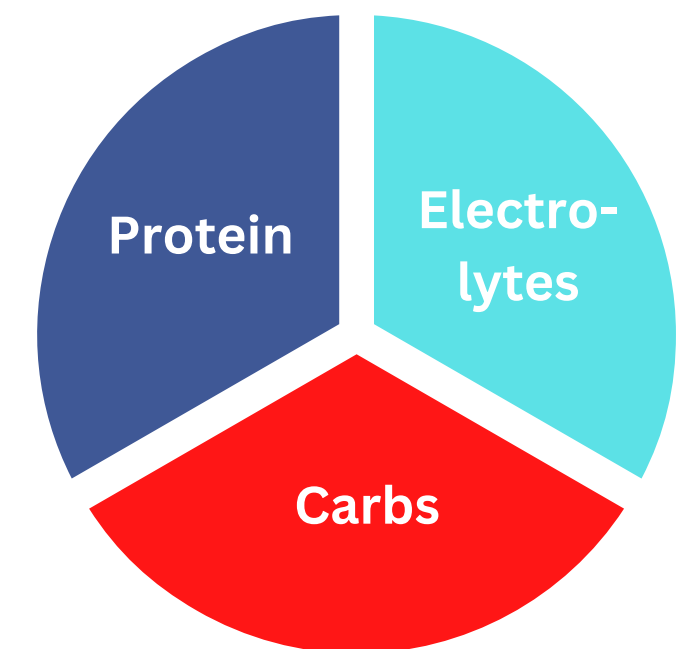
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Best Foods for Between Games

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Let's Talk Concession Stands...

Post-Game Fuel



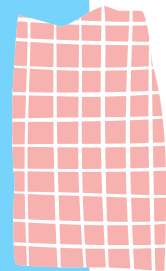
POST-GAME

Outfield -
The Last Line of Defense

Speed
Is
Key!

Prepare for
Championship
Sunday!

How to Fuel:



POST-GAME

Outfield -
The Last Line of Defense

Speed
Is
Key!

Prepare for
Championship
Sunday!

How to Fuel:

- Balance Celebration & Nutrition (Habit Stack)
- Well-Balanced Plates (Favor Carbs)
- Limit Heavy, Extremely Filling Foods
- Hydrate, Hydrate, Hydrate!

POST-GAME

Outfield -
The Last Line of Defense

Speed
Is
Key!

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How to Fuel:

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The Longer You Wait, The Harder It Gets

POST-GAME

Outfield -
The Last Line of Defense

Speed
Is
Key!

