

Health and Nutrition for NBSC



Spring/Summer 2018

DEAR SWIMMERS AND THEIR FAMILIES,

WATER IS NO JOKE!

We all have the same goal for our team this season; for our swimmers to improve themselves. As much as our training in the water will improve our swimmers, there are some things we can do at home that can help them reach those goals.

Our swimmers are not sponges, and they cannot absorb water just by swimming in it. Even though the majority of our practices are held in the water, it is super important for our swimmers to drink water DURING practice.

Coach Kylie is graduating from UW Whitewater this spring, in addition to teaching in the general education classroom, she is licensed to teach health for students K-8 and has put together some health and nutrition recommendations for this season to help us build a great season together.

Dehydration is an entirely preventable problem. It is extremely important for our swimmers to bring water bottles and have them on deck. During dryland and nearly any other sport, it is possible to see physical sweat. For swimmers, it is not as obvious when it is happening. Common signs of sweating and loss of hydration in the pool are red face, heavy breathing, dry mouth, muscle cramps and dizziness. Responsibility is very important for our swimmers to learn; however, gentle reminders from parents might guide our swimmers in the right direction for proper hydration.

Please read these recommendations with your swimmer, and if you have any questions, do not hesitate to reach out! We look forward to a great season with you all!

What should my swimmers bring to drink to practice?

Water is perfect to replenish hydration for young swimmers. Many sports drinks advertise that they are the best choice for workouts; however, they also contain high amounts of unnecessary sugars. If a swimmer does want to drink a sports drink, encourage swimmers to water down the sports drink.

Happy Swimming!

How much should my swimmer drink per day? The

latest recommendations are no longer 8 oz per day. To figure out the right amount of water, you need to do some math. The weight in pounds multiplied by 0.6. For example, if someone weighs 100 lbs., $100 \times 0.6 = 60$. 60 oz of water per day is the amount of water a person should drink. These ounces are able to consist of water, milk or tea. Fruit juices, soda and sports drinks should be limited.

Coach Katie, Coach Kylie, Coach Christine and
Coach Jim

Good Nutrition=Results

WOULD YOU RATHER...

Eat Goldfish crackers or Doritos? Goldfish crackers have less fat and more fiber.

Drink apple juice or skim milk? Skim milk has more protein and less sugar.

Eat a peanut butter sandwich or cereal? A peanut butter sandwich will have more protein and carbohydrates and less sugar than cereal.

BEFORE SWIMMING

To ensure our swimmers are practicing and competing at their best, it is important for them to come to practice and meets with something in their stomachs. Because digesting takes energy from the body, it is advised that athletes eat a meal at least 1-2 hours prior to practicing or competing. If this is not possible due to scheduling, it is important for swimmers to come having eaten a snack. Carbohydrates and fruit are easily digestible and good snacks to have prepared for swimmers. Foods with fat or excessive fiber should be avoided prior to practice. It will cause muscle cramps during practicing.

SWIM MEETS

On average, a swim meet lasts 4 hours after the warm up. With the total amount of time our swimmers spend waiting for their events, they lose hydration and fuel. Small snacks and a water bottle are equally as important as your towel to pack for a meet. Snacks for a meet should consist of fruits and carbohydrates, which are easily digestible. Snacks high in fiber and fats should be avoided right before competing, because these foods require more energy for the body to break down, thus leaving less energy for our swimmers in their race.

MENTAL HEALTH

“There are always going to be obstacles that come in your way, STAY POSITIVE” - Michael Phelps

An athlete with good mental health is better equipped to practice, compete and make more realistic goals. When a swimmer's mental health and self esteem is lowered, his or her ability to practice is hindered on what is bothering them. They are distracted during practice and not focused on improving their techniques and building the foundational skills for good swimming. Poor mental health can affect swimmers during competition as well. During a swim meet, some events do not go as planned. It is important swimmers have a good mental health status that will allow them to shake off events that do not go well, Coach Katie encourages our swimmers to fill out goal sheets every season. Swimmers with good mental health have the ability to set more realistic goals for themselves. As coaches, we encourage our swimmers to come to us when they need to talk or something is bothering them. Mental health is something as coaches, parents and athletes can work to improve together. Reminder it is 90% mentality, 10% ability.



AFTER PRACTICE

Within the first 45 minutes of practice ending, swimmers should have an after workout meal. This is especially important if the swimmers did not get to eat a meal prior to practicing.

What should my swimmer eat after practice? Protein and carbohydrates are the most important to eat after practice. Additionally to help in the muscle recovery process, a small amount of fat. Apples, toast and peanut butter are a great example of an after practice snack. The peanut butter has protein and fat, and the apples and toast have carbohydrates. Another great after practice snack endorsed by USA swimming is chocolate milk.