

VOLTAGE AQUATICS

From the Coaches

February and March are full of championship meets including Snake River Winter championships, Age Group Sectionals and Senior Sectionals. It is important to take care of your body out of the water to ensure for fast racing. Sleeping and eating habits going into a big meet will have a huge effect on your performance. Here are some proven tips from NC States Director of Sports Nutrition (**Diana Nguyen**) to make sure you eat AND swim well the day of the big meet!

1. Practice what you are going to eat ahead of time.

There are foods that you know work for you. And those that don't. Figure out what they are during training so that you can better plan out what you are going to eat in competition. "Practice with different snacks before, during and after practice to see what works best for you," says Nguyen. Knowing what works gives you a blueprint for what to eat in competition so that you can plan your nutrition over the course of the day and the weekend.

2. Avoid surprises.

One of the alluring aspects of being away from home at a swim meet is eating new foods. While experimentation is fun and variety is the spice of life and all that, getting frisky with your palette on race day is a risky choice. Whether it's food or supplements, Nguyen advises to sticking to what works and staying away from experimenting on race day. (Remember tip one?)

3. Stock up on high-carb snacks to fuel high-performance radness.

Stick to high-carbohydrate foods that are easy on your tummy while you are at the pool.

Nguyen recommends snacks such as bananas, apple sauce, pretzels, pita chips, bagels, fig newtons, dried dates, Cliff bars, PB&J sandwich, and electrolyte drinks.

The good news is that these food items can be planned for and packed in your swim bag, which will help keep you from diving head-first into the assorted vending machines in the pool lobby.

4. Time your meals properly.

Racing on a full belly is not only uncomfortable, it's probably gonna cause us some extra drag (not sure, but seems likely) with our belly button reaching for the bottom of the pool.

But you also don't want to *not* eat. Here's how to time your food on race day:

- Eat your last big meal **three hours** before racing to allow for ample time to digest, advises Nguyen.
- Between **30 and 60 minutes** prior to your race, "Have a carbohydrate rich snack for a quick energy boost."

5. Don't forget to drink lots of water.

Yep—we swim in a pool. Full of water. So much water. That we *can't* (or rather, *shouldn't*) drink. Although it's easy to assume that we don't [sweat while in the water](#), or think that because we are swimming in water we are somehow hydrating ourselves vis osmosis, swimmers still need to drink lots of water to maintain proper body function. The side effects of dehydration are nasty: you recover slower, your perceived effort goes up, and there is a general decline in performance.

~ Coach Phoebe

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Important Dates

February 9-15: *Psych Up Week*.

February 16-18: *SRS Winter Championships*, Nampa.

February 16-17: No practice.

March 15-18: *Senior Sectionals*, Federal Way, WA.

March 17: *Pot O' Gold Meet*, Jackpot, NV.

March 22-25: *Age Group Sectionals*, Federal Way, WA.

April 21: *Swim-A-Thon*, Idaho Falls.

April 27-28: *IMX Swim Meet*, Idaho Falls.

Swim-A-Thon

The Voltage Swim-A-Thon will be Saturday, April 21 from 9am-11am at the Idaho Falls pool. This is a great fundraising opportunity and a way to meet your family commitment. Stay tuned for more information on how to raise money for the team.

Team Records

Several Voltage team records were broken this past month. The Team Records are posted on the team website:

https://www.teamunify.com/srifcst/_doc_/VOLTAGE%20AQUATICS%20TEAM%20RECORDS_6.pdf

IMX Meet

Voltage Aquatics will be hosting the IMX meet April 27-28. We will need lots of volunteers to help run this two day meet.

Volt Values

Honesty:

Voltage Aquatics is striving to teach all swimmers the value of Honesty in their lives!

Definition:

1. Fairness and straightforwardness of conduct
2. not lying, stealing, or cheating.
3. showing or suggesting a good and truthful character.
4. not hiding the truth about someone or something

What does Honesty mean to you?

Why is being honest Important?

What are some examples of how you have been honest recently?

Psych Up Week

Friday February 9th: Drag Day

Monday February 12th: Poster Board Decoration!

Tuesday February 13th: Challenge Day!

Wednesday February 14th: Race practice and a cheer off during regular practice time!

Thursday February 15th: Breakfast after Morning practice. Relays and psych up cupcakes after afternoon practice!

Who's that swimmer: Throughout the week we will take pictures of each swimmer in the same cap and goggles and display them at the pool. See how many swimmers you can name correctly!

All Week: Come sign a few t-shirts with inspirational words of wisdom for those competing at the SRS winter Championship meet. The swimmer with the most time dropped (by percentage) will get to keep the Voltage Aquatics 2018 Inspirational T-shirt.