

# 2019 CFM Marlins Fall Swim Meet

October 11<sup>th</sup>-October 13<sup>th</sup>

College of Central Florida-Ocala

3001 SW College Rd

Ocala, FL 34474

## Schedule:

	<u>Arrive</u>	<u>Warm-Up</u>	<u>Meet Start</u>
Friday	3:45pm	4:00pm	5:00pm
Saturday AM 11 & Over Timed Finals:	7:30am	7:45am	9:00am
Saturday PM 10 & Under Timed Finals:	TBA	TBA	not before 12:00
Sunday AM 11 & Over Timed Finals:	7:30am	7:45am	9:00am
Sunday PM 10 & Under Timed Finals:	TBA	TBA	not before 12:00

## Team Apparel:

Friday- Red STARS T-Shirt

Saturday- White STARS T-Shirt

Sunday- Blue STARS T-Shirt

Swimmers- STARS team Suit, and STARS swim cap during warm-ups and competition.

## What to pack?

### **Swimmers:**

Chair, Jacket/Sweatshirt, Sunscreen, Water & Gatorade, Juice/Healthy Snacks, swimsuit (plus a backup), 2 towels, 2 pairs of goggles (tinted for outdoors), 2 STARS swim caps

### **Spectators:**

Chairs, Rain jackets/umbrella's, Water, Camera, Snacks, Pen and Sharpie to write down events, Highlighter to mark swimmer in heat sheets.

## Meet Information:

**“Non-Camera Zones.”** Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for “race starting purposes” during competition and warm-ups, locker rooms, restrooms, or any other dressing area.

In accordance with the MAAPP program (USASWIMMING), **spectators will not be allowed to use the locker rooms/restrooms located in the pool house.** Spectator bathrooms will be in the gymnasium located across the parking lot. No athletes should be utilizing those bathrooms.

Parents and swimmers it is crucial for swimmers to eat before morning practice. Some swimmers will resist a meal before morning practice or the early morning session of a swim meet. Remind swimmers of the analogy of the empty gas tank. If they have not eaten since the previous evening, the gas tank is empty and there is no fuel to produce energy for competition or training

- Eat colorful foods. The more naturally colorful, the more vitamins, minerals, antioxidants, and carbohydrates are available for recovery and general health.
- Eat early and often. The first two hours post-workout are the most critical
- Drink early and often. Hydration must be continuous

Helpful Apps to have at a swim meet!



This App helps you track the results of the meet as it goes on. The meet host has to upload the results online from the main computer. The app then posts the results for each event as it is uploaded. The results on the app are not official unless otherwise posted. This app does require an annual service fee but is very worth it.

