

Healthy Habits:

Water:

Drinking your weight divided by 2 every day is ESSENTIAL to your well being! Not drinking water can lead to upset stomach, headaches and muscle aches.

Do the math: My weight _____ /2= _____

*We are doing a water challenge this season so get working on your water intake now!

Sleep:

Teens need 8-10 hours of sleep a night to function well, and let's face it, athletes probably need MORE when possible. You are working your bodies really hard during season so you need sleep to RECOVER, manage daily stress, focus, perform and do your school work.

I need _____ hrs of sleep a night

Nutrition:

(Eye roll anyone?). Imagine that your body is a CAR. The food you put it in allows it to run very well or to be the STRUGGLE BUS! The more you maintain healthy eating habits the better you will FEEL and PERFORM. Make sure you are eating protein, greens, healthy fats, fiber and carbs (the good kind). Start your day with something healthy and filling. Snack on healthy foods during the day, load up on nutrition for lunch and have a small snack on the way to swimming (hopefully something easy to digest). Then after working out make sure you get some protein in within a half hour of ending your workout (think an 8 oz glass of chocolate milk). Finish your night with a well-rounded dinner! And drink water, water, water.

I will have _____ kind of protein after my workout every day.

Stretching:

Stretching is a KEY component to keeping your body in shape to perform throughout the season!!!! We have very little time during your season where there is time for stretching so do yourself (and your body) a favor and stretch at home. DAILY. Take 5-10 minutes and do the stretches YOUR body most needs. Everyone is created differently and will have unique needs. For some of you, it will look like you need to address your legs, some of you hips and others will need to take care of their shoulders. I would recommend a stretching routine that addresses all areas, but for sure focus on the areas you need most.

What areas of my body most need stretching: _____



Mindfulness:

Mindfulness, shmindfulness. I know, I know. I teach this and so it is something I am super excited about, but we know from research that mindfulness is a MUST for all of us, especially teens. You guys face stress on a daily basis and learning how to cope with that by using mindfulness is a huge ASSET when it comes to performing at meets, school and in learning how to manage your reactions to daily life. We discuss your body throughout season, but what we know is that your mind plays a GIGANTANORMOUS role in how you perform as well. Mindfulness allows us to address our thoughts and emotions in a calmer and more balanced way. TRUST ME. Mindfulness can look like meditation, taking a slow walk, doing something artistic or just BREATHING. We will discuss this in depth this season so hopefully you will have all kinds of ideas. We will be doing this THROUGHOUT season this year because we want you to be able to use this skill well before we get into the super challenging end of season meets.

*Put your phone away for this, like OUT OF THE ROOM if needed.

I will spend_____ time every day doing something mindful.

Balance:

Balance means doing #allthethings. You have friends, school, swimming, family functions, vacations and other activities! I know Kristen wants you all to be well-rounded humans (and I LOVE her for this). Time management is an aspect of balance (and why we created a calendar for you all to use) so that you are aware of what you need to DO during season. Remember that your self-care is a part of this. Setting time aside for meals, sleep, stretching, mindfulness etc is SUPER IMPORTANT.

What are my priorities during season?

How much time do I need for each area of life? (use calendar)

Sleep	Friendship/Fun	Activities
School work	Swimming	

FUN:

Read it again. FUN. The entire length of my practice and a value set of mine is to have FUN. Life is busy, challenging and to balance that out, FUN is the answer! I have been making jokes, being stupid silly and finding the humor in every day moments has SAVED me and my clients for YEARS. PLEASE make sure you are having FUN with your teammates and outside of your swimming time!! Work HARD, PLAY hard right? It is my belief that we can create fun no matter what we are doing.

