

## 2016/17 TMEC

### Meet Expectations

TMEC is a competitive swim team and like any team, we want to look the part. The coaching staff wants to see a more unified team at all levels of competition. A unified team working towards a common goal will always succeed over an unorganized team work for an individual goal. If your swimmer is planning to compete for TMEC, they will need to make sure they have the following apparel items.

#### **Meet Apparel Expectations**

- ♣ Team Swimming Cap (mandatory)
- ♣ Team Suit (mandatory)
- ♣ Team T-Shirt (mandatory)
- ♣ Team Warm Up (encouraged to keep swimmers warm)

Team Caps and Shirts will be available for purchase at tonights meeting. Team warm ups will be available to try on and to fill out an order form tonight. Team suits and any other gear that is needed will be available on October 4<sup>th</sup> at our Team Fitting at Chaparral High School.

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### Race Day Nutrition

Here are a few guidelines for smart eating and packing up the cooler:

- ⤴ Don't DQ your day. Breakfast at home or on the road is the metabolism boost every swimmer needs. Instant oatmeal made with skim or low fat milk, toast with nut butter, dry cereal, yogurt and fruit are all light options that rev up the body. If you are competing in the morning, be sure to keep it light. Opt for a heavier breakfast if competition is in the afternoon.
- ⤴ Pack variety. A few options of fruit, vegetables, grain and high quality protein sources should cover the variable appetite and tummy tolerance you may experience on race day. It's better to have more food options than a large quantity of only two or three foods. Don't make the mistake of relying on a single food or energy bars to get you through the day. While they can do the job of fueling your body, they may not rate in appetite satisfaction. Having a variety of food sources increases the odds of proper fueling and healthy eating.
- ⤴ Pack enough. You don't want to run out of food, and you may want to share with other swimmers (well-fueled swimmers help the whole team, right?).
- ⤴ Pay attention to temperature. If you are packing perishables, be sure to add an ice pack. It's no fun to get tummy cramps before a race because something has spoiled.
- ⤴ Pack in the protein. Protein will be an ally in keeping your blood sugar stable, thus keeping hunger, energy and mood in check. Nibble on cheese sticks or slices, nuts, peanut or nut butters, deli meat slices, yogurt or yogurt drinks, boxes of low fat milk, hummus, hard-boiled eggs or edamame.
- ⤴ Don't forget the Carbohydrate. Your muscles rely on carbs for fuel. Pack easily digestible sources such as 100% juice, fruit leather, applesauce, fresh or dried fruit, or veggie sticks. Don't forget the more complex carbohydrate foods too, such as crackers, unsweetened dry cereal, pita or other breads, pretzels and graham crackers. Stay away from refined sugars such as soda, candy and desserts on race day.
- ⤴ Nosh or Nibble? Save "meals" or large quantities of food for big breaks between events. Nibble small amounts of food before and after events that are closely scheduled. At a minimum, you should be nibbling to stay energized and keep your muscles fueled on race day.
- ⤴ Think your drink. Water, 100% fruit juice and sports drinks are appropriate at a swim meet. Plain and flavored milk are great recovery drink choices after the meet; they provide protein for muscle repair and carbohydrate to re-fuel muscles.
- ⤴ Know your eating style on race day. If it is counter-productive to racing, follow these guidelines as a strategy for optimal eating. Don't tempt yourself by packing foods or making concession purchases that you (really) don't want to be eating.
- ⤴ Fiber Facts. Fiber can be a problem on race day, or not. Fiber is a food component to which each swimmer has an individual tolerance. Don't experiment with high fiber foods on race day; sort this out during training season and avoid tummy trouble when it matters most.

Remember! Its not always about what you eat the day of a meet. You are racing on what you have eaten the day or week before a big competition. Constantly fueling your body with the right foods can increas your athletes performance levels in practice and in meets. The coaches like to say "when in doubt, go the healthy route".

## The Do's and Don'ts for Sport Parents

### **Do for Yourself:**

- ⤴ Get vicarious pleasure from your children's participation, but do not become overly ego-involved.
- ⤴ Try to enjoy yourself at competitions. Your unhappiness can cause your child to feel guilty.
- ⤴ Look relaxed, calm, positive and energized when watching your child compete. Your attitude influences how your child feels and performs.
- ⤴ Have a life of your own outside of your child's sports participation.

### **Do with Other Parents:**

- ⤴ Make friends with other parents at events. Socializing can make the event more fun for you.
- ⤴ Volunteer as much as you can. Youth sports depend upon the time and energy of involved parents.
- ⤴ Police your own ranks: Work with other parents to ensure that all parents behave appropriately at practices and competitions.

### **Do with Coaches:**

- ⤴ Leave the coaching to the coaches.
- ⤴ Give them any support they need to help them do their jobs better.
- ⤴ Communicate with them about your child. You can learn about your child from each other.
- ⤴ Inform them of relevant issues at home that might affect your child at practice.
- ⤴ Inquire about the progress of your children. You have a right to know.
- ⤴ Make the coaches your allies.