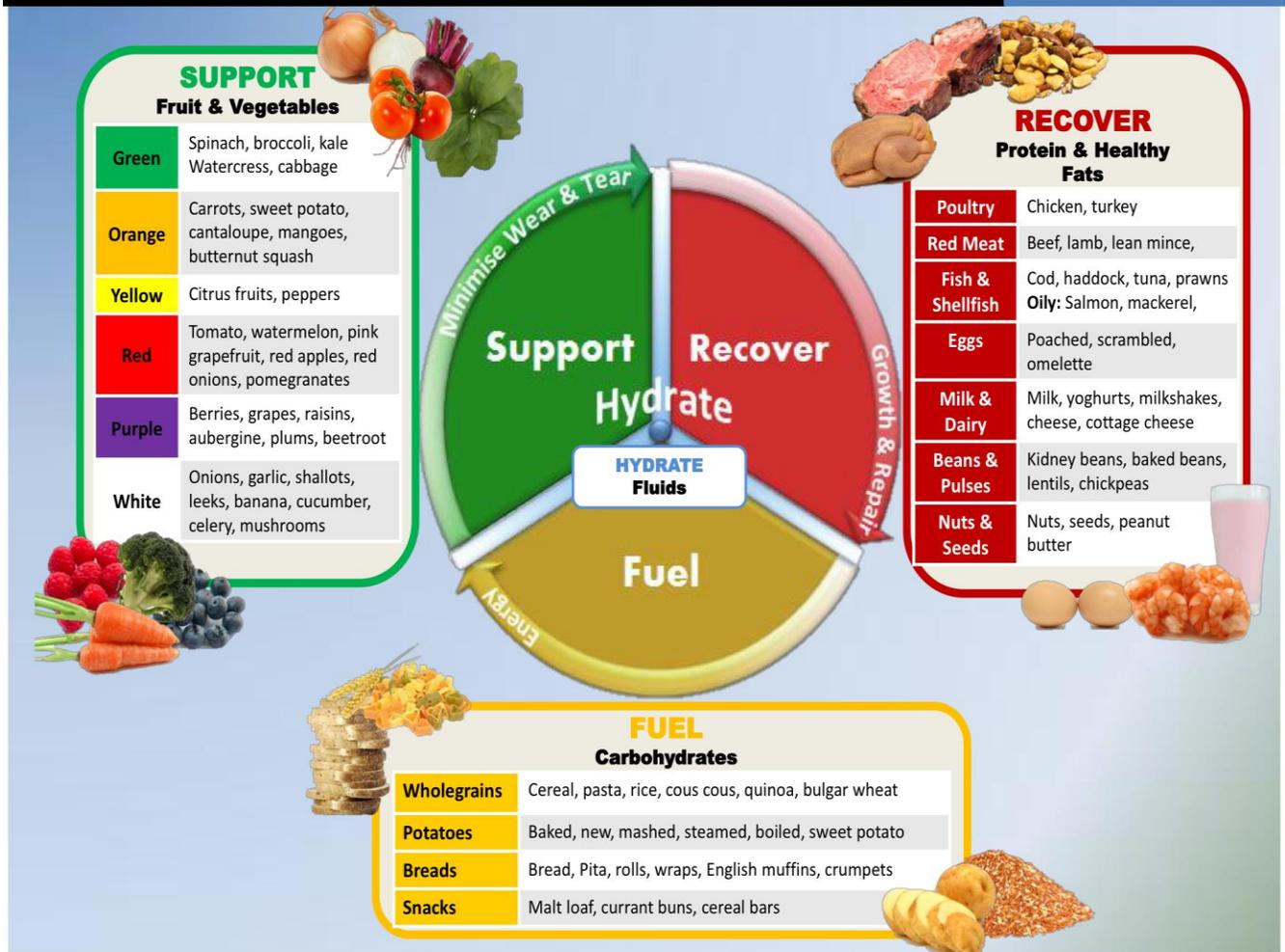


This app lets you see what your swimmers official time is on the USA Swimming Database. You will have to create an account on [usaswimming.org](http://usaswimming.org) and the app will become an extension of your account, with best times, USA Swimming web awards and milestones.



This App lets you access your team account on your phone. You can sign up for meets, do meet entries, volunteer for events and news. You can log in with your username and password for the team webpage.

# PERFORMANCE MEAL WHEEL



## Basic Nutrition for Athletes:

The basic nutrients are carbohydrates, proteins, fats, vitamins, minerals and water.

- Carbohydrates are the primary fuel source for aerobic athletes and, contrary to popular opinion, are not fattening. If taken in reasonable amounts, carbohydrates are used for energy, leaving little to be converted to body fat.
- Protein builds and repairs muscle, produces hormones, supports the immune system, and replaces red blood cells. Protein is not a main source of energy except in cases of malnutrition or starvation. Most athletes do not need extra protein. They get adequate protein from a normal diet. Again, contrary to popular opinion, protein does not build muscle bulk; only exercise does that.
- Fats are essential for hormone production, storage of vitamins, and delivery of essential fatty acids. The body needs fat, but the average American diet contains more than enough. High fat foods should be traded for low fat substitutes so that fat intake is limited to 25% of total calories.

- The necessary vitamins and minerals are also readily available in the foods consumed in a healthy diet. Vitamins, minerals, and water make the body more efficient at accessing carbohydrates, fats, and proteins when they are needed during exercise and recovery.

In terms of total calories, swimmers should aim for a diet of:

- 60% carbohydrate
- 15% protein
- 25% fat

## Recovery Nutrition

- After exercise, the dietary goal is to provide adequate energy and carbohydrates to replace muscle glycogen and ensure rapid recovery.
- Start the replenishment process immediately. The “window of opportunity” to maximize glycogen replacement lasts only about 2 hours.
- It is also advisable to pulse the system, i.e., eat something substantial every hour rather than waiting for a large meal or eating only every 3 to 4 hours. The replenishment should be adjusted according to the intensity of the practice. A less intense workout requires less replenishment.
- Finally, something is better than nothing, so emphasize consuming some carbohydrate fuel immediately after workout rather than waiting until the next full meal.

## Nutrition for Competition

Once again, teach athletes that there is no magic food and that they must focus on long-term nutritional choices. When it comes to swim meets, they need to prepare nutritionally for the entire competition. There is no way to fuel for a particular race. It is important to maintain constant energy, blood sugar levels, and hydration by snacking and replenishing throughout the competition. Shown below are some recommendations for “competition cuisine.”

<b>One Hour or less to go</b>	<b>2-3 Hours to Go</b>	<b>3-4 Hours to go</b>
Fruit and vegetable juice such as orange, tomato, or V-8	Fresh fruit and vegetable juices	Fresh fruit, and fruit and vegetable juices
AND/OR	AND	AND
Fresh fruit such as apples, watermelon, peaches, grapes, or oranges	Breads, bagels, English muffins with limited amounts of butter, margarine, cream cheese, or peanut butter	Breads, bagels, baked potatoes, cereal with low-fat or skim milk yogurt, sandwiches with a small amount of peanut butter or lean meats and cheese
AND/OR	AND/OR	AND/OR
1 ½ cups of a sports drink	4 cups of a sport drink	7 ½ cups of a sport drink