

The Tiger Shark Handbook

The purpose of this handbook is to prepare parents for the upcoming swim season for the Hollidaysburg YMCA Tiger Shark Swim Team. We hope that you will read this handbook in its entirety as this contains the roles and responsibilities of all parents, describes the Parent Organization, and provides ideas for helping your children become successful in their swimming careers.

You should know up-front that your child's participation in the Swim Team will require you to commit both time and money. Volunteering is the heart and soul of our program and is an expectation of the parents. Swimming can seem like a full-time job just getting your children to the practices, in addition to all other demands for time. However, this investment will seem very small when compared to the benefits to your child. Swimming is a lifetime sport and you will be an active participant in their development.

You will have great opportunities to get to "know" and "teach" your child under different situations. From high pressure situations to those of celebration, you will be able to participate in them all. It is almost impossible to see and participate in your child's development in this fast paced, excessively busy society.

For you personally, you will make lifelong friends from all over the county, region, and potentially, the state. Other parents are experiencing the same thing and it is great to share ideas and miseries. These friendships often last beyond your child's swimming career.

Benefits of Swimming

All sports programs claim to build up the young participant's bodies and minds. They assert to teach sportsmanship, perseverance, self-discipline and life lessons. Often, they fail to do this effectively due to a myriad of reasons. Swimming, however, does well against all standards.

There are many scientific studies supporting the great benefits of swimming. Very few sports work the cardiovascular system and major muscle groups as completely as swimming. There is a very low risk of injury in competitive swimming and insurance companies recognize this fact.

Swimming is a true sport. The aim is for excellence. This requires self-discipline to reach this lofty goal.

Unlike most sports, swimming is both a team and individual sport. Relay teams teach the benefits of working together toward a common goal. Every swimmer has to do their best. As an individual sport, performance is based on individual times. A swimmer's progress is there in black and white, and it provides great satisfaction as the swimmer further drops their times toward their goals.

Organization

The Hollidaysburg YMCA Tiger Shark Swim Team is the competitive part of the Hollidaysburg YMCA's aquatic program. Our team belongs to the Keystone YMCA Swimming League during the winter season. The league is made up of teams from State College, Dubois, St. Mary's, Juniata Valley, Clearfield, and Brookville. We are a part of the Western District in Pennsylvania.

The coaches are employed by the YMCA to provide instruction and development for your children.

They do this out of love of the sport and the desire to see your child reach their goals. Some are parents of current swim team members and have the same concerns for the development of their children as you for yours.

By your child's participation, you are an automatic member of the Parent Organization. The Parent Organization is the volunteer-based group that runs the swim meets and invitationals, collects fees, organizes and runs fundraisers, and provides communication paths between coaches and parents. They are also there to help new swim parents with questions.

Practices

Practice schedule is listed in this packet, on the website, www.tigersharksswimteam.org, and posted on the bulletin boards at the Hollidaysburg YMCA and Tyrone High School. Check the website for changes in scheduled practice times. All swimmers are welcome to use both facilities for their workouts.

Practices will not be held on "Trick or Treat" night (not normally held on Halloween/October 31 in Altoona/Duncansville, Hollidaysburg areas), and on the major winter holidays. In general, we follow the Hollidaysburg Area School District for cancellations of practices. If the school is closed that day, chances are swim practice is cancelled as well. The decision for cancelling a practice will be made noon of the day in question by the Aquatics Director. A notice will be posted on the website as soon as the determination is made. When in doubt, call the YMCA front desk for information.

We require at least two nights of practice per week to participate in swim meets. Please contact the coaching staff or the Aquatics Director if you have a problem meeting this requirement.

Meet Preparation

This chapter will outline what you will need for the swim meets. Remember, it's not as complicated as it appears! Things become routine after the first meet and you will have no issues with it afterwards.

Competition meets are the only place to determine how a swimmer is progressing toward their goals. Recording times becomes a routine for most parents, as do the discussions afterward on how they are doing. The practices serve as training and opportunities to work on the skills necessary to reach goals. Therefore, the practices leading up to meets are extremely important.

