OCTOBER 2024

DART SWIMMING SOLANO

Nutrition Overview

Written by Coach Kai Nabeta-Cacal

AGENDA

- Introduction
- Food Groups
- Day in the Life of a Swimmer
- Athlete's Plate
- Fueling for Competition
- Fueling for Training
- Keeping Hydrated
- Dietary Supplements
- Links
- Questions

EAT, SLEEP, SWIM, REPEAT

INTRODUCTION

Nutrition is one of the key aspects of life that promote physical health. For athletes, nutrition and hydration play a significant role in their performance. When swimming, the athlete uses almost every muscle of the body as they move through the water. Due to the cardiovascular and intensity of the sport, swimmers need enough quality foods and more than enough water to perform at their fullest potential. The following includes information on the nutrition and hydration levels that swimmers need to hit their peak performance.

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FOOD GROUPS

According to MyPlate, a U.S. department of agriculture guideline for nutrition, everyone should incorporate each of the 5 food groups (fruits, vegetables, grains, protein, dairy) in order to obtain the nutrient needed to function properly.

The following are a few nutritional facts of each of the food groups and a list (not limited to) of foods from each food group:

- Fruits: Most fruits and fruit juices are low in fat, sodium, and calories and may reduce the risk for heart disease.
- Vegetables: There are 5 subgroups of vegetables based on their nutrients (dark green; red and orange; bean, peas, and lentils; starchy; and other vegetables). Most vegetables are naturally low in fat and calories and can reduce the risk for heart disease and certain types of cancers.
- Grains: Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain. Grains provide the body with many nutrients, including complex carbohydrates, dietary fiber, several B vitamins, and minerals (iron, magnesium, and selenium).
- Proteins: Protein foods include seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts, seeds, and soy products. Meat and poultry choices should be lean or low fat. Seafood choices should be high in healthy fatty acids (omeg-3s) and low in methylmercury. Protein foods provide the body with B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.
- Dairy: Dairy includes milk (cow milk, lactose-free milk, fortified soy milk), yogurt, and cheese. Dairy products help build and maintain strong bones. They also provide the body nutrients such as calcium, phosphorus, vitamins A, D, and B12, riboflavin, protein, potassium, zinc, choline, magnesium, and selenium.

DAY IN THE LIFE OF A SWIMMER

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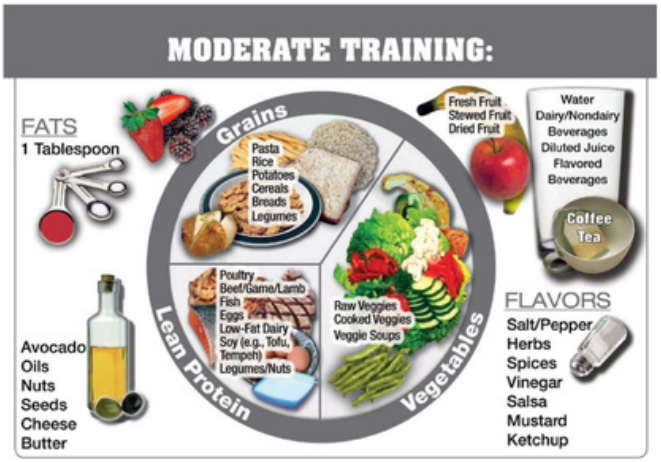
The quality and quantity of foods are important for athletes to consider when they want to perform at their fullest potential. Swimmers in particular need a higher quantity of food to keep up with the physical demands of the sport.

As training volume and intensity vary from day to day and week to week, it is also important to consider the training cycle the swimmers are in so they may adjust their eating.

- **Easy Training/Tapering**: Days where the volume and intensity are low, swimmers do not need to load up as their training requires less energy/calories. Their plate should consist of 50% fruits and vegetables, 25% proteins, and 20% grains while making sure to replenish the fluids lost with water, dairy/nondairy beverages, diluted juice, or flavored beverages that contain electrolytes.
- **Moderate Training**: Days where the volume and intensity are moderate, swimmers will need enough energy/calories to move efficiently and effectively. Their plate should consist of 40% fruits and vegetables, 25% proteins, and 35% grains while making sure to replenish the fluids lost with water, dairy/nondairy beverages, diluted juice, or flavored beverages that contain electrolytes.
- **Hard Training/Race Day**: Training days where the volume and intensity are high or competition, swimmers require plenty of energy/calories. Their plate should consist of 50% grains which provide the carbohydrates needed for extra fuel, 25% protein, and 25% fruits and vegetables while making sure to replenish the fluids lost with water, dairy/nondairy beverages, diluted juice, or flavored beverages that contain electrolytes.

ATHLETE'S PLATE



https://www.usaswimming.org/docs/default-source/camps/national-select-camp/sports-nutrition-for-swimmers.pdf

FUELING FOR COMPETITION

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According to the United States Olympic and Paralympic Committee, the nutrition team has determined that carbohydrate loading or "carbo-loading" leading up to competition allows athletes to maintain the blood sugar levels and fuel needed to sustain high intensity exercise and power output during intermittent high intensity performance. It is essential for swimmers to make sure to replenish energy stores in order to maximize their performance during competition.