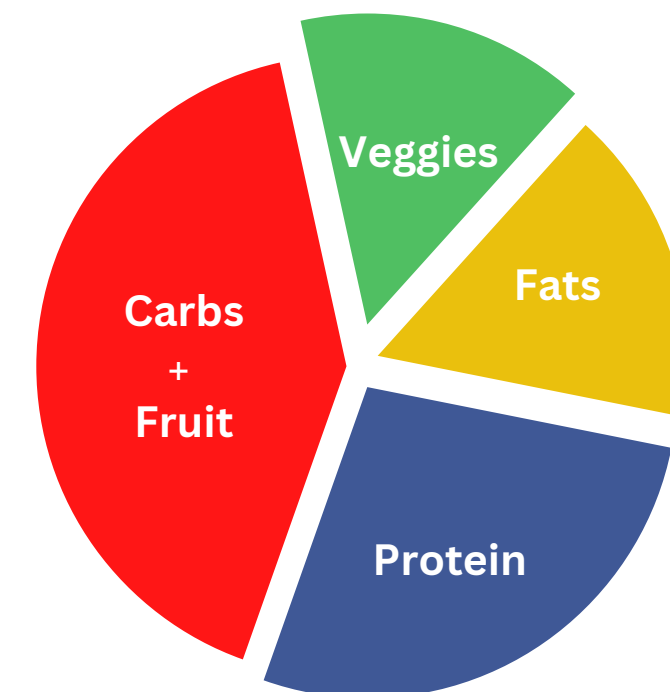
Prepare for
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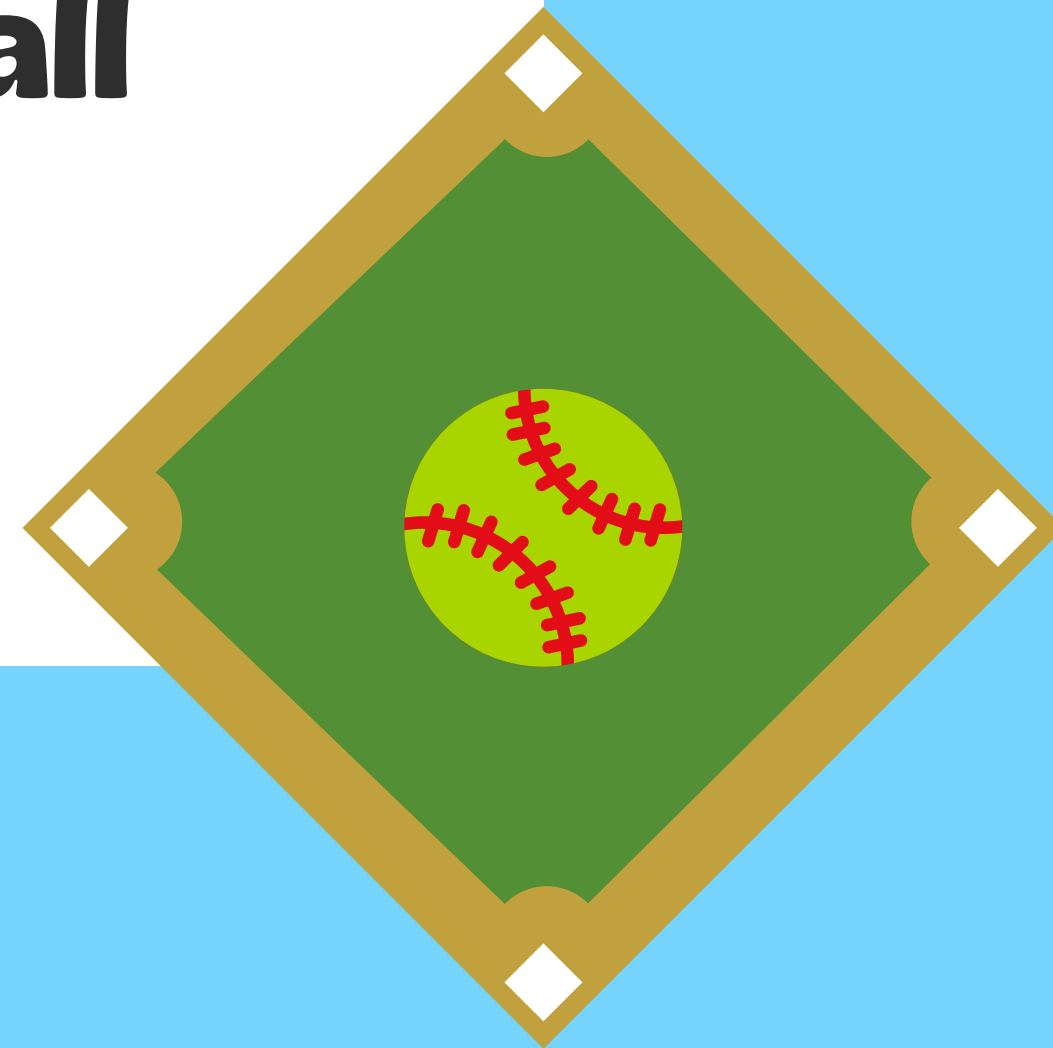
The Longer You Wait, The Harder It Gets

