

This message is from the Coaches and the Swim Team Parents Organization. (The information will be posted on our website under “quick links for swimmers.”)

Many have been asking about sleep and nutritional needs for our swimmers. Although there is no "single" answer, the following information from KidsHealth.com [http://kidshealth.org/teen/food\\_fitness/wellbeing/how\\_much\\_sleep.html](http://kidshealth.org/teen/food_fitness/wellbeing/how_much_sleep.html) may help answer some of your questions...

**What's in this article? (click to view)**

- [Why Aren't Teens Getting Enough Sleep?](#)
- [Why Is Sleep Important?](#)
- [How Do I Know if I'm Getting Enough Sleep?](#)
- [How Can I Get More Sleep?](#)

Many swimmers/teenagers complain about being "tired," and when asked about how much sleep they have been getting, the answers are typically 5-6 hours per night. They are under the misconception that they will, “catch-up on the weekend.” Unfortunately, sleep doesn't work this way...The articles suggest establishing and maintaining a "sleep routine," of 9.1/2 hours per night. With all the extracurricular activities, exercise, homework, etc., some of you may be scoffing that, "this is unrealistic." Help your child to find time to rest...( look at the frequency and the times your children are using their cell phones...many will notice texts to other swimmers, late into the night...)

Food for thought

Our swimmers need rest and also re-fueling! Articles suggest that proper nutrition is a major contributor, (with rest,) for the body to recover

“How many calories do I need to eat each day?” Attached, is a link to the American Cancer Society website

[http://www.cancer.org/docroot/ped/content/ped\\_6\\_1x\\_calorie\\_calculator.asp](http://www.cancer.org/docroot/ped/content/ped_6_1x_calorie_calculator.asp)

where you will find a calorie calculator, (as with other websites.) It suggests that 1000-2000 calories are burned per swim work-out. As our coaches are not registered medical practitioners, they recommend speaking with a Doctor or Nutritionist about any dietary modifications. (The Y has a Nutritionist on staff.) Common sense tells us to balance proteins, complex carbohydrates and proper hydration, (drinking plenty of fluids.)

USASwimming.org has a Nutrition section you might find useful. (this is located in the coaches' section.)

<http://usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=1263&Alias=Rainbow&Lang=en>

We all could benefit from well balanced diets consisting of fruits and vegetables, lean proteins and unrefined grains, and proper rest!