

6. Pre-game snack for a soccer player:

Sport drink and cereal bar Fruit punch and cookies
Row a boat bends over

7. Pre-game meal for a young hockey player:

Burger, fries and pop Chunky beef stew, Italian bread, applesauce and milk
Gallop freeze

8. Post-game meal for a basketball player in a weekend tournament:

Barbecued ribs and Caesar salad Pasta with chicken, mixed veggies, fruit and yogurt

Kick a soccer ball balance on tiptoe.

9. Breakfast for a freestyle skier (moguls):

French toast, syrup, milk and fruit Donut and coffee
Climb a rope fly kite

10. Lunch for a martial arts athlete:

Tuna sandwich, raw vegetables, skim milk Garden salad and water
Play hacky sack do head ball soccer

11. Dinner for a female speed skater:

Spaghetti with meat sauce, salad, milk, fruit dessert Spaghetti and tomato sauce
Do golf swing pretend skip

12. Mid-afternoon snack for a javelin athlete:

Protein powder and water homemade milk/yogurt/fruit smoothie
Jump sky bowl a bowling ball

13. Pre-training snack for a female gymnast:

Banana and yogurt two liquorices sticks
Run on spot point

14. Pre-competition meal for a hockey or soccer player:

Mashed potatoes, salmon steak, green beans Hamburger, fries, pop
Zigzag Throw Frisbee