

NUTRITION

Fueling for Performance: The Basics

What to eat before practice and competition to train hard and recover well.

Cheer is explosive and demanding, and how athletes fuel shows up in their energy, focus, and recovery.

Before you train

A balanced meal a few hours out, or a light carb-focused snack closer to practice, gives you steady energy without heaviness.

After you train

Pair carbohydrates with protein within an hour or two of hard training to support recovery and muscle repair.

Keep it consistent

Regular, balanced meals beat any single “perfect” pre-competition food. This is general guidance — consult a professional for individual needs.
