

INJURY RISK

DEVELOPMENT PLAYER NUTRITION

ARE DEVELOPMENT PLAYERS RISKING BONE INJURY DUE TO INADEQUATE NUTRITION?

Young cricket players need energy from food to perform in training and matches, but they also need extra energy to grow and develop. This is particularly important during peak growth times (9 - 13 years for females, and 12 - 15 years for males).

- > What a player eats in those months and years can impact their injury risk not only at that moment, but it has a lasting impact throughout their senior career.

This 'peak growth' period of a player's life is particularly important for building bone strength. Almost ½ of skeleton growth occurs during this time.

- > The amount of bone mineral gained here will impact on the players bone health for the remainder of their cricketing career (and life)
- > The stronger the developing bone becomes, the lower the risk of stress fracture throughout their junior and senior career

Nutrition Strategies to Help Maximise Bone Strength

- > Consume adequate amounts of calcium each day
 - o 3-4 serves of dairy food (cheese, milk, yoghurt)
- > Consume sufficient energy every day
 - o this means increasing food intake on training days and match days so that enough energy is always available to the body
- > The 3 main meals should contain a mix of carbohydrate and protein at each meal
- > Snacks should be consumed between meals, especially on training days
- > 'Snack breaks' during a training session- players need to plan ahead
- > Never start a session hungry
- > Consume a recovery snack after a training or match session

Failing to undertake the nutrition strategies listed in the box can limit bone strength and development, increasing injury risk.

For further information contact your State Association or Cricket Australia Sports Dietitian.



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