

# NWGA NITROS NEWS

October 2017



Halloween Fun Practice ,  
Monday, October 30<sup>th</sup> at 5pm for all age groups.

Items needed are: pumpkins, apples, candy and prizes for costume contest (1 for each age group).

## In this issue...

Great information for swimmers to learn about Healthy Eating & Nutrition to be better prepared for upcoming swim events.



Nitros Swimmers and Families had a great time rafting the Nantahala on their 2<sup>nd</sup> annual trip. What a great way to close out Summer.

## UPCOMING SWIM EVENTS

### Swim A Thon

Date: 10/2/17  
Time: During practice times  
Location: CAC

### SCAT Invitational

Date: 10/7-10/8/17  
Time: TBA  
Location: Ga Tech

### Wicked

Date: 10/28-10/29/17  
Time: TBA  
Location: CAC



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# Healthy Meals and Snacks for the Athlete

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- As a registered dietician, a common phrase I hear is: “I have no time to eat breakfast, plan meals, or pack snacks for the day. It’s just impossible!” Between school, sports practices, homework, and extracurricular activities, finding time for healthy yet quick options for meals and snacks can be quite the challenge!
- Your child’s nutrition directly affects their [performance both on and off the field](#). And proper nutrition also helps prevent illness and injury. Many young athletes do not have a snack before they head out to practice after school, but snacks are an important part of an athlete’s day.
- If possible, an athlete should aim to have a snack 30 minutes to an hour before practice. And if you have practice in the evening hours, taking just five minutes to pack a peanut butter and jelly sandwich, banana, carrots with dip and a granola bar will better fuel your young athlete than a burger and fries from a fast food drive-thru. You can time it and make it a family game!
- Good nutrition practices and a healthy diet are one of the greatest keys to success for your young athlete., The tips and ideas below can help you find the time to plan more nutritious meals and snacks for you and your family.
- Wishing everyone a happy, fueled sports season and new year!
- General Tips for Healthy Meals and Snacks:
  - Plan ahead for the week. Take 10 minutes on the weekend to plan out a family calendar of meals.
  - If you have to hit up the drive thru, make smarter choices like grilled chicken sandwiches/wraps, apple slices, or yogurt parfaits.
  - Pack meals to take with you. Have all items deconstructed in the refrigerator and ready to go for quick preparation!
  - Buy food items in bulk to have on hand during busy seasons.
  - Provide food for your child to keep in their locker or backpack.
  - Pack 2-3 meals ahead of time. Put in lunch boxes or brown bags for quick grab and go access.
  - Get the kids involved! Studies have shown greater compliance with healthy eating if your child has a hand in meal preparation.
- Healthy Breakfast Ideas:
  - Smoothies – put all the ingredients in the blender the night before, and stick it in the fridge overnight so it’s ready to go when the kids wake up
  - English muffins with peanut butter and banana slices
  - Yogurt, granola, fruit parfait
  - Granola bar with piece of fruit
  - Hard boiled eggs and toast
  - Whole grain cereal with milk
  - Non-traditional breakfast is okay too!
    - Turkey/cheese sandwiches
    - Cheese stick and crackers
    - Leftovers from the night before
    - Breakfast pizza on English muffin with sauce, cheese, and veggies
- Healthy Lunch and Dinner Ideas:
  - Chicken breast/fish/lean beef with pasta/rice/quinoa, veggie side dish, whole grain rolls, and frozen yogurt for dessert
  - Pasta with lean meat sauce, garden salad, and whole grain rolls
  - Burritos or rice bowls with rice, chicken/pork/beef, beans, vegetables, salsa, light sour cream and cheese Sandwiches on whole grain bread, turkey/chicken/roast beef, veggies, cheese, and pretzels or baked chips on the side
  - Veggie and chicken quesadillas, with tortilla chips and guacamole
  - Stir fry with chicken/pork/beef and veggies, served over rice or noodles
  - Turkey sandwiches with cheese warmed in the oven topped with veggies. Serve with fruit.
- Healthy Snack Ideas:
  - Granola bars
  - Crackers with peanut butter
  - Fruit (banana, apple, applesauce in a pouch) and nuts
  - Baggie of trail mix
  - Pretzels with cheese cubes
  - Cheese stick with a piece of fruit
  - Popcorn
  - Half of turkey sandwich
  - Bowl of whole grain cereal
  -

# Nutrition for Swim Meets

While swimmers should focus on eating balanced and nutritious foods all of the time, eating for swim meets is often a popular topic. This article will give you some guidelines to follow when eating before, during and after the meet.

