

Do Sweat the Small Stuff: Preparing a Tournament Food and Beverage Plan

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Sunday, 17 August 2008
Last Updated Saturday, 20 September 2008

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In my September Slowinski at-large, I discuss the importance of developing a food and beverage plan for improving tournament consistency. I discuss the critical importance of remaining hydrated as well as managing glucose in-take. Both can greatly affect accuracy. In addition, I provide readers with a how-to develop a food and beverage plan.

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