Each meet has a "starting time" and a "warm-up time." The starting time is when the meet will actually get underway. The warm-up time is when the swimmer gets a chance to check out the pool, practice turns, and get used to the blocks. It is necessary to have the swimmer on the deck at least 10 minutes before their warm-up time, unless otherwise directed by the coach. In order to accomplish this, you should arrive at the meet location at least 20 minutes before the warm-up time. Rushing to the pool at the last minute often stresses your children and starts the meet off on the wrong foot.

While we do not require attendance at all meets, we strongly encourage all swim team members to participate. Again, the meets are necessary to meet your swimmer's goals, so make every attempt to attend all meets.

Swim meets are broken up into dual meets and invitationals. The website will show the schedule and times for both kinds of meets. Dual meets are swim meets between two or more teams that belong to our league.

Invitationals are “extra” meets. There is always a small charge per event per swimmer. There are three main advantages to invitationals: 1) they serve as practice meets for new parents and swimmers, 2) you get to pick what the swimmer swims, and 3) they often have ribbons and medals for kids who place. Awards are often given up to 12th place; so many swimmers see the fruits of their labor.

Our league has a Championship meet where all teams compete toward team honors. Individual swimmers compete for their times and overall placement.

The YMCA has several other levels of competition. The first is called Districts. Swimmers who make predetermined times can compete at Districts for the privilege of competing at the PA YMCA State Meet. From there, swimmers can progress to national level, where they compete in Florida for national honors.

What to Bring to a Meet

The swimmer’s stuff: You don’t know how often swimmers forget gear. Usually their goggles, but towels and suits are also up there. Before you go, make sure that they have everything. You may want doubles of things like swimsuits and goggles in case of “equipment failure.”

Toys: There is a lot of downtime during the meets. Things such as GameBoys, IPODs, matchbox cars, cheap hand held games all entertain during the downtime periods. Remember that anything can be lost or stolen, so keep an eye on the electronic stuff.

Sleeping bags or blankets: One per swimmer. They serve two purposes. First, they are a soft place to sit. Secondly, if the waiting area is cold, swimmers can wrap up in them to keep warm. When choosing a place to sit, beware of drafty areas as your swimmer will be cold after coming from the pool.

Chairs: Often, a folding chair or two will be helpful for you and your swimmer during the waiting periods.

Stop watch: It is good to have your own. Plus, you truly look like a swim parent with a stop watch around your neck.

Shorts/t-shirts for all adults/kids: Pools have high humidity and are usually very warm. Dress accordingly and in layers. Often, there are cold locations in the area as well, so having warm-up pants and a sweater are helpful.

Deck shoes: Most pools are slippery and young swimmers tend not to watch where they are going. Having a set of flip-flops or water shoes available will help keep them upright. Many facilities require footwear at all times except when in water.

Maps and directions: We do provide driving directions. Still, sometimes it is a challenge to get to the meet locations. Bringing a map and cell phone numbers will greatly reduce the frustration when you

are temporarily disoriented. We have added the phone numbers of the meet locations to the web site. Remember to take cell phone numbers of other parents as well. Use all as needed to get to the meet location.

Food: Specifically, snacks. All meets have a concession stand, but it would be beneficial to bring any specific snack your child likes.

Don't panic if you forget something. If you didn't bring something, it wouldn't be a family trip anyway. Usually someone else at the meet has brought two and has an extra.

Events

The meets are broken down into individual races called events. There are four strokes (butterfly, backstroke, breaststroke and freestyle) and five age groups (8 and under, 9 and 10, 11 and 12, 13 and 14, and 15 and up.) There are also combination events where swimmers swim all 4 strokes in the same event. This is called the Individual Medley or IM for short.

All members of the Hollidaysburg YMCA Tiger Shark Swim Team will swim in our dual meets and the Championship Meet. Stronger swimmers will swim in the "official" race where they compete for points. Less experienced swimmers will swim "exhibition," which permits them to swim for times and check their progress toward their goals. Unlike some other sports, everyone has a chance to work toward their own success at meets.

After the event, all swimmers should go talk to their coach immediately receiving feedback. The swimmer learns which modifications, if any, need to be made. This is vital for their progress as it is best to go over the good points and work on the less desirable points right away when it is fresh in everyone's mind.

Parent Responsibilities at Meets

The first and foremost responsibility all parents have is to support their swimmer. Positive, supportive comments will greatly help your child. Inappropriate actions at meets will not be tolerated.

