* **Eat well on days leading up to a swim meets**
  + Eating well on the days leading up to a meet is just as important as what you eat the day of.
  + Be sure to optimize energy storage by eating at least three balanced meals a day and include snacks when you get hungry between meals.
* **Key point to Remember:** Your post workout snack needs to contain protein and carbohydrates to set the stage for optimal recovery! The carbohydrate serves to **restore** your muscles with energy while the protein serves to **repair** the breakdown of muscles that occurs when they are put to work.
* **Glycogen/Metabolic Window** 
  + You have a "glycogen window" that lasts for about 30-45 minutes after you stop exercising. If you can refuel within this window, your muscles will be able to take up the carbohydrate and protein needed to repair themselves and prepare for your next workout!
  + CHO: PRO ratio- 2:1 to 4:1 depending on intensity and duration of workout
* **Do not get thirsty!** Drink fluid without the sensation of thirst. Waiting until you are thirsty before drinking fluids guarantees that you are not performing at your best!
* **Check your urine color!** Dark urine color is a sign of dehydration. The lighter the better. Doing regular urine checks will help you monitor your hydration state to improve performance.
* **Veggies and Fruit should be a part of every meal**
  + Great source of carbohydrates, which is your main source of fuel!
  + Will help replenish nutrients lost during workouts, games, and practices
  + Packed with antioxidants which will help prevent against cellular damage