



ATHLETE NEWSLETTER

A MESSAGE FROM THE NEW ENGLAND SWIMMING ATHLETE REPRESENTATIVES

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As championship season approaches for us, here are some helpful ideas and reminders to ensure that you have a successful meet and swim fast!

NUTRITION

is something that should be on your mind constantly. Not only should you be striving to maintain a healthy diet all season long, it is especially important to eat healthfully before big meets. Eating foods that are good for your body will help improve things like endurance in swimming while you are training or racing. Some very important tips to keep a balanced diet that will lead to the best results this season are:

1. Breakfast before a meet should be filled with protein and fruits or vegetables instead of just carbs → something like a bagel WITH added peanut butter and fruit
2. Eating little snacks often throughout the meet is better than eating a large meal to keep blood pressure levels steady → good snack options are smoothies, dried fruits, granola

HYDRATE

Athletes know it is important to hydrate, but do they know all of

the benefits? Drinking water/fluids not only helps keep the body refueled by helping carry vital nutrients and oxygen to the cells, but it also helps your body absorb those nutrients into the cells. Dehydration is detrimental for any athlete's body. This is one of

the many reasons keeping hydrated is so important for performing and practicing your best in and out of the pool.

SLEEP

is very important to ensure a fast weekend of swimming. Tired muscles do not perform as well as rested muscles. You should start to sleep more at least two weeks before your meet begins. This is called "banking sleep". A study conducted at Stanford University demonstrated that increasing sleep to 10 hours per night for a period of time improved athletic performance in a wide variety of sports. On the final night before the meet, be sure to settle down early. Try not to eat a huge meal before going to bed and refrain from consuming caffeine. If you find yourself waking up in the middle of the night due to nerves, do not panic as you have already banked enough sleep to perform at your best. If you are still tired the day of the meet, plan a twenty-minute power nap in your schedule.

**NUTRITION,
HYDRATION AND
SLEEP ARE THREE
KEY FACTORS TO BE**

PREVENT BAD AIR QUALITY

During some meets, many of you may have heard/experienced poor air quality and have become sickened by it. It has recently become a health hazard, causing many swimmers to cut their championship meet short because the conditions become unsafe. The main cause for the poor conditions is from swimmers peeing in the pool because they are unable to take their suits off easily in the bathroom. Sweat and oils that cover our skin from everyday activities can also cause problems with the air quality. **To lessen and prevent the poor air quality, please do your business in the bathroom or shower, and NOT in the pool. Good luck to all of our swimmers, and we cannot wait to see how our championship meets go!**