All parents will be required to help out in at least one swim meet or invitational. In the past, only a small group of parents participated in the actual running of all meets. As a result, they did not get to be the supportive parents that they would like to be. The Parent Organization will be posting for volunteers for each meet and keeping track of who has participated. Every parent wants to cheer on their child. Please do your share so all can have the opportunity to do so.

Unless volunteering during the meet, parents are not permitted on the pool deck. Parents may meet their children at other locations including the locker rooms and cafeterias.

It is the parent's responsibility to make sure that their swimmer(s) make it to their events on time. The coaches are there to coach, not track down the swimmers in the locker room or cafeteria. The seeding boards are posted at the meets and should be checked regularly.

If you are volunteering and are the only parent present for your child, it is appropriate to have your child stop by and talk after each event, as long as it doesn't distract from your volunteer obligations. Designate another parent to keep an eye on your child and help them get to events on time. We will all help!

Expenses

The current fee for participating as a member of the Hollidaysburg YMCA Swim Team is \$140 for the winter season. This will provide your child with over 300 hours of instruction and practice times. Each swimmer will be required to have a competition swimsuit which will cost an estimated \$35 to \$45 per boy and \$45 to \$55 per girl. If goggles are needed, they will cost approximately \$10. A swim cap will cost approximately \$5. Other team related gear can be purchased, such as swim bags, towels, and sweat suits throughout the season. Please see the Parent Organization for further information.

Definitions

Here are some basic definitions you will need to know as you start your swim parent career:

Announcer: A volunteer who announces events being seeded and currently being swum.

Backstroke: This stroke is swum on the back. You can turn over at the end when making a flip turn. Any part of your body must touch the wall at finish or during a turn.

Block: This is where the swimmers dive from at the start of the race. They are slightly elevated above the deck, but not nearly as much as kids think they are!

Breaststroke: The stroke where the arms move in short strokes under water with a "frog" or "whip" kick. Both hands have to touch at the same time when reaching a wall.

Bullpen/Seeding Area: This is where the seeding takes place. You must make sure that your swimmer is here when their event is called. Being an event or two early is not a bad thing. This is where we need parent "chasers" the most!

Butterfly: The stroke where both arms move at the same time and the legs go up and down like a dolphin. Both hands have to touch at the same time when reaching a wall. Feet must stay together at all times.

Cards: Each swimmer is given a card at the bullpen/seeding area with their name, event name, lane assignment and time on it. Swimmers give this to the timer when it is their turn to swim.

Chasers: Adult or teen volunteers who track down swimmers who are not in the bullpen/seeding area or on deck when required.

Concession Stand: Volunteer staffed. Please see the parent in charge of the concession stand to see what is needed. This is one of the ways the swim team generates its operating money. Money is used for buses, rental of pools, end of year banquet, and scholarships for those who cannot afford to participate in the swimming program. Below is a general list, subject to change the day of the meet:

Sloppy Joes

Water

Hamburger Buns	Gatorade
Swinghetti	Hot Dog Buns
Salad	Hot Dogs
Sweet Treats	Napkins
Soda	Plasticware
Extras - such as meatballs, peanut butter & jelly, donuts, etc.	

DQ: Short for disqualified. Any swimmer who doesn't swim the stroke correctly or follow the rules is "DQ'd." The official who DQ'd the swimmer will usually tell the swimmer why. Coaches try to be present for this conversation. The coaches will need your help with the swimmers, as often they don't understand or can be very emotional when this happens. Every swimmer gets DQ'd now and then, so be as supportive as possible when it happens.

Events: Each individual race is broken up into age, sex, distance and stroke. Each event has an individual number. It is recommended that you write the events that the swimmer is scheduled to swim on their hand in permanent ink. Sharpie pens work best. Regular pen ink will wear off in the water.

False start: When the swimmer takes off before the starting system is initiated. **OLD RULE:** The swimmer is permitted one false start before being DQ'd. **NEW RULE:** A false start is an automatic DQ unless it was caused by equipment failure or official error.

Freestyle: Really any stroke not mentioned above. Only one hand needing to touch when reaching a wall.

Meet: A swim competition often lasting 3 to 6 hours depending on what it is.

Heat: An individual race within an event. Since often there are more swimmers than