



Preparing for Peak Piranha Performance on Race Day!

Food is Fuel

Please review the information on the back of this page to help you plan your food intake for optimum performance.

Sleep

Your body needs 8 – 10 hours of restful sleep on the night prior to a meet. If you only get 8 hours of sleep, then plan to take at least a 30 minute nap during the day. A well-rested mind and body are important for your best performance.

May I play at the pool on the day of a meet?

No. You should not be out in the sun or in a pool on the day of a meet. If you have a normal exercise routine, cut it at least in half of what you normally would do.

What should I wear?

Boys must have jammers, a speedo, girls wear a one-piece bathing suit underneath your clothing when you arrive at the meet. If your hair is longer than 2", you must have a swim cap. If you wear goggles, be sure they fit properly and are reliable when diving into the water. Team apparel is not required. Bring a towel, footwear, and something warm to wear between and after your swims.

What are my events?

You will receive a list of the events at the practice prior to the meet date. The list will also be sent out by e-mail on the day prior to the meet.

When you arrive at the meet and check-in, you may write your events with marker on your arm as long as your parents approve of this.

What if I cannot attend a meet?

Everyone is important to the team and any swimmer who cannot participate is missed. However, if you will not be able to attend a meet, notify both the Parent Representative AND Head Coach as soon as possible, but no later than 9:30 a.m. on the day of the meet, if you are ill. Coaches are required to turn-in meet line-ups by the morning of the meet.

Where do I check-in?

Check-in with Parent Representative as follows:

	Check-in Time for Meets	
All Swimmers	5:00 p.m.	
	Shift 1- 1 st Half	Shift 2 – 2 nd Half
Parents/Volunteers	5:00 p.m.	6:30 p.m.

How do I show good sportsmanship?

Just as you follow the code of conduct during practices, you follow it at meets. At the end of your race, be sure to congratulate all of the other swimmers (your teammates and the competitors) and wait to get out of the water until all have finished the race so that you can encourage the remaining swimmers and tell them "good effort." Absolutely no taunting of other swimmers.

All cheering should be from a positive point of view. No negative cheers or comments to others.

If another swimmer says anything negative to you. Do not respond unless you can say something nice to them. Lead by your example so others can learn how to be good sports too.

Smart Eating for Swimmers on Race Day

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Reprinted from USA Swimming website: www.usaswimming.org

By Jill Castle, MS, RD, LDN

What do you pack to eat on race day? What's your nutrition prescription?

Everybody has a different approach when it comes to eating on race day. Having a strategy and an execution plan can remove doubt and worry about hunger, energy levels, digestive problems, and keep you focused on the race at hand.

Here are a few guidelines for smart eating and packing up the cooler:

- Don't DQ your day. Breakfast at home or on the road is the metabolism boost every swimmer needs. Instant oatmeal made with skim or low fat milk, toast with nut butter, dry cereal, yogurt and fruit are all light options that rev up the body. If you are competing in the morning, be sure to keep it light. Opt for a heavier breakfast if competition is in the afternoon.
- Pack variety. A few options of fruit, vegetables, grains and high quality protein sources should cover the variable appetite and tummy tolerance you may experience on race day. It's better to have more food options than a large quantity of only two or three foods. Don't make the mistake of relying on a single food or energy bars to get you through the day. While they can do the job of fueling your body, they may not rate in appetite satisfaction. Having a variety of food sources increases the odds of proper fueling and healthy eating.
- Pack enough. You don't want to run out of food, and you may want to share with other swimmers (well-fueled swimmers help the whole team, right?).
- Pay attention to temperature. If you are packing perishables, be sure to add an ice pack. It's no fun to get tummy cramps before a race because something has spoiled.
- Pack in the protein. Protein will be an ally in keeping your blood sugar stable, thus keeping hunger, energy and mood in check. Nibble on cheese sticks or slices, nuts, peanut or nut butters, deli meat slices, yogurt or yogurt drinks, boxes of low fat milk, hummus, hard-boiled eggs or edamame.
- Don't forget the Carbohydrate. Your muscles rely on carbs for fuel. Pack easily digestible sources such as 100% juice, fruit leather, applesauce, fresh or dried fruit, or veggie sticks. Don't forget the more complex carbohydrate foods too, such as crackers, unsweetened dry cereal, pita or other breads, pretzels and graham crackers. Stay away from refined sugars such as soda, candy and desserts on race day.
- Nosh or Nibble? Save "meals" or large quantities of food for big breaks between events. Nibble small amounts of food before and after events that are closely scheduled. At a minimum, you should be nibbling to stay energized and keep your muscles fueled on race day.
- Think your drink. Water, 100% fruit juice and sports drinks are appropriate at a swim meet. Plain and flavored milk are great recovery drink choices after the meet; they provide protein for muscle repair and carbohydrate to re-fuel muscles.
- Know your eating style on race day. If it is counter-productive to racing, follow these guidelines as a strategy for optimal eating. Don't tempt yourself by packing foods or making concession purchases that you (really) don't want to be eating.
- Fiber Facts. Fiber can be a problem on race day, or not. Fiber is a food component to which each swimmer has an individual tolerance. Don't experiment with high fiber foods on race day; sort this out during training season and avoid tummy trouble when it matters most.