



Are you ready for the weekend carnival?

Here's your comprehensive guide on how to ensure you're geared up for the game:

- **Exercise moderation:** As the big weekend approaches, it's crucial not to overexert yourself. Stick to your regular training routine and play your Saturday match, but refrain from any other intense activities that might drain your energy.
- **Injury management:** If you're dealing with injuries or niggles, it's a bit too late for a complete cure this week. However, we can help manage the injury to ensure you're fit to play. Reach out to one of our physios if you're not feeling fighting fit.
- **Sleep matters:** One of the most underrated aspects of performance enhancement is quality sleep. Ensure you're getting sufficient rest to optimise your game-day performance.
- **Hydration and nutrition:** Fuel your body for the challenge ahead. Have a high-carbohydrate meal the night before and consider eating small, nutritious snacks between games. Avoid junk food and prioritise hydration by drinking plenty of fluids throughout the day – be sure to stay out of the sun in between matches.
- **Stretches, support, and taping:** Prioritise injury prevention by stretching properly before each game. If you have previous injuries or instabilities, consider using tape or braces for additional support whilst you train, warm up and play.
- **Warm up:** Don't neglect the importance of warming up before every game. It's easy to fall into a slump while resting between matches, so keep your body primed and ready to perform. Dynamic stretching is the most effective way to engage your muscles.

- **Support and assistance:** Benchmark Rose Bay will be at the venue bright and early to assist you with any concerns before you start playing. Whether you need taping or have questions, we're here to help. Look for Vitali from 7:30 am onwards.

Let's make this weekend carnival one to remember by following the steps above to prevent injury, conserve energy and have fun! Go Diamonds!