

Fueling & Hydration



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Introduction

Synchronized Swimming is an exciting, beautiful and technical sport that demands perfection from athletes. Attention to nutrition is a key aspect of ensuring a synchro athlete's body can endure the demands of training and perform at 100% of their physical potential. It is also an artistic and judged sport where level of fitness is a very important. Poor nutrition and a poor look can affect the entire team, final score and have impact on height, upside down and right side up, strength & endurance. Careful and serious attention needs to be taken to personal nutrition. Each athlete needs to be accountable and responsible for their own nutrition for themselves and their team members.

Nutrition is key to good fueling for training aimed to support an energized, lean and strong physique, but it is also a way to achieve ideal body composition. A healthy diet of quality nutrition helps support training and optimal body composition.

Objectives of Sport Nutrition

Proper nutrition has a very important impact on athletes' performance by:

- Providing a source of energy for training and competing
- Improving performance with the correct intake timing and nutrients
- Preventing injury and illnesses by supporting the immune system
- Assisting with muscles recovery
- Assisting with weight management and designing body shape for the sport

Nutrition needs vary based on the daily training regimen, the intensity and duration of the training. Athletes have to adjust their calorie intake to align with their training, i.e. if they are training half day, full day or if it is a day off calorie intake should match the level of training.



USA Synchro Nutrition Guidelines

Synchronized Swimming is a weight-conscious sport for performance advantage and for aesthetic reasons. Energy needs and expenditure tend to be lower as the focus is more on skill and agility rather than building muscle mass and power. Eating strategies include smaller, more frequent meals, low fat, high fiber and nutrient rich foods.

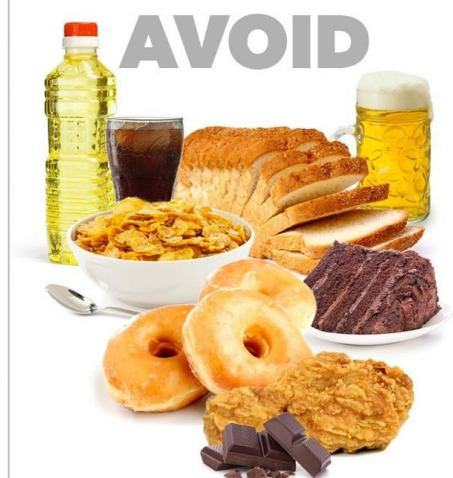
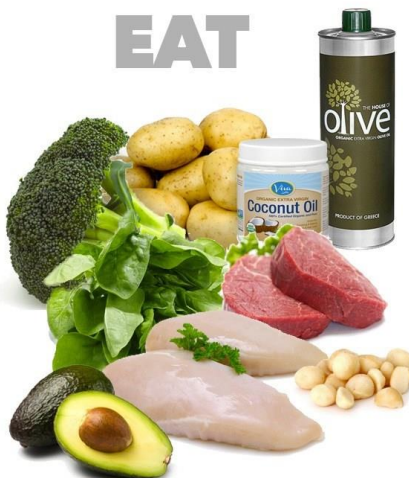
USA Synchro follows the following guidelines for nutrition for synchronized swimming:

- Plenty of fruits and vegetables
- Various type of lean proteins – fish, shellfish, white meat, lean red meat, eggs, tofu, beans
- Whole grains – whole grain breads, cereals, pasta, brown rice, quinoa, couscous
- Plant fats- olive oil, canola oil, avocado, nuts, nut butters, seeds
- Low-fat dairy products - plain yogurt/greek yogurt, cheese, cottage cheese, milk

It is preferable to eat seasonal, local, organic fruits and vegetables when possible and limit the amount of artificial flavors, sweeteners, colors and other chemicals added to the food.

Breaking Down a Healthy Diet for Synchronized Swimmers 7 Foundations of a Healthy Diet

- ✓ ***Healthy nutrition starts with planning. Mentally or physically map out meals and be sure this food is available.***
- ✓ ***Eat at regular intervals in the day. No longer than 4 hours without food.***
- ✓ ***Choose whole foods vs processed foods for 90% of your diet (see below)***
- ✓ ***Balance meals and snacks with carbs, protein, antioxidants and healthy fats (see plate on next page)***
- ✓ ***A healthy relationship with food and your body. Eat for health and performance not boredom, guilt or stress***
- ✓ ***Choose fluids with minimal sugar like water, milk/soy/almond beverage, tea. Avoid soda and energy drinks***
- ✓ ***Enjoy “treats” in moderation, plan them and enjoy them – they taste better this way.***





