

1st tip: be on time, or before time. Warm-up is VERY important for performance, and that includes stretching.

2nd tip: be on time, or before time. Warm-up is VERY important for performance, and that includes stretching.

3rd tip: be on time, or before time. Warm-up is VERY important for performance, and that includes stretching.

Go to bed early. You don't want to wake up and feel that you are still tired.

MEALS (Starting the day before the meet)

The idea is to give your body what he/she is used to. Your body is used to processing some kind of food, and you should not do too much different during competition periods.

- Breakfast:

o GOOD: cereal, milk, oatmeal, bagels, eggs, pancakes, waffle, fruits, toasts, etc. Peanut butter, cream cheese, jelly, butter, etc.

o BAD: bacon, sausage, too much syrup, fried things, etc (heavy and hard to digest items).

- Lunch and Dinner:

Things you should have in EVERY meal:

o Pasta: spaghetti, lasagna, fettuccini, etc - PIZZA IS NOT PASTA !!!

o Protein: red or white lean meat

o Fibers: salads - lots of "green"

o Liquid: water, juices, sports drink (Gatorade, PowerAde, Vitamin water, etc) - NO ENERGY DRINKS (red bull, etc) or SODAS !!!!!!!

o Deserts? Only if it is a little, and not too sweet (one cone of ice cream, one piece of cake, etc)

- BEFORE LEAVING TO THE MEET

You need to eat something "light" right before leaving to the meet. You will be at the pool for 4-5 hours, and it is a good idea to eat a small snack right before leaving (turkey sandwich, peanut butter sandwich, etc).

- DURING THE MEET:

You should bring some fruit, or some fast snack (Granola bars, Trail mix, etc), and also Sports drink (Gatorade, PowerAde, Vitamin water, etc). You should not eat anything more than that.

A competition is fun when you swim well. Give your body an opportunity to perform well.

Always a positive attitude, be happy, and cheer for your teammates.