

Health and Nutrition

Besides "I don't feel like going to practice today" complaint, there are some complaints to note:

Red Eyes

Since the chemicals in the pool can make your swimmers eyes red and as sensitive to light as a mole out of ground, wearing goggles greatly reduces this problem. Goggles also improve vision when in the water.

Swimmers Ear

Your swimmer may complain about a sore ear, which may be swimmers ear. It is an outer skin infection of the ear canal and can be quite painful. Please see your physician.

Cough

During certain times of the season, the kids may experience a hacky cough during the later part of practice. This is generally due to exertion and chloramine vapors. Believe it or not the kids do sweat in the pool, sweat contains ammonia which reacts with the chlorine in the pool. This is generally not a problem and the coughing goes away shortly after practice. If not, then allergy, cold, and/or sinus/respiratory items may be to blame.

Muscle Pains

A bit of mild muscle pain is good. Yes, there is good pain. But there is also bad pain. We do talk to the kids throughout the season about shoulder injury prevention. If you have questions or your swimmer is experiencing joint pains or prolonged muscle pains, let Coach Mike know immediately.

Nutrition

Swimming is among the best aerobic exercises around. Because competitive swimming draws from the body's reserves for fuel, it's always best to fill up your swimmers tank with healthy, nutritious foods. Drink plenty of water throughout the day, every day. Also, balance within the food groups is critical, so please encourage your swimmer to eat 8 servings of grains, 4 of fruit, 3 of vegetables, 1-2 servings of meat and 2-4 servings of nonfat or low-fat dairy products daily.

Vitamin E foods (which promote endurance and a healthy heart) include:
Wheat germ Spinach brussell sprouts Whole grains asparagus broccoli
Sweet potatoes

Vitamin C Foods (which help protect the body) include:
Citrus fruits papaya potatoes Tomatoes strawberries

Vitamin B Complex Foods (for a healthy nervous system) include:
Whole grains fish raisins
Meat eggs nuts and seeds

A good multi-vitamin usually helps with any deficiencies in your swimmers diet.

Pre-competitive Meal

Do not eat a large meal before competition, keep food to a minimum

Your swimmers meal should be loaded with carbohydrates for endurance.

These types of food include: Whole grains, Fruits, Pancakes, Cereals, and Pasta

Include protein sources like: Low-fat cheeses, nuts, Cottage cheese, seeds, Yogurt, and meats

Choose: WATER, vegetable juices, decaffeinated teas

Stay away from Sugar - it decreases performance and causes early fatigue

Make sure this meal is light and at least 3 hours before your swimmers event.