Best Breakfasts

- **Oatmeal, 1-2 eggs, handful of almonds**
- **Shake: 2 cups skim milk/soy/almond, banana, Tbsp natural peanut butter**
- **6oz Greek yogurt +1/3 cup granola + 1-2 Tbsp dried cranberries**
- **1-2 slices whole grain toast with natural peanut butter + 1 cup skim chocolate milk/soy**
- **1-2 cups high protein cereal (Kashi) + 1 cup skim milk**

Best Snacks

- **6 oz Greek yogurt + small fruit**
- **½ scoop whey protein + 1.5cups skim milk/soy**
- **1 cup vegetable sticks + 2 Tbsp hummus**
- **½ cup nonfat cottage cheese + 1 fruit**
- **Natural nutrition bars (look at ingredient list)**

Best Lunch's/Dinners

- **Chicken breast salad w low-fat dressing + fruit**
- **Tuna salad mixed with low-fat ranch dressing on wheat pita + 1 cup celery sticks**
- **1-2 cups vegetable soup + turkey sandwich on whole grain bread**
- **Chicken, tofu or beef stir fry with veggies, brown rice**
- **Salmon, trout or whitefish + couscous + steamed vegetables**
- **1-2 cups of vegetarian, turkey or lean beef chili + 1 cup carrots**
- **Lean beef steak + baked potato/sweet potato + side spinach salad**

Hydration

Appropriate: water or sparkling water, water with lime or lemon, water with electrolytes, Gatorade, tea, coffee, natural juices with no added sugar (in general, read the label and pay attention to the beverage sugar content), low fat/non-fat milk, soy and almond milks.

Not appropriate: energy drinks, sodas, sweet drinks, Frappuccino and sweetened commercially made coffee drinks, smoothies (unless they replace a snack or part of a meal).

Hydration Tips for Athletes

Aim for baseline of hydration of 8-10 cups per day OUTSIDE of training.

Water, diluted juice, tea, milk, soup all count as fluid.

Listen to your thirst – it's there to tell you when you are dehydrated.

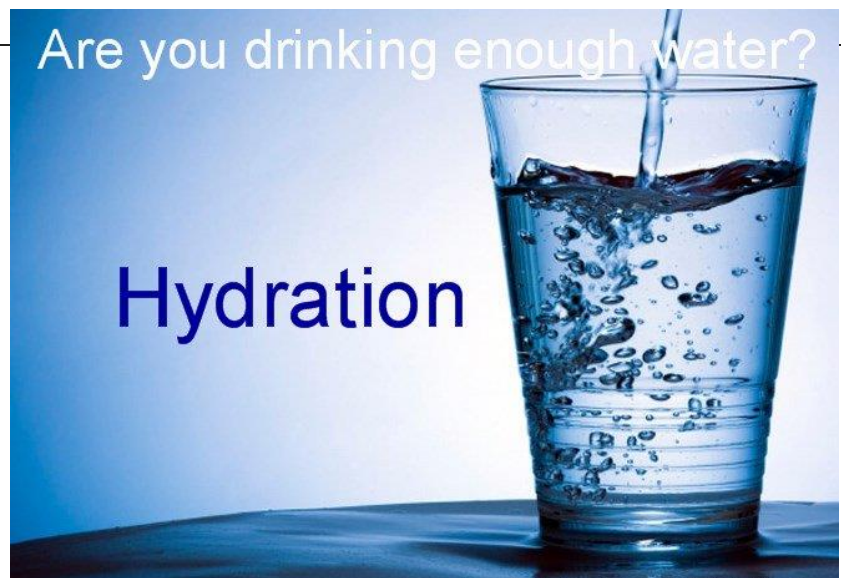
Pre- hydrate before training with 6-10oz of fluids 1-2 hours before hand.

Aim for a hydrated urine color before synchro (#1 or #2) on the urine chart.

Bring a water bottle on deck filled with water, sport drink or diluted sport drink and place it somewhere visible, and aim for 3-4 gulps every 20 minutes approximately.

Hydrate after training with at least 8-16 oz. of fluids and use urine color as a guide.

To evaluate fluid losses athletes can weigh themselves before and after training (wearing same items and either wet or dry to maintain consistency) calculate the difference and replace each pound lost with 10-16oz fluid. Next training session incorporate that additional volume of fluid to your training session.





