

Dear Parents and Swimmers,

In recent weeks I've been getting a lot of nutritional questions coming my way. Although I would like to address nutrition in much greater detail with a seminar sometime in the next few weeks, I thought this might be a good time to put out some basic guidelines to help your kids in the short term.

Rather than hit them (or you), with anything too expansive in the midst of this competitive time of the season, I've put together some nutritional "crib notes" that they can start implementing right away. Then, once things get a little less hectic, we can work on making some wholesale changes to the way they eat in general, as well as the way that they fuel their bodies for competition.

I hope you find this information helpful. Please feel free to contact me with any specific questions you may have.

Thanks,

Coach Mike

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