

Eating to Enhance Training

Eat 4 to 6 meals per day

Eat high-carbohydrate snacks and drinks

Before training: 100 – 400 gram of solids OR
4 – 8 oz. of liquids 1 – 2 hours before

During training: 50 – 60 grams of carbohydrates per hour, small amount at frequent intervals.

The rate of muscle glycogen replacement is reduced by 33% or more when carbohydrate sources are eaten after heavy training.

FOOD IDEAS FOR MUSCLE GLYCOGEN REPLACEMENT FEEDINGS

| | | | |
|----------|-----------|----------|-----------------|
| bread | Skim Milk | Cereal | Muffins |
| potatoes | apples | bananas | orange juice |
| pretzels | apricots | oranges | baked beans |
| macaroni | bagels | crackers | pineapple juice |

Eating Patterns That Will Improve performance in Meets

Increase carbohydrate intake 2 – 3 days prior to competition and decrease exercise intensity (taper.)

Pre-meet meals should be:

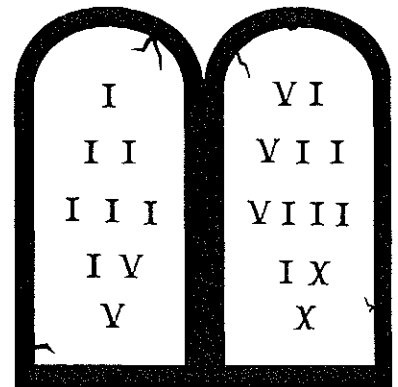
1. small and easily digested
2. familiar, not spicy or greasy
3. 500 – 600 calories of bland, complex carbohydrates (toast, pancakes, waffles, pasta, bagels)
4. liquid supplements also work well



The Ten Commandments of Sports Nutrition

1. **Eat a diet high in carbohydrates**

As the chief fuel used swimming, you should eat primarily carbohydrates to keep the body's glycogen stores high. If your body's stores of glycogen drop, you will not be able to perform to your maximum level.

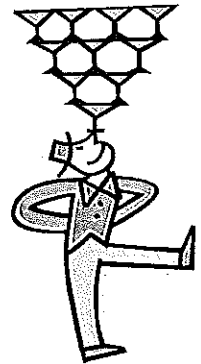


2. **Drink large quantities of liquids**

Drink water or plenty of fluids containing carbohydrates (juices & sports drinks) while exercising to maintain fluid levels and blood glucose levels. Monitor your morning body weight to assure that you are not suffering from chronic dehydration.

3. **Eat a well balanced diet**

The swimmer's diet should contain approximately 60% carbohydrates, 25% fat and 15% protein. "Meal on the Go" food bars are an excellent "carboloader" and a good source of complex carbohydrates with low levels of fat and protein.



4. **Do not consume extra protein**

Eating a balanced diet with quality protein and adequate calories will ensure protein needs are met. There is no evidence to justify the claim that people who exercise heavily should take protein supplements.

5. **Practice sensible snacking**

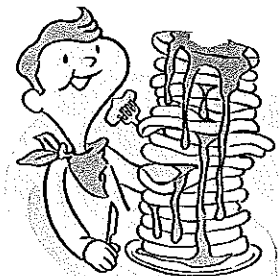
Try eating a high carbohydrate snack before you swim to increase your energy level. This will fuel your muscles and keep your blood sugar levels steady. Avoid "empty" calories such as those contained in potato chips, candy and sodas.

6. **Watch out for iron deficiency**

Your performance may be impaired from a mild iron deficiency when you are training hard. You should consume high-iron foods (lean meat, leafy green vegetables, raisins, and peanut butter) to counter this. Some female swimmers may benefit from moderate iron supplementation taken under a physician's supervision.

7. **Eat carbohydrates before events**

Increase your carbohydrate intake to at least 70% of your total calorie intake for two to three days before major competitions. The morning of the event, make sure to eat a high carbohydrate diet of pancakes, pasta or bagels. Between sessions eat healthful snacks such as a "meal on the go" to maintain energy levels.



8. Avoid fad supplements

Vitamins and other supplements will not benefit your performance. Eating a well balanced diet with adequate calories will provide all the vitamins, minerals and amino acids that a swimmer in training will need.

9. Rebuild carbohydrate stores

Fluids and carbohydrate are essential to your recovery after hard training. The first two hours after exercise are crucial to replenishing muscle carbohydrate (glycogen) stores. You need to consume about 100 to 120 grams of carbohydrates within the first 30 minutes of recovery, followed by another 100 grams an hour later, (for example, three to four ounces of a sport drink, one cup of fruit juice and bagels, or two 3 oz. "meals on the go" food bars). Follow this with a normal meal that provides the majority of its calories from carbohydrate sources.



