

Kit Bag Snacks for Welsh Squash under 16's

How to use this list: Use it as a reminder of what to put in your kit bag.

Remember: Don't rely on the place you are going to have snacks rely on yourselves to be organised.



Simon's suggestions:

- ▶ Try watered down orange juice/fruit juice instead of sports drinks
- ▶ Add a source of protein: Chicken, Salmon and beans (not Heinz!) were the popular choices
- ▶ Experiment with different snacks to see what works for you. Don't be afraid to try something new.

This list was put together by the Welsh Squash under 16's National Squad @ a Squad Training Weekend March 2011