Am I Hydrated? Urine Color Chart

1		This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout day to stay hydrated.
2		
3		If your urine matches the colors numbered 1, 2, or 3 you are hydrated.
4		If your urine matches the colors numbered 4 through 8 you are dehydrated and need to drink for more fluid.
5		
6		Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the color of your urine for a few hours, making it bright yellow or discolored.
7		
8		If you are taking a vitamin supplement, you may need to check your hydration status using another tool like Handout #15: Hydration Check: Body Weight Log.

On Deck Nutrition & Hydration Strategies for Training & Competition

Common Fueling Mistakes	How this Impacts Performance	How to Correct Mistake
<p>UNDERFUELING Not eating very much before practice/competition. Usually due to not wanting to feel full (aerial moves & nerves), and wanting to look slim in a swimsuit</p>	<ul style="list-style-type: none"> • Reduced energy over the training or competition session • Only perform at 60-75% of physical and mental potential • Increased risk for mistakes & therefore injury 	<ul style="list-style-type: none"> • See Top 5 Pre-Synchro snacks & On Deck Fuels below • Aim for easy to digest, lowfat foods with combination of carbohydrates and protein
<p>OVER EATING POST TRAINING Not eating or drinking enough before activity results in low blood sugar & hunger, leading to the possibility of over eating afterwards</p>	<ul style="list-style-type: none"> • Overeating can result in poor body weight management • Fueling timing is wrong, you need the energy before training. This can impact performance 	<ul style="list-style-type: none"> • Have a small amount of carbohydrate & protein balanced recovery snack to sustain energy and prevent overeating. See On Deck Fuels below
<p>DEHYDRATION Many athletes arrive to training & competition in a dehydrated state, usually due to poor planning. Synchro athletes tend to drink less due to not feeling “warm” because of the cooling effect of water and drafty climate on deck</p>	<ul style="list-style-type: none"> • Lack of concentration • Reduction in skill ability • Early fatigue • High perceived exertion in training • Delayed recovery • Muscle cramps 	<ul style="list-style-type: none"> • See Hydration Tips for Synchro athletes below. • Talk with your team Sports Nutritionist • Visit Team USA Sport Nutrition’s webpage to download a great Hydration fact sheet

<u>Top 5 Pre & Post Synchro Snacks</u>	<u>Top 5 On Deck Fuels</u>
<ol style="list-style-type: none"> 1 ½-1 cup rice cereal/oatmeal + skim/soy milk 2 Banana or apple + 1 Tbsp peanut butter 3 6oz Greek yogurt 4 Fruit + Protein (milk, whey) smoothie 5 Sport nutrition bar 	<ol style="list-style-type: none"> 1 Water + sport drink 2 Banana 3 ½ cup dried fruit 4 Applesauce (in squeezable tube) 5 1 package sport gels, bites or blocks

Tips for Weight Management

Working with your sports nutrition professional dedicated to your team you will:

Monitor progress with objective measures NOT the mirror- use body composition assessments, weight measurements, etc.

Plan meals and snacks so your food environment is set up to meet your goals

Set realistic goals and timeframes for your weight loss/gain. True changes takes consistent approach for at least 6-8 weeks + consistent behavior for at least 5/7 days of the week

General Weight Gain Tips

Weight gain success = more in + less out + consistency + motivation

Aim to add an additional 500 calories in your day. Easy way to think about it is just eat a “second lunch/dinner” e.g. 2 cups chili; turkey bagel sandwich + milk, peanut butter/jam sandwiches + fruit

Eat every 2 hours. Before bed or after training are critical times to get calories in

Add extra calories. Add peanut butter to fruit, nuts to yogurt, use full fat milk, add olive oil based dressings, drink 100% fruit juices

Drink extra calories if eating them is too much of a challenge. Try an easy weight gain shake.

General Weight Loss Tips

Fat loss success = less in + more out + consistency + motivation

Limit fast food or restaurant food to two times a month

Eat according to your energy level, less on less active days, more on more active days

Eat your biggest meals earlier in the day to support energy for training and taper portions as the day goes on, with dinner being your smallest meal

Include lean protein (meat, fish, low-fat milk) at each meal for appetite regulation and muscle maintenance.

Find extra ways to burn calories:

- Add extra low intensity cardio sessions (bike, walk, etc.) 30-45 minutes, 4 times a week
- Bike or walk instead of driving, take the stairs
- Wear a pedometer (step counter) and aim to walk 10,000 steps outside of training