10. Limit consumption of high fat food

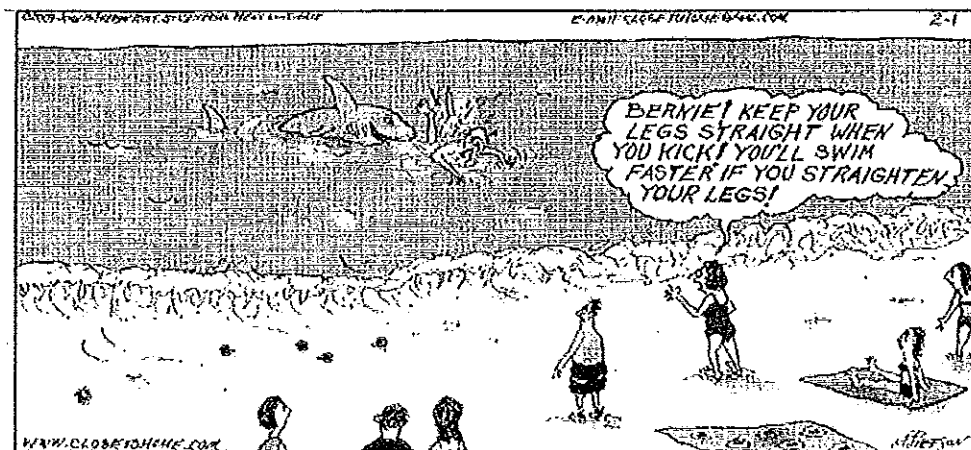
Fat should not compose more than 30% of the total daily caloric intake. Examples of high fat foods are potato chips, French fries, ice cream and fast foods. These foods provide more fat than nutrients and swimmers should limit the amount they eat.



Winning Is...

- ❖ Taking the talent or potential you were born with – and have since developed – and using it to move fully toward a goal or purpose that makes you happy.
- ❖ Becoming that dream of yourself that would fulfill you as a person with high self-esteem
- ❖ Giving and getting in an atmosphere of love, cooperation, social concern, and responsibility
- ❖ Coming in fourth, exhausted and encouraged – because last time you came in fifth.
- ❖ Giving yourself to others freely
- ❖ Treating animals like people and people like brothers and sisters
- ❖ Turning all the cards up in Solitaire – without cheating...making all the 100's on the 1:10 without stopping
- ❖ Being glad you are you
- ❖ Habit forming (So is losing)
- ❖ Unconditional love
- ❖ A way of thinking – a way of living
- ❖ All in the attitude

Only you can decide what you will be, a winner or a loser. We create an environment for winners to develop – but you will have to commit yourself to achieve that goal...The choice is yours.



Characteristics of Peak Performance

When you read about or hear of some athlete who has just completed some amazing performance, you will hear them say things like: "I felt like I could do almost anything, as if I were in complete control. I felt confident and positive. I felt physically relaxed, but really energized and pumped up. I experienced virtually no anxiety or fear, and the whole experience was enjoyable. I experienced a very real sense of calmness and quiet inside, and everything just seemed to flow automatically...it was effortless."



Peak performances are relatively rare occurrences but they can and will happen. Like the peaks of mountain ranges, some performances stand out above all the rest. Peak performances cannot be forced? However, you can learn mental strategies that will help you perform at consistently high levels and set stage for peak performance to occur.

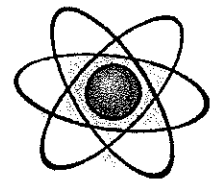
Peak Performance

1. The components necessary for Consistent Peak Performance are:
 - a. Hard work
 - b. Mental process
2. Mental Process consists of two aspects:
 - a. Knowledge and understanding of yourself
 - b. Mental strategies – learn, practice and use them
3. There is no substitute for hard work.
4. Your SELF TALK builds your SELF IMAGE which controls your PERFORMANCE which stimulates your SELF TALK, etc.
5. Know your ASSETS! Acknowledge your weaknesses while highlighting and focusing on your strengths.
6. Law of accumulation: The result of many little things is not little. Each day, acknowledge the LITTLE WINNERS in your life!
7. GREEN LIGHTS – think about, talk about, expect, and acknowledge the "Green Lights" in your life!
8. RELAX! Two keys to during and away from competition are proper breathing (belly breaths) and using relaxing thoughts/images (peaceful scenes, the color blue, etc.)
9. Build clear, crisp IMAGES when settling goals or sending a message to others. Remember, WE THINK IN PICTURES, not words.
10. DOMINATE THOUGHT – Always leave yourself and others with the thought of what it is you want them to do.



