



# Spring Branch-Memorial SBMSA Sports Association

As a member of SBMSA, you'll receive a monthly newsletter which will include information on:

- Upcoming Events
- Important dates
- In-person registrations
- Opening days
- Gala Information
- And much MUCH more!

What this means for SBMSA families are fewer emails, but more information, AND we'll be including articles about our coaches, staff, teams and players.

## Nutrition: It Does an Athlete's Body Good

As athletes, we all want to compete at our highest level. Along with proper training, properly fueling our bodies is a key to success according to Alysia Bedgood, M.D., sports medicine primary care physician affiliated with the Memorial Hermann IRONMAN Sports Medicine Institute at Memorial City and UT Health.

"There are really two pre-exercise fueling windows," said Dr. Bedgood. "The first is the night before; the second is the morning of the game or the final meal prior to the start of the match."

### Goals

When we start a game or tournament, we want to have our full energy available so we can play our best. Carbohydrates are our body's preferred fuel source. Fortunately, our body is able to store the carbohydrates we consume in our muscle and liver in what is known as glycogen, or the storage form of carbohydrates. While our body is only able to store away so much glycogen, we use it for energy throughout the day and especially when playing sports. Because of this, it is important to make sure we provide our bodies with plenty of carbohydrates before exercise so we have plenty of energy available to use. While fat and fiber are an important part of our diet, eating too much of it before a game slows down digestion which may cause food to still be digesting at game time. This can be problematic because stomach discomfort can occur, and the energy we want from the food may not be available yet. Moderate amounts of protein can help us feel full longer and is an important part of our diet, but excess protein prior to games is unnecessary and can also feel heavy. Focus on eating plenty of easily digestible carbohydrates with moderate amounts of fiber, fat, and protein when preparing for games.

### Night Before a Competition

The night before a match, eat foods that are high in carbohydrate, have some protein, and some fat, but not too much fat.

If it is an out of town event, research restaurants before you go so you will know where you are eating. If the restaurant has a long line when you arrive, get it "to go" and eat it in your hotel room.

An example of an appropriate night before competition meal would be spaghetti with meat sauce or meatballs and 1 – 2 breadsticks. The meatballs should be about the size of a deck of cards (about 3 – 4 oz). Cream-based sauces like Alfredo sauce is not recommended because it is too high in fat.

### Morning Eating

Most athletes want their stomach empty before starting their competition. This means eating breakfast 2 – 4 hours before their event. This meal should be high in carbohydrate with some protein and fat. The carbohydrate provides energy while the protein and fat will help them stay fuller longer. Athletes can aim for roughly 0.9 gram of carbohydrates per pound of body weight when eating 2 hours or more prior to game time. If eating 3 – 4 hours prior to the match, athletes can eat as much as 1.3g of carbs per pound of body weight. This means a 150 pound athlete may eat approximately 130-200g of carbohydrates prior to the game. Some examples of a morning meal for the above example includes:

- Bagel with peanut butter and jelly, banana, 20oz sports drink
- Oatmeal with honey and raisins, 1 large fruit, and a hard-boiled egg

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## Slam Dunk with SBMSA Basketball

SBMSA Basketball Program Director

Lewis Gissel speaks about the upcoming season.

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## IN THIS ISSUE



**Three Year Capital Campaign**  
See what improvements your contributions have made.



### Meet Your SBMSA Sponsors!

- Donor Recognition for the 2014
- Soccer Raffle
- SBMSA & Sterling McCall Video



### Sports Updates

Find out what's going on with the organization, your team.



### SBMSA Athletes in Action

Football Stats! How does your team rank?

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We're on the Web! See us at: [www.SBMSA.org](http://www.SBMSA.org)



## Follow your Team Standings!

Football Standings – Varsity Tackle (as of October 7, 2014)

Team	Won	Lost	Ties	Pct	Streak	RF	RA	Diff	GB
Varsity - Oilers	4	0	0	1.000	Won 4	99	7	92	—
Varsity - Bearcats	3	1	0	.750	Won 2	53	63	-10	1.0
Varsity - Texans	3	1	0	.750	Won 3	80	27	53	1.0
Varsity - Redskins	1	3	0	.250	Lost 2	52	75	-23	3.0
Varsity - Mustangs	1	3	0	.250	Lost 3	38	58	-20	3.0
Varsity - Spartans	0	4	0	.000	Lost 4	25	117	-92	4.0

## Capital Campaign Progress has been made!

Check out these photos of the old and new storage facility and shaded seating



Buffalo Wild Wings would love to be SBMSA's team party headquarters!

For the entire month of November if you have your team party there, Buffalo Wild Wings will donate 20% of the bill back to SBMSA! It's a WIN-WIN for all of us! Please call 281-833-8300 and ask for a manager to make your party reservations. (9435 Katy Freeway/Echo Lane location only)

## Fuel Up!

This Month's Featured Recipe: *Weeknight Chicken Dinner*

**Ingredients:**

First you need TWO packages of THIN chicken breasts  
And also few slices prosciutto • Then 1/2f bag fresh spinach  
You need also 8 oz package fresh sliced mushrooms  
And One envelope Lipton Recipe Secret's Savory Herb & Garlic  
Half C of White Wine • You need 1/4 C of Olive oil • Finally you need 8oz of shredded mozzarella



**Directions:**

Step 1: You need first to preheat oven 375 degrees F And then you need to spray with pam a 13/9" pan, Step 2: At this step all what you need is to place Two layers of chicken in pan, And then cover with prosciutto, Step 3 : After all that now you need to top with spinach, and then sprinkle with a little kosher salt & also coarse black pepper, Step 4 : Next top with mushrooms, Step 5 : At this step you need to whisk together olive oil, wine & also savory herb envelope. And then pour over everything. Next you need to lay a piece of foil over (not tight) and bake about 30 mins. Finally you need to top with cheese then bake again for 5 mins. Serve and enjoy!

## SBMSA Basketball



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Hope everyone is getting excited about the upcoming hoops season! The SBMSA Basketball registration is now open and player registration is off to a strong start. We had approximately 1375 participants last season and introduced All Stars for the first time. We also created a Sportsmanship Award to recognize one player from each team who best exhibited the key attributes of our program which include sportsmanship, team work, skills development and regular participation in practice and games. The Basketball Board is committed to continuously improving our program offering and we all look forward to seeing you around the courts this coming season.

Lewis Gissel, SBMSA Basketball Director

Become an  
**SBMSA  
Partner!**

—Advertising Opportunities Available—

Contact:  
**mercooley@comcast.net**

A few of our partners:



Have questions?  
Contact your  
Program Director  
for more information!

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