### **Do for your Children:**

- ⤴ Provide guidance for your children, but do not force or pressure them.
- ⤴ Assist them in setting realistic goals for participation.
- ⤴ Emphasize fun, skill development and other benefits of sports participation, e.g., cooperation, competition, self-discipline, commitment.
- ⤴ Show interest in their participation: help them get to practice, attend competitions, ask questions.
- ⤴ Provide a healthy perspective to help children understand success and failure.
- ⤴ Emphasize and reward effort rather than results.
- ⤴ Intervene if your child's behavior is unacceptable during practice or competitions.
- ⤴ Understand that your child may need a break from sports occasionally.
- ⤴ Give your child some space when need. Part of sports participation involves them figuring things out for themselves.
- ⤴ Keep a sense of humor. If you are having fun and laughing, so will your child
- ⤴ Provide regular encouragement.
- ⤴ Be a healthy role model for your child by being positive and relaxed at competitions and by having balance in your life.
- ⤴ GIVE THEM UNCONDITIONAL LOVE: SHOW THEM YOU LOVE THEM WHETHER

THEY  
WIN OR LOSE!!

### **Don't for Yourself:**

- ⤴ Base your self-esteem and ego on the success of your child's sports participation.
- ⤴ Care too much about how your child performs.
- ⤴ Lose perspective about the importance of your child's sports participation.

### **Don't with Other Parents:**

- ⤴ Make enemies of other parents.
- ⤴ Talk about others in the sports community. Talk to them. It is more constructive.

### **Don't with Coaches:**

- ⤴ Interfere with their coaching during practice or competitions.
- ⤴ Work at cross purposes with them. Make sure you agree philosophically and practically on why your child is playing sports and what he or she may get out of sports.

### **Don't with Your Children**

- ⤴ Expect your children to get anything more from their sports than a good time, physical fitness, mastery and love of a lifetime sport and transferable life skills.
- ⤴ Ignore your child's bad behavior in practice or competitions.
- ⤴ Ask the child to talk with you immediately after a competition.
- ⤴ Show negative emotions while watching them perform.
- ⤴ Make your child feel guilty for the time, energy and money you are spending and the sacrifices you are making.
- ⤴ Think of your child's sports participation as an investment for which you expect a return.
- ⤴ Live out your own dreams through your child's sports participation.
- ⤴ Compare your child's progress with that of other children.
- ⤴ Badger, harass, use sarcasm, threaten or use fear to motivate your child. It only demeans them and causes them to dislike you.
- ⤴ Expect anything from your child except their best effort.
- ⤴ **EVER DO ANYTHING THAT WILL CAUSE THEM TO THINK LESS OF THEMSELVES OR OF YOU!**

### **You can help your child become a strong competitor by...**

- ⤴ Emphasizing and rewarding effort rather than outcome.
- ⤴ Understanding that your child may need a break from sports occasionally.
- ⤴ Encouraging and guiding your child, not forcing or pressuring them to compete.
- ⤴ Emphasizing the importance of learning and transferring life skills such as hard work,

- ⤴ Self-discipline, teamwork, and commitment.
- ⤴ Emphasizing the importance of having fun, learning new skills, and developing skills.
- ⤴ Showing interest in their participation in sports, asking questions.
- ⤴ Giving your child some space when needed. Allow children to figure things out for themselves.
- ⤴ Keeping a sense of humor. If you are having fun, so will your child.
- ⤴ Giving unconditional love and support to your child, regardless of the outcome of the day's competition.
- ⤴ Enjoying yourself at competitions. Make friends with other parents, socialize, and have fun.
- ⤴ Looking relaxed, calm, and positive when watching your child compete.
- ⤴ Realizing that your attitude and behaviors influences your child's performance.
- ⤴ Having a balanced life of your own outside sports.

### **Don't ...**

- ⤴ Think of your child's sport participation as an investment for which you want a return.
- ⤴ Live out your dreams through your child.
- ⤴ Do anything that will cause your child to be embarrassed.
- ⤴ Feel that you need to motivate your child. This is the child's and coach's responsibility.
- ⤴ Ignore your child's behavior when it is inappropriate, deal with it constructively so that it does not happen again.
- ⤴ Compare your child's performance to that of other children.
- ⤴ Show negative emotions while you are watching your child at a competition.
- ⤴ Expect your child to talk with you when they are upset. Give them some time.
- ⤴ Base your self-esteem on the success of your child's sport participation.
- ⤴ Care too much about how your child performs.
- ⤴ Make enemies with other children's parents or the coach.
- ⤴ Interfere, in any way, with coaching during competition or practice.
- ⤴ Try to coach your child. Leave this to the coach.