

SOCCER FITNESS ATHLETE RECOVERY SCORECARD

YORK UNIVERSITY WOMEN'S VARSITY SOCCER TEAM

WEEK OF AUGUST 15, 2011 – AUGUST 21, 2011

NAME: _____

INITIAL _____

Use the scoring sheet on Page 2 of this document to count the number of points you accumulate each day. Record the points on the table below. Your total score for each day reveals whether or not you are paying adequate attention to physical and mental recovery needs. 17-20 daily points is optimal; 15-16 points is good but shows room for improvement; 14 or less points means you need a serious evaluation of your recovery behaviors. At the end of the week, you must total up your points to get your weekly score, initial and sign the document and return it to the coaching staff by emailing it to Coach Richard Bucciarelli at: richard@soccerfitness.ca.

DAY	TOTAL NUMBER OF POINTS
Monday, August 15, 2011	/20
Tuesday, August 16, 2011	/20
Wednesday, August 17, 2011	/20
Thursday, August 18, 2011	/20
Friday, August 19, 2011	/20
Saturday, August 20, 2011	/20
Sunday, August 21, 2011	/20
WEEKLY SCORE	/140

	Possible Points	SCORING GUIDE ADJUSTMENTS
Nutrition	8	
Breakfast	1	Give 1/2 a point for a less than full breakfast
Lunch	2	Give one point for a less than full lunch
Dinner	2	Give one point for a less than full dinner
Pre-workout snack.....	1	
Post-exercise carb	2	Give one point for refueling below the recommended amount or for delaying more than 60 minutes.
refueling within 60 minutes (recommended: 1.0 to 1.5 g per kg of body weight)		
Hydration.....	2	
Pre-exercise urine:.....	1	
clear or light color		
Post-exercise urine:	1	
clear or light color		
Sleep and Rest.....	4	Give two points for 7 to <8 hours
8 hours of restful sleep	3	Give one point for 6 to <7 hours
Nap during the day.....	1	
Relaxation and Emotional Status ...	3	
Fully relaxed 60 minutes	1	
post-workout or 30 minutes of feet-up relaxation post workout		
No daily psycho-social stress.....	2	Give one point for mild stress
Stretching/Cooldown	3	
Adequate cooldown	2	Give one point for partial cooldown
after exercise		
Stretching for at least 10 minutes..	1	
TOTAL	20	