

## Hydration, Nutrition and Sleep

- Swimmers need to develop the habit of drinking water in practice and throughout the day
- Swimmers should eat before and after practice
  - As workouts intensify, swimmers will need to replenish their “fuel”
  - Carbohydrates are essential
  - Immediately following practice, develop a habit of eating good carbohydrates – ice cream and candy are not a good carbohydrates. First 30 minutes!!
  - Lack of carbohydrates will lead to tired kids at school – even with good sleep