Best Post-Game Meals

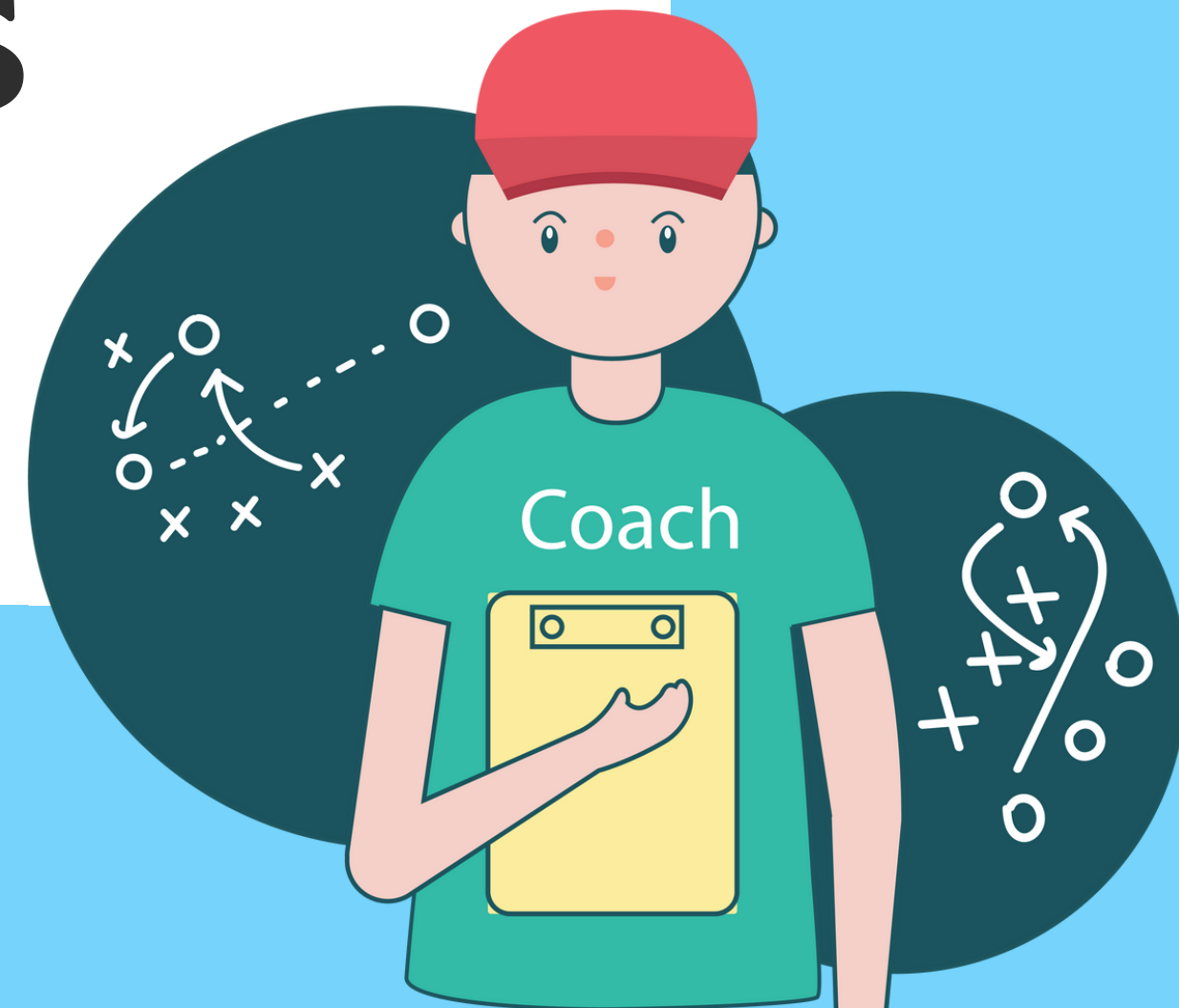




**We're missing a key
part to any softball
game...**



COACHES



HEAD COACH

Role & Responsibilities:

- Create & Hold the Vision of the Team
- Manage All Parts of the Team
- Build a Positive Environment for Growth
- Prepare for Practices & Games
- Strive for Continuous Improvement

ASSISTANT COACH

Role & Responsibilities:

- Bridge the Gap Between Head Coach & Athletes
- Help Organize & Maintain Equipment
- Build a Positive Environment for Growth
- Assist the Head Coach in Practice & Game Execution
- Strive for Continuous Improvement

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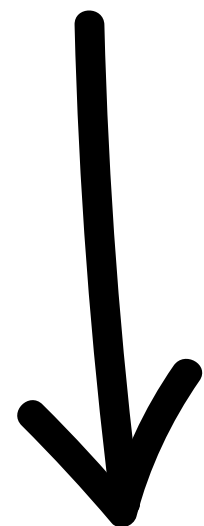
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WHO IS WHO?

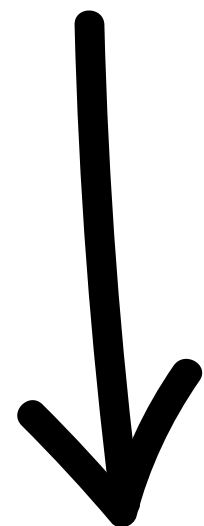
HEAD COACH



YOU!