Days Leading up to Competition:

- Swimmers should avoid feeling hungry. Once the swimmer is hungry, eat a snack or meal to replenish energy.
- During moderate or hard training sessions, make sure to increase the quantity of food.
- During easy/taper training sessions, make sure to decrease the quantity of food.
- Maintain adequate hydration levels.
- Avoid trying anything new leading up to competition.

Day of Compeition:

- Choose familiar foods. Avoid trying anything new.
- Eat a balanced meal 3-4 hours before or a large snack 2 hours before first race.
    - Protein can help delay the onset of hunger.
    - Easily digestible carbohydrates (ex: sports drink with electrolytes, fruit, granola bar) 15-30 minutes before first race.
- Avoid fatty foods, high fiber foods, spicy foods, and acidic foods as they can lead to indigestion and heartburn.
- Maintain adequate hydration during training. Sip on fluids throughout the day of competition.
- Refueling between events with small snacks is essential to perform multiple races throughout the day.

FUELING FOR TRAINING

Pre-Workout Meals:
Full meal 2-4 hours before practice and a snack 45-60 minutes before

- starchy carbs (bread, rice, pasta, etc.)
- carb-rich fruits and veggies of all colors (avoid raw)
- small serving of lean protein (chicken, turkey, eggs, beans, low-fat dairy)
- fluids (water or sports drinks with minimal caffeine)
- salty foods (pretzels, trail mix, etc)

Post-Workout:
Recovery starts the minute you start working out. Fuel with easily digestible carbohydrates and lots of fluids.

- 30-60 grams of carbohydrates per hour of exercise (sports drinks, fruit, granola bar, crackers, fruit snacks, dry cereal, etc)
- 5-10 grams of protein per hour of exercise
- 6-8 ounces of fluids every 15-20 minutes during the workout with over 16 ounces of fluids immediately after the workout

Recovery:

- Will need to refuel your body with enough carbohydrates from the workout and support your body's normal functions.
- Protein will help repair damaged muscle tissue and to stimulate the development of new tissue. 20-40 grams of protein is recommended in your recovery snacks/meal.

KEEPING HYDRATED

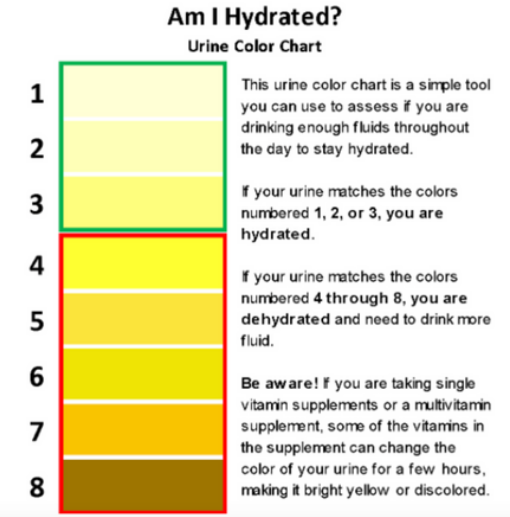
The best way for athletes to prevent dehydration and enable peak performance is to consume fluids before, during, and after training and competition. Thirst is an unreliable indicator as the body is already undergoing dehydration well before an athlete experiences thirst. Athletes can monitor their hydration levels using two different methods:

The first method is checking the color of the urine. If the urine is dark or a vibrant yellow, this indicates dehydration while a hydrated athlete would have an almost clear urine color.

The second method requires the athlete to weigh themself before and after training. For every pound of body weight lost, the athlete must drink about half a liter, or two cups, of water to replenish the lost fluids.

How to stay well hydrated as an athlete:

- drink ~16 oz about 2 hours before practice and 8-16 oz 15-20 minutes before practice
- 6-12 oz of water every 20 minutes of exercise (less than 60 minute practice)
- 6-12 oz every 20 minutes of 6-8% carb solution drink (over 60-minute practice)
- drink 16-24 oz of fluids for every pound lost through sweat
- Thirst is an indicator of dehydration, do not wait!



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DIETARY SUPPLEMENTS

A dietary supplement is a pill, capsule, tablet, powder, liquid, or other food form intended to supplement a whole-food diet by providing any combination of the following:

- vitamin
- minerals
- amino acids
- herbs and botanicals (leaves, bark, stems, berries, roots, seeds of plants)

Athletes: Use dietary supplements at your own risk. You are responsible and accountable for any supplements that you ingest.

Concerns:

- could contain banned substances even if unlisted on the label
- ingredients may adversely interact with the medication
- numerous ingredients increase the risk of contamination with harmful or banned substances

Not all bad:

- could help improve nutrient deficiencies
- could help to increase the intake of essential nutrients
- could provide necessary or a more efficient delivery of nutrients when food sources are limited

Check www.USADA.org or WADA Prohibited Banned Substances!