Eating at swim meets does not allow for you to eat a normal breakfast, lunch and dinner as you are constantly on the go. Therefore, in order to ensure that your body has the right levels of fuel, you need to plan in advance what and when you will eat during the meet.

## BEFORE THE MEET

Swimmers should not rely on the pre-meet meal to supply the energy for the meet, as the energy that will be used during the races should already be stored in the muscles from carbohydrate-rich meals eaten during the previous two to three days. However, the swimmer should not skip the pre-meet meal even if there is a very early start to the meet.

## EATS BEFORE THE MEET

Cereal---Toast

Bagel---Pancakes

Juice---Fruit

The pre-meet meal should be eaten 2-4 hours before the first race to allow the food to be digested and leave the stomach. If there is still food in the stomach when it comes time to race, blood will be going to the stomach to aid digestion instead of the muscles where it is needed. The meal should be 500-1000 calories and should be high in carbohydrates and low in fat and protein. The most important thing to remember about the pre-race meal is to eat and eat mostly carbohydrates.

## DURING THE MEET

The most important thing to remember when eating during the meet is to drink plenty of fluids and eat small amounts of carbohydrate-rich foods. If you have less than an hour between events, stick to water, diluted sports drinks and fruit juices, part of a high carbohydrate energy bar, fruit or a few low fat crackers.

If you have 2-4 hours between events you can eat something more substantial such as a bagel, toast, fruit and granola bars, or dry cereal. Avoid anything that has too much fat, fiber, or protein as these nutrients slow down digestion. Remember, that if there is food in your stomach there is blood aiding in digestion that could be supplying the muscles with oxygen.

## EATS DURING THE MEET

Bagels	Soy nuts	Chili in a cup	Pretzels
Fruit	Dry Cereal	Sandwiches of turkey or other low fat meat	
Fruit juices	Soups in cup	Sports Drinks	Fruit Smoothies
Trail Mix	Low-Fat Crackers	Vegetables	Water
Jerky	Oatmeal in a cup	Yogurt	

# Nutrition for Swim Meets Continued....

## EATS DURING THE MEET

If you have more than four hours between events as often happens during a prelim-final meet, add some protein to your high fluid and high carbohydrate intake. The protein aids your body in recovery and this extended period of time allows it to be digested.

Do not rely on concession stands at swim meets to provide you with food during the meet. They often do not provide very nutritious selections. Stay away from the pizza, nachos, hot dogs, and candy and go for the bagels, vegetables, water and fruit. Never rely on the concession stand to provide healthy choices; always plan ahead and pack nutritious foods that you are familiar with. Meet days are not times to try something new.

Recovery nutrition is about planning an eating and drinking strategy that helps your body:

1. Recover from the physical stresses of racing
2. Prepare for the racing to come.

This is also called the REPAIR\_PREPARE approach to Swim Meet eating.

Recovery nutrition is a technique which provides the swimmers body with what they need to recover....eg.carbohydrates to replace used up energy, proteins for muscle building and repair and prepare for the next day of competition.

In between races, recovery nutrition is about replenishing energy stores quickly and effectively so that the next race can be completed at maximum speed.

## FOODS THAT AID IN A RECOVERY NUTRITION PROGRAM BETWEEN RACES INCLUDE

Fruit      Fruit Smoothies      Dried Fruits      Sports Drinks

To maximize the impact of these “recovery foods” they need to be eaten or drunk as soon as possible after racing.

## AFTER THE MEET

To speed up recovery after meets, be sure to drink 16 to 24 ounces of fluids such as water or diluted sports drink or fruit juice before your last race. Also, within a half hour after your last race eat a high carbohydrate snack with some protein. This will aid in your recovery. Then within two hours of the end of a meet eat a full balanced meal.

Spaghetti with Meat Sauce      Bean Burrito w/rice

Low fat Beef or chicken w/potatoes and rice

Milk      Yogurt      Fruit      Vegetables

# MORE NITROS NEWS

Life is better  
when you are  
swimming.

## FRIENDLY REMINDERS:

- Monthly Dues are due before the 7th of the month. After the 7th, a late fee of \$15 will be charged.
- Swim A Thon will take place on Monday, October 2nd during practice times. \$25 minimum per swimmer and envelopes will be collected at the event.
  - Spirit Wear Orders: Families may order additional shirts through the CAC office. Orders are closed for September, but will open back up again in December and March.

## COACHES

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