**ASSISTANT
COACH**

HEAD COACH



YOU!

**ASSISTANT
COACH**

**FAMILY,
COACHES,
TEAMMATES**



**NOW
WHAT?**



1

You

2

Your Family

3

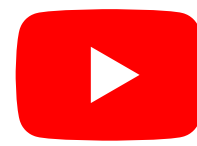
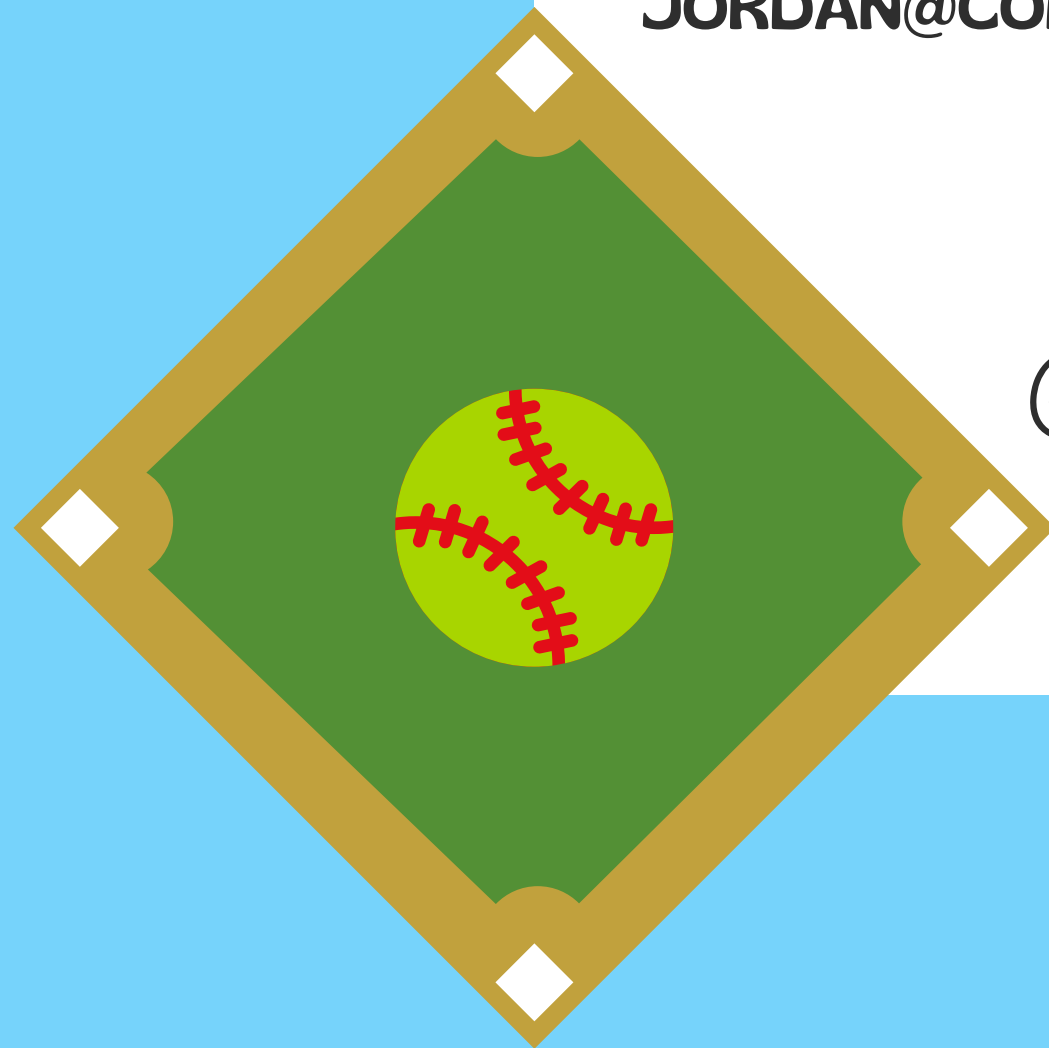
Your Team



JORDAN DAVIES

612-710-1570

JORDAN@COMPLETEPERFORMANCEMN.COM



@JORDAN_CPCOACH