

Thunderbirds Swim Team Food Guide

"We don't just swim, we fly"

Practice

Pre-practice snacks are very important for our young athletes. A lot of our swimmers have lunch at a very early hour and then have a long and busy day. We suggest that your child pack snacks and drinks into their swim bag. Some good snacks include granola, vegetables, bananas, nuts, energy bars, oranges and other healthy snacks. A light sandwich may be appropriate; peanut butter and jelly, turkey, cheese or tuna, on a light bread, no rolls or bagels. Please, no chocolate; we want to teach our swimmers to work hard without their sugar spiking. Also, excess dairy is leads to upset stomachs during practice.

Water is best for hydration, before, during and after workouts. Please be sure your child has a bottle with them for practice. This will cut down on time out of the pool and interruptions to the flow of the lanes.

Post-practice your swimmer may need a light snack, before dinner. Nuts, cheese and high protein snacks are best at this time.

Meet

Dinner the night before a meet is a high carbohydrate meal. Pasta is best with chicken or another protein. Our meets are all during the afternoon, except for championships, so food for the day is important. Here is a list of suggestions for breakfast, lunch and meet time snacks.

Breakfast should be hearty but not heavy; eggs, cheeses, meats, fruit, oatmeal, or cereal.

Lunch may be a lighter fare, nothing heavy; sandwiches and salads with protein for energy are best. No burgers and fries, pizza or other fried foods or meals with excess dairy.

Snacks for the meet should be prepared with one thought in mind; spiking sugar levels will cause our swimmers to crash during the meet. Ideal snacks will be fruit, vegetables, granola, nuts, and energy bars. Drinks should be restricted to water or sports drinks, nothing carbonated.

Post-meet meals (away meets) will be important as our days are long and then we will need to return home. Your swimmer will be hungry, but you probably won't want them to spoil their dinner. With this in mind, bus ride home snacks are to your discretion.

Please plan as much in advance as possible for meet food and make sure your swimmer knows what foods/snacks are for what times of the day. Also when packing up the food please keep in mind that it is a soggy pool deck and so well sealed food is best for eating and for clean-up.