



# Sheffield United Girls Centre of Excellence



20 October 2009

## **SWEETS**

Sweets are **NOT** permitted at training or on match days.

**During training** on Wednesday and Friday, sweets are not allowed before, during or after training while ever you are the responsibility of Sheffield United Girls Centre of Excellence staff.

**On match days**, sweets are not allowed before, during or after the match, that is on the coach going or on the way back, or any time in between, while ever you are the responsibility of Sheffield United Girls Centre of Excellence staff.

Research has shown that the eating of sweets is of no benefit to your training or match performance. It gives you a sugar rush that lasts for a short space of time.

Making sure you are properly hydrated and have had a good energy providing meal before you train and a good breakfast on a Match day is the best way to make sure you are fully prepared.

Make sure you bring enough to drink (always bring too much than not enough) and especially on match days please make sure you bring a healthy lunch to eat after the match to replace the energy you have used.

As per usual this will incur a 50p fine if you break the rule.

Thank you

Julie Callaghan

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