

CITY Digital Swimming Rambler Vol 2

PCS Nutrition Corner: What happens if a swimmer comes to practice on an empty stomach, or even worse, filled up on fatty processed foods? Stomach cramps, no energy, bad moods followed by a cruddy swim leading to an even worse mood. Sometimes we wake up late or just have the food blahs and nothing sounds good. An easy way to make sure you always have that fuel is to keep easy to grab snacks in the house and to be sure to eat adequate carbs the night before. Carbohydrates are essential for keeping a swimmer from feeling hungry before and during exercise and helps maintain the optimal levels of energy for the exercising muscles. Fruit, fruit juice, toast or a bagel and of course, granola bars are all quick, easy energy sources. Recovery is essential to performance, so be sure to refuel and rehydrate after a workout as well.

We are inviting all swimmers and parents to share some of your favorite snacks and recipes with us to be posted in our newsletter. Email coach Rachael at sweetwatersdancingpiper@yahoo.com

“Cinnamon raisin bagel, toasted and sometimes a little bit of peanut butter and banana is my usual morning practice food” - CITY swimmer

Dryland Ideas

Please remember to be safe, smart and stick with things you can safely do on your own at your home!

[SwimSwam Dryland #3](#)

[SwimSwam Dryland #4](#)

[Kids Cardio](#)

[USA Swimming Core Body Strength](#)

[Benefits from Swimming](#)

If you don't have time to do it right, when will you have time to do it over?

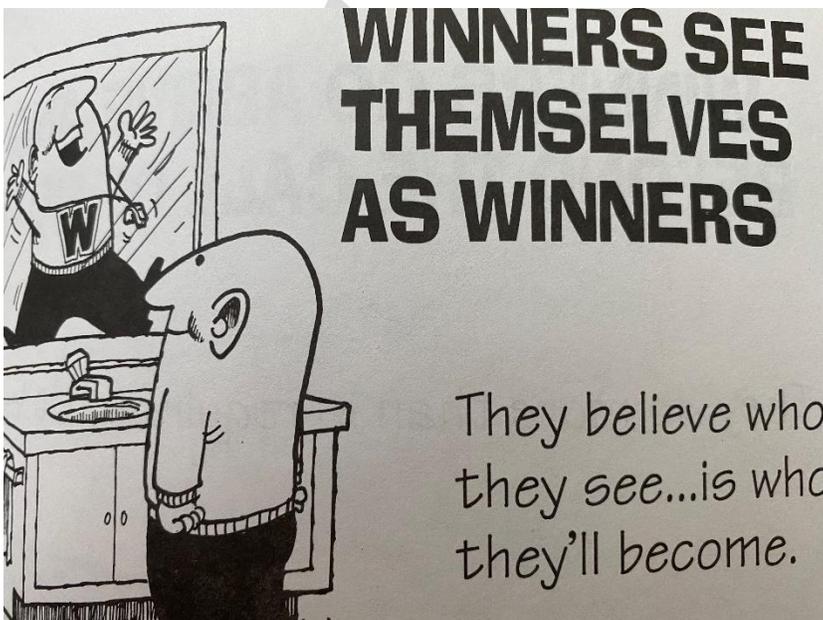
~ John Wooden

Parent Education

[Parents getting into Swimming](#)

[Things for swim parents to think about](#)

Please remember that the USA Swimming Tech suit ban for 12-U swimmers goes into effect on September 1, 2020.



Races of the Day

[Kristof Milak: 200 Fly LCM](#)

[Misty Hyman: 200 Fly - LCM](#)

Mike's Motivational Movies:

42, We are Marshall, Stand and Deliver, Pride, Coach Carter, Dumb and Dumber, Avengers, Hoosiers, Invictus, Rocky 1-865, Creed 1-2, Soul Surfer, Cool Runnings