

Sevier Aquatic Club

July, 2009

EATING BEFORE A COMPETITION...

The typical question of almost every athlete...new to a sport or well-established in a sport...is "what should I eat before I compete?"

The following is an attempt to generate some ideas that may help make the decision of what to eat before a competition be a little easier. Based on how close you are to your actual competition, the type of foods consumed needs to change. For now, we'll break down suggestions for three to four hours prior to competition, two to three hours prior to competition, and one hour or less before competition.

If you can eat three to four hours before your competition, you'll want fresh fruits and vegetables and fruit or vegetable juices. Then, choose from the following: breads, bagels, baked potatoes, cereal with low fat or skim milk, yogurt, or sandwiches with a small amount of peanut butter or lean meats and cheeses. If you gravitate toward a sports drink, you can drink up to 7.5 cups of it. Again, water is always the best option for a drink. And you definitely don't want to consume caffeinated drinks because they only dehydrate you.

Eating two to three hours before a competition requires a smaller amount of sports drink with only about 4 cups being the suggested serving. While fresh fruits and vegetables (or fruit/veg drinks) are still highly recommended,



there is less to choose from outside of these options. Stick with breads, bagels, or English muffins and use a minimal amount of butter, margarine, cream cheese, or peanut butter.

When you get to one hour or less before competing, fruit and vegetable juices like orange, tomato, or V-8 are suggested. The recommended types of fresh fruit include apples, watermelon, peaches, grapes, or oranges. And the amount of sport drink consumed at this point should be no more than 1.5 cups.

As always, it is important to remember that good eating results in good performance since what you put in the body as fuel is what the body depends on when putting out energy. So, good eating needs to be a habit for an athlete in order for an athlete to truly feel good during practices and during competitions. And proper fueling of the body has to happen days before a com-

petition, not minutes or hours before the competition.

So, as we draw closer to the end of the summer season and parents and swimmers alike remain excited to see just how much all that hard work in practice will pay off in the last home meets and the City Meet, take time now to plan meals during the start of the month of July that will help your swimmer's performance at the end of the month. Just like everything else, careful planning and good preparation always bring better results.

And as the temperatures begin to heat up and the time taken to remember to rehydrate lessens, be sure to be mindful of taking in extra amounts of fluids! ...Because after all, those very fluids are what get all that good food you're eating throughout the body!

Happy eating...and Happy drinking...and here's to some great swims!

Fundraising is due July 20th at the Fundraising DJ Party...!

Remember...

- You can purchase Food City or Kroger gift cards from Coach Josh as a way of putting money toward your Fundraising. These gift cards can be used toward any store purchase from gas to groceries to prescriptions.
- Five percent of each gift card purchase is given by Food City or Kroger to your Fundraising account. (So, for every \$100 in gift cards, five dollars goes toward your fundraising account.)
- See Coach Josh for more details or to purchase gift cards.

Dates to Remember:

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| No Practice | 3-4 |
| City Meet Sign up deadline | 6 |
| City Meet Tshirt deadline | 9 |
| SAC vs Green Meadow | 9 |
| SAC vs Jefferson County | 16 |
| Fundraising Party | 20 |
| Last summer season practice | 23 |
| City Meet | 24-26 |

The SUMMER SWIM BANQUET is for ALL summer participants and will be held on August 23rd at 1:30 pm at the First Baptist Church Sevierville Family Life Center.