Psychological Characteristics

1. Ability to manage fear and anxiety
2. Little or no thinking about the performance – perform with a clear and focused mind.
3. Total immersion in the activity – focus on the present, forget the past and don't worry about the future.
4. Narrow focus of attention – learn to let go of internal and external distractions.
5. Effortless performances – trust yourself and just "let it happen." Preparation time is over, surrender to the moment and believe in yourself.
6. Feeling of being in complete control – your mind and body are in complete harmony.
7. Mentally and physically relaxed – quiet mind, inner calm and free from muscle tension.
8. Confident and optimistic – positive thoughts including a belief in yourself and your ability to perform well.
9. Highly energized – an appropriate amount of activation for you personally and for the type of performance you are engaged in.
10. Extraordinary awareness – your senses are totally "turned-in" to your performance environment

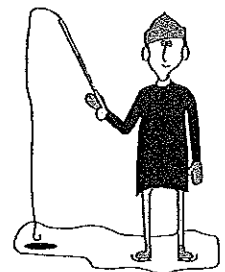


Two not so bright individuals loved to fish and decided to do some ice fishing in Canada.

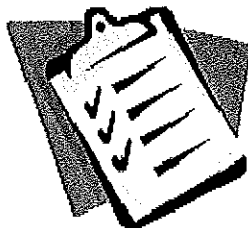
The lake was frozen nicely. They stopped just before they got to the lake at a little bait shop and got all of their tackle. One of them said, "We're going to need an ice pick," so they purchased an ice pick and proceeded on.

About two hours later, one of them was back at the bait shop and said, "We're going to need another dozen ice picks." The fellow in the shop wanted to ask some questions, but didn't. He got a dozen ice picks and the guy left.

In about an hour, the guy was back. "We're going to need all the ice picks you've got." The clerk couldn't stand it any longer. "By the way," he asked, "how are you guys doing?" "Not very well at all," the guy answered. "We don't even have the boat in the water yet."



The Swimmers Check List



Pre-season

- _____ Physical Exam completed and turned in before the first meet
- _____ Participation fee (\$25.00) paid to the finance office
- _____ Swim suit and cap paid for at the finance office
- _____ Set goals and go over them with the coaches
- _____ Share your goals with someone other than a coach who will help you achieve them
- _____ Monthly goals and progress recorded in the team handbook

Swimming – Specific

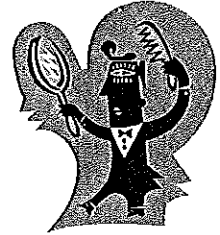
- _____ Goggles – 2 pair recommended
- _____ Water bottle – take it to every practice
- _____ Tank top / T-shirt for meet warm-ups
- _____ Warm up jacket and pants
- _____ Swim cap
- _____ Team suit
- _____ Travel bag
- _____ Have your name or other identification on **EVERYTHING**

Winning is a State of Mind

Denis Waitley

Self-image – Individuals behave, not in accordance with reality, but in accordance with their perception of reality. How the individual feels about themselves is everything

Self-confidence – Self-confidence is not just believing you can succeed, it is believing you can come back and win after you have failed, lost or been rejected.



There is only a fractional difference between winners and those who merely exist. The difference is attitude under pressure. It's the Winner's Edge.

The Edge is not a gift of birth; the world is full of wasted talent.

The Edge is not academic degree. Education is important, but the world is full of educated misfits.

The Edge is not luck. If it were, Las Vegas would be a ghost town.

The Edge is not money. Many of today's self-made, multi-millionaires started building their fortunes with less than \$5,000.

The Winner's Edge is all attitude. Attitude, not aptitude, is the criterion for success



One of the most desirable attitudes of a winner is the ability to remain optimistic in uncertain times and to see challenges as opportunities and setbacks as only temporary inconveniences.

Two key emotions dominate human motivation with opposite, but equally effective results – fear and desire. Fear of failure is the most powerful negative motivator. It is like a hammer or red light. Fear restricts, closes, panics, forces, and ultimately abandons plans and defeats goals. Desire is like a strong, positive manager. It attracts reaches, open, directs, and encourages plans and achieves goals

You will be motivated to go after any goal if you passionately believe you deserve and expect to be able to achieve it.

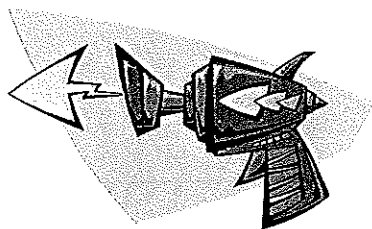
You may not get what you want in life, but in the long run, you probably will get what you expect.

In the 1920's, when an author was working hard to perfect his craft, he lost a suitcase containing all his manuscripts – many stories he'd laboriously polished to jewel-like perfection – which he'd been planning to publish as a book. The devastated writer couldn't conceive of redoing his work. He could only think of the months he'd devoted to his arduous writing – and for nothing.



