

Nutrition Basics for Drumline Fueling Athletes and the Arts



**Sports,
Cardiovascular
and Wellness
Nutrition**
a dietetic practice group of the
Academy of Nutrition
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**eat
right.**

Athlete Scenario

When my schedule gets busy with practice and competitions, I sometimes end up skipping meals. When I do, I usually just grab a candy bar or chips from the vending machine before practice, or sometimes nothing at all. I notice on those days that my legs feel tired during practice and I can't hit my marks. I also notice that it's harder to concentrate on the music, and that I don't always have the same chops that I normally would.

Goals

Drumline performers need a diet that fuels strength for explosive movements, endurance for long practices and shows, and focus so that music and cadence remain in sync.

Challenges for Fueling

- The drumline is especially challenging from an athletic standpoint. It requires quick, repeated, explosive movements — all while carrying a drum which can weigh 15–40 pounds or more. This requires both power and endurance. While doing so, performers also play extremely precise music, which requires focus and muscular strength for extended periods of time.
- Carrying a drum increases sweating and may require increased fluid intake.
- Long practices and frequent travel tend to make these challenges more difficult.

Nutrition Strategies

- Don't skip meals! Ensure that meals are balanced with carbohydrate and protein to help promote optimal performance on the line.
- Eat a meal or snack high in carbohydrate about an hour before practice or competition to fill up energy stores. Snack ideas include: dried or fresh fruit, pretzels or crackers, a PB&J, or a granola bar.
- Be strategic with post-practice or competition meals; include protein to help rebuild muscle and fluid (water or milk) to replace what was lost through sweat.
- Moderate caffeine and creatine **may** be beneficial for drummers but must be used appropriately. Supplements are not regulated by the Food and Drug Administration. See the *Caffeine and Creatine Supplementation and Athlete Performance* fact sheets for more information

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Tips to Take With You

- Plan out meals and snacks around practice/competition. See the *Nutrition for Marching Arts* fact sheet for balanced snack ideas.
- Always have water or a sports drink readily available, especially for long practices.
- Be smart if supplementing! If you are considering taking a supplement, consult with a registered dietitian nutritionist (RDN) to find one that is right for you.

**Contact SCAN:
www.scandpg.org
800-249-2875**

Reviewed by SCAN's Athlete and the Arts Nutrition Team, Drum Corps International, and Athletes and the Arts. The key to optimal meal planning is individualization. For personalized nutrition plans contact a SCAN sports dietitian or Board Certified Specialist in Sports Dietetics (CSSD) by accessing "Find a Registered Dietitian Nutritionist" at findanrd.eatright.org.

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