LINKS

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DART Swimming Nutrition Info
https://www.gomotionapp.com/team/snsad/page/family-handbook1/nutritional-info

Athlete's Plate - USA Swimming
https://www.gomotionapp.com/snsad/UserFiles/Image/QuickUpload/feeding-olympians---athlete-plates-1-_074448.pdf

Dietary Supplement Facts - USA Swimming
https://www.gomotionapp.com/snsad/UserFiles/Image/QuickUpload/dietary-supplement-factsheet-2020_000382.pdf

Fueling for Competition - USA Swimming
https://www.gomotionapp.com/snsad/UserFiles/Image/QuickUpload/fueling-for-comp-factsheet-2020-final_057113.pdf

Immune Function - USA Swimming
https://www.gomotionapp.com/snsad/UserFiles/Image/QuickUpload/immune-function-factsheet-2020-final_039579.pdf

Nutrients for Soft Tissue Recovery - USA Swimming
https://www.gomotionapp.com/snsad/UserFiles/Image/QuickUpload/nutrients-for-soft-tissue-injury-recovery-factsheet-2020-final_062797.pdf

Recovery Nutrition - USA Swimming
https://www.gomotionapp.com/snsad/UserFiles/Image/QuickUpload/recovery-factsheet-2020-final_080036.pdf

QUESTIONS?

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DART SWIMMING SOLANO

College Recruiting Overview

Written by Coach Kai Nabeta-Cacal

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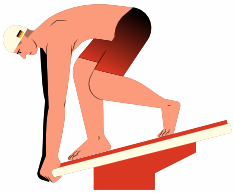
- Introduction
- Opportunities
- Organization Overview
- First Steps
- Questions

LEARN FROM THE PAST, TAKE IN THE PRESENT, PREPARE FOR THE FUTURE

INTRODUCTION



Competing in sports in college is a dream held by many athletes in all kinds of sports. The opportunity to continue a sport they love, experiencing team camaraderie, and representing their school are just a few reasons why student-athletes strive for this dream. Although balancing the time commitment between athletics and academics can be difficult, the benefits and preparations after college personally, financially, and professionally can pay off.

If your child is starting to show any interest in continuing their sport in college, start looking now. It does not hurt to do some research and understand what it might take for that possibility.

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OPPORTUNITIES

Developing Interpersonal Skills:

- Working alongside teammates and coaches teaches and develops essential life skills such as leadership, time management, and teamwork.
- Being able to manage academic and athletics helps develop a solid work ethic that could help them in their future careers and make them attractive to prospective employers.

Long-Lasting Connections:

- Student-athletes already have a social and academic circle through their team and being a part of the athletics department.
- Mutual respect and dedication to a sport and each other allows student-athletes to form deeper bonds of friendship, especially when learning from victories and losses.

Academic Assistance:

- Many coaches and sports programs offer and even require special tutoring and study sessions for their athletes in addition to the school's student support services.

Financial Assistance and Scholarships:

- Need-based, merit-based, athletic-based, partical-ride, full-ride, financial aid, etc.

ORGANIZATION OVERVIEW

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Many swimmers who hope to continue their athletic career often make it their goal to swim at the collegiate level. One of the first steps in pursuing a program is understanding the different organizations within college swimming.

3 organizations govern college athletics:

- NCAA (National Collegiate Athletic Association)
  - Division I: tends to have the largest student bodies and athletic budgets, with almost 350 DI colleges and universities, permitted to offer scholarships for both athletic ability and academic accomplishments
  - Division II: almost 300 DII colleges and universities, focuses on academic success, athletics contributions, and campus and community involvement
  - Division III: about 450 colleges and universities, academics are the primary focus, practice and playing seasons are shorter and competition is more regionally focused, do not offer athletic scholarships
- NAIA (National Association of Intercollegiate Athletics)
  - performs many of the same functions as the NCAA, the individual school determines the amount of scholarships, admissions standards are set by individual schools, and fewer restrictions on coach/athlete contact
- NJCAA (National Junior College Athletic Association): 2-year college athletics and the schools are divided into 3 divisions, admissions standards set by individual schools, fewer restrictions on coach/athlete contact

https://collegeswimmingguide.com/a-useful-comparison-of-the-divisions-in-college-swimming/

FIRST STEPS

Start Commiting to the Sport:

- Coaches like to see progress as swimmers get closer to their senior year of high school.
- Sophomore swims help establish the kind of swimmer you are. Junior year swims prove your dedication and ability to improve. Senior year timees can solidify a spot on the team or even gain one (signing of National Letter of Intent - note this is different from verbal commitment)

Introduce Yourself and Communication:

- Email out/Fill out interest forms to introduce yourself (express interest, show character/personality, best times, athletic achievements, attendance, academic achievements, etc.)
- Update coach on meets and set up phone calls/zoom

Research:

- Academic: average class size, acceptance rate, majors/interests, scholarships, etc.
- Athletic: organization, conference, times fit team, improvement trajectories, coaches, etc.

What YOU Want in a School:

- YOU are the one living this life!
- Some questions to consider: Small school or big school? Big fish, medium fish, growing fish? Team atmosphere? How will you handle academic pressure and how will it affect your performance?

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LOTS OF CHOICES
FOLLOW YOUR HEART