But when he lamented his loss to the poet Ezra Pound, Pound called it a stroke of good luck! Pound assured him that when he rewrote the stories, he would forget the weak parts; only the best material would reappear. Instead of framing the event in disappointment, Pound cast it in the light of opportunity.

Ernest Hemingway did rewrite the stories – and the rest is history.



An individual with focused goals is very much like a laser beam. When light beams are concentrated and in step they produce energy with incredible power. A laser can execute a variety of spectacular tasks, from performing delicate eye surgery to carrying more than a hundred thousand times more information than a telephone line. It can drill through substances as hard as a diamond or soft as rubber.

Once a goal is set with conviction, the mind makes every correction necessary to hit the target.

Step out of your comfort zone. In a very real sense, each of us becomes a hostage of our own restrictions. The greatest risk in life is to wait for and depend upon others for your security. The greatest security is to plan and act and take the risk that will set you free. Dare to take the calculated risk.



"The telephone is inherently of no value to us"

- Western Union, 1876

The wireless music box (radio) has no imaginable commercial value. Who would pay for a message sent to no one in particular?"

- RCA staff, 1921

"Who the h--- wants to hear actors talk?"

- Warner Brothers, (reaction to talking movie pilot) 1929

Stocks have reached what looks like a permanently high plateau."

- Irving Fisher, Professor of Economics, Yale, 1929

"I think there's a world market for about five computers."

- Thomas J. Watson, founder of IBM, 1950

"We don't like their sound and guitar music is on the way out."

- Decca Records (rejecting The Beatles), 1962

There is no reason for any individual to have a computer in his or her home."

- Ken Olson, president, Digital Equipment Company, 1977.



A \$60 per week laundry worker spent his nights and weekends for two years typing manuscripts to send to publishers and agents. Each one was rejected with a form letter. Finally, a more encouraging rejection letter arrived. It said that although his writing was not yet worthy of publishing, he should keep trying.

After two more years of rejection, finances got so tight for this young man and his wife that they had to disconnect their phone to pay for their baby's medicine. Totally discouraged, he threw his latest work in the garbage. But his wife, still believing and committed, rescued the manuscript and submitted it one last time to another publisher. The

book, "Carrie," sold over five million copies and became the top box office movie the next year. The laundry worker, of course, was Stephen King.

A young man on a bicycle is speeding along the roads of France. Greg LeMond is racing toward Paris with thirty shotgun pellets in his body. Two of them are in his heart.

Two year before he had been accidently shot on a hunting trip. His philosophy is, "It's ten percent talent and ninety percent guts and determination." All this made Greg LeMond a superstar. He's already won the Tour de France in 1968, the first person outside Europe ever to win this great race.

Out of action for a year, he suffered more physical setbacks both of which required surgery. Rusty and not in top shape, LeMond Starts the last day of competition for the 1989 event fifty second behind the leader, Laurent Fignon of France. The final leg is just twenty-four kilometers, or about fifteen miles – too short a distance for LeMond to have a chance of catching Fignon. The French are already celebrating. Fignon is a certain winner. The Paris newspapers have predicted victory for the Frenchman.

Suddenly, LeMond is going faster and faster. No one can believe what's happening. You can't gain ground that fast. But he's doing it. He concentration is all-consuming, total focused on what he's doing, willing his way to victory.

No he's in Paris. He passes the Champs-Elysees, then the Arc de Triomphe. He streak across the finish line. And Greg LeMond wins the Tour de France by scarcely the length of a bicycle.



To build a championship team, we could take a hint from the legendary football coach from Alabama, Paul "Bear" Bryant, who observed: "I'm just a plow hand from Arkansas, but I've learned how to put and hold a team together. I've learned how to calm others down, until, finally, they've got one heartbeat as a team. To do that, there are just three things I'd ever have to say: If anything went wrong, I did it. If it went semi-good, then we did it. If anything went real good, then you did it. That's all it takes to get people to win for you."



A biting wind tore through the icy slopes on Sarajevo Mountain at the Winter Olympic Games in Yugoslavia. For the Mahre twin, Steve and Phil, this was their last hurrah on the final day of the men's ski competition. Born only minutes apart and always intense competitors, the Mahre twin were in their own private shoot-out for Olympic glory!

Phil Mahre's number came up first and his combined time was good enough to put him in first place for the moment. Still waiting at the top for his second run was Steve Mahre, who first time left him an excellent shot at the gold.

The normal thing for Phil to do was to wait at the bottom, saying nothing, hoping his time would stand up. Instead he grabbed a walkie-talkie and began radioing advice to Steve on how to ski the course in the fastest time possible.

Although Phil won the gold, even after coaching his brother, Steve still won the silver medal. Be getting on that walkie-talkie, Phil and said in so many words to his brother, "If I help you win, I win, too. You may win today, and I tomorrow, but I'm going to give you all my best, because that's what give me the gold medal within."