

## **HYDRA MEET EXPECTATIONS: ATHLETES & ADULTS**

*Hydra & Hydra families use swimming to build each other up*

\***WARM UPS** - Warm ups are Mandatory! Getting your athlete to the pool on time and in the water is important. Being on time prevents injuries, allows meet jitters to subside, and insures relay spots. Coaches can then relay all necessary info during/after warm ups to the athletes. You can draw on them when they are damp!

\***RACE PREP/EXECUTION** - Parents are responsible for helping athletes get to their coaches BEFORE & AFTER every race! This routine gets athletes prepared physically and mentally ready for the race ahead. Coaches FIRST, Parents SECOND, when it comes to swimming.

\***WARM DOWN/RECOVERY PRACTICE** - After racing warming down helps remove lactic acid build up created during races. Warm down allows the heart and muscles to relax and heal. Recovery practice, (the practice occurring the day after competition) is pivotal, because it gives athletes the chance to repair, remove lactic acid, and specifically practice techniques discussed during competition.

### **What TO bring to a swimming meet:**

- ❑ **ENTERTAINMENT** - Swimming meets are great, and tons of fun, but when entertaining a non-swimmer or an active swimmer, bring an activity bag to keep your sanity. That bag should include coloring, books, games, cards, or other activities. Hey, talk to each other!
- ❑ **TOWELS** - More than one is best. Law of averages suggests one per race, with the likelihood that a folded towel comes home slightly damp.
- ❑ **WARMTH** - Things that keep your child warm needs to come, winter shouldn't be the season for swimming, yet it is. Hats, sweatshirts, sweat/towel pants, socks, and/or shoes to keep the extremities/core warm. It is proven in studies, that a warm body will score/places higher, and can drop up to a second more than a cold swimmer. Help your athlete perform at their best, by helping them to stay warm.
- ❑ **SMART FOOD** - Portable snacks that are quick and good for you. Some of the coaches favorites are; string cheese, cheese-its, squeeze applesauce/fruit pouches, mini protein bars, goldfish crackers, and fruit snacks.
- ❑ **POSITIVITY** - Keep it light, keep it happy, keep it positive, and in doing so successes will follow. Focusing on the little things brings BIG success! As PARENTS you are the BEST cheerleaders!

## What **NOT** to bring to a swimming meet:

- ❑ **DEVICES** - Try to avoid devices at swimming meets, they tend to cause athletes to miss races, become too sedentary between races, and being too lethargic between races can cause injury due to lack of mobility.
- ❑ **JUNK FOOD** - Swimmers should not be eating any candy, chips, cakes, donuts, or sugary foods at swim meets. *Please do not pack them.* We encourage you pack foods for your swimmers, at most swim meets most foods available are the ones we do not want our swimmers eating. Additionally, anything that comes from a food service line; McDonald's, Taco Bell, etc.
- ❑ **BAD ATTITUDE** - It's simple, Bad Attitude equals Bad Racing. Back seat/over the shoulder coaching undermines hard work and training put in by both coach and athlete. Hydra supports parents in parenting, support your coaches in coaching.

## **Meet Nutrition:**

*What we put into our body directly affects the athletic output. If we do not put in enough, it is just as dangerous as putting in too much! As parents, and as athletes we need to be aware of our body fuel. Proper fuel feeds a mind as well as the body.*

**Pre-meet/during meet Nutrition** - Snacks/meals should include, but not be limited to;

Cheese crackers	Peanut butter grahams	Protein Bars	Oatmeal
Mini-bagel(s)	lt. Cream cheese	Sliced Fruits	All-Natural Juice
Whole grain Pastas	Turkey & lt. Cheese	Baked Chicken breast	

\*make sure foods are prepared with low oils. Also avoid processed sugars, and artificial stimulants such as coffee, or 'energy' drinks.

## **Post-meet/recovery Nutrition** -

Whole Milk	Fruit/Yogurt Smoothies	(certain) Sports Drinks
Chocolate Milk	Fruit & dense/leafy veg	Beef, Beans, or Chicken
Spaghetti & meat sauce	Thin crust veggie topped Pizza	Dried Fruit