

First Colony Swim Team – Meet Week Prep

💧 Hydration: Set the Foundation Early

Proper hydration is one of the easiest performance boosters and it starts days before the meet. Even mild dehydration can cause fatigue, slower reaction times, and muscle cramps.

How much to drink:

- Goal: half your body weight (lbs) in ounces of fluid each day.
- Example: 100 lb swimmer = about 50 oz of fluids daily.
- During practice: 4–6 oz every 15–20 minutes.
- At meets: alternate between water and electrolyte drinks like Pedialyte, Cure, Liquid IV, Gatorade, or coconut water.

Hydration examples:

- Morning: Water with breakfast – start the day hydrated.
- During school: Sip water each class period.
- Practice: Water + electrolyte mix.
- Evening: Water or milk with dinner.

🍷 Nutrition: Fueling for Success the FCST Way

Throughout the week, focus on fueling your swimmer's engine. The body needs carbohydrates for energy, protein for muscle repair, and healthy fats for sustained endurance.

Meal examples:

- Breakfast: Oatmeal with berries, or eggs with whole-grain toast.
- Lunch: Turkey sandwich with fruit and pretzels.
- Dinner: Salmon, brown rice, and vegetables.
- Snacks: Trail mix, yogurt, fruit, or granola bars.

Avoid soda, chips, candy, and limit fast food.

48 Hours Before the Meet:

- Emphasize complex carbs like rice, pasta, oatmeal, potatoes, and fruit.
- Example dinner: Chicken, whole-grain pasta, roasted veggies, and fruit.
- Example lunch: Rice bowl with grilled chicken or tofu and veggies.

Night Before the Meet:

- Stick to familiar foods; avoid spicy or fried options.
- Hydrate through dinner and reduce fluids 1 hour before bed.

Morning of the Meet:

- Eat 1½–2 hours before warm-up: banana with peanut butter, toast with honey, small oatmeal, or yogurt with granola.

- Avoid heavy or greasy meals.

Between Races: fruit, pretzels, dry cereal, granola bars, or applesauce pouches.

Sleep & Rest: The Secret Weapon

Rest and sleep are essential for recovery and mental focus. Swimmers should aim for 8–10 hours of sleep nightly, especially in the two nights before racing.

Tips for quality sleep:

- Consistent bedtime; avoid large shifts.
- Avoid screens 30 minutes before bed.
- Create a calm bedtime routine: stretching, journaling, or reading.
- Keep the bedroom cool, dark, and quiet.

If nervous, try deep breathing or mindfulness to relax.

Meet Week Checklist

Monday–Tuesday:

- Focus on hydration and consistent sleep.
- Model healthy eating habits.

Wednesday–Thursday:

- Emphasize carb-rich meals and avoid junk food.
- Prepare easy dinners and healthy snacks.

Friday–Sunday (Meet Days):

- Keep nutrition balanced and encourage calm confidence.
- Support without adding pressure.

After the Meet:

- Rehydrate, eat a balanced recovery meal, and celebrate effort!

Post-Meet or Session Recovery

After the meet or session, focus on recovery and refueling:

- Drink fluids and eat a balanced meal within 1 hour of the last race.
- Include protein + carbs (chocolate milk, turkey sandwich, smoothie).
- Gentle stretching or an easy walk can reduce soreness.
- Reflect on successes and set new goals.

Remember, Championships Start with Habits:

Swimming success is built on consistent habits, eating well, hydrating early, sleeping deeply, and staying positive. These daily choices lead to strong performances and confident athletes.