

SWIM MEETS...Eat Smart, Stay Strong

- 1) **Eat a good meal the night before.** Include carbohydrates such as rice, pasta, potatoes, beans, peas and lentils. Also eat lean proteins like chicken, fish, eggs and low fat dairy. Remember your green leafy vegetables and fruits. If you have a Thursday evening meet, remember these guidelines also apply for lunch the day of the meet.
- 2) Starting the day before a meet avoid foods that are loaded with fat, are high in sodium and sugar, as well as carbonated drinks. (No fast food, milkshakes, candy or soda). **These foods will make you feel sluggish and tired the day of your swim meet.**
- 3) The day of the meet, pack your swim bag with the fuel necessary to keep you energized throughout the meet. Bring snacks such as an apple, orange, banana, grapes, veggies, nuts, cereal or energy bars, and peanut butter. Nibbling on these foods during your meet will help properly fuel your body to perform its best.
- 4) **Bring 1-2 bottles of water/Gatorade.** You need lots of water to stay hydrated.

MEDICAL INFORMATION REMINDER

If you have a medical condition that requires special devices such as an inhaler or epi pen, please be sure you bring it the day of the meet. Swimmers need to let either your coach know where it is located.

Please let your coach know if you are not feeling well the day of the swim meet.