

TIPS FOR SWIM MEETS

1st tip: be on time, or before time. Warm-up is VERY important for performance, and that includes stretching.

2nd tip: be on time, or before time. Warm-up is VERY important for performance, and that includes stretching.

3rd tip: be on time, or before time. Warm-up is VERY important for performance, and that includes stretching.

Bring a lot of warm clothes. You need to stay as dry and warm as possible. Your body uses energy to maintain the temperature of your body at the right place. You should use all the energy you have to swim, and not to maintain your body temperature.

Go to bed early. You don't want to wake up and feel that you are still tired.

MEALS (Starting the day before the meet)

The idea is to give your body what he/she is used. Your body is used to process some kind of food, and you should not do too much different during competition periods.

- Breakfast:
 - o GOOD: cereal, milk, oatmeal, bagels, eggs, pancakes, waffle, fruits, toasts, etc. Peanut butter, cream cheese, jelly, butter, etc.
 - o BAD: bacon, sausage, too much syrup, fried things, etc (heavy and hard to digest items).
- Lunch and Dinner:
 - You should have in EVERY meal:
 - o Pasta: spaghetti, lasagna, fettuccini, etc – PIZZA IS NOT PASTA !!!
 - o Protein: red or white lean meat
 - o Fibers: salads – lots of “green”
 - o Liquid: water, juices, sports drink (Gatorade, PowerAde, Vitamin water, etc) – NO ENERGY DRINKS (red bull, etc) or SODAS !!!!!!!
 - o Deserts? Only if it is a little, and not too sweet (one cone of ice cream, one piece of cake, etc)
- BEFORE LEAVING TO THE MEET

You need to eat something “light” right before leaving to the meet. You will be at the pool for 4-5 hours, and is a good idea to eat a small snack right before leaving (turkey sandwich, peanut butter sandwich, etc).
- DURING THE MEET:

You should bring some fruit, or some fast snack (Granola bars, Trail mix, etc), and also Sports drink (Gatorade, PowerAde, Vitamin water, etc). You should not eat anything more than that.

A competition is fun when you swim well. Give your body an opportunity to perform well.

Have always a positive attitude, be happy, and cheers for your teammates.

GO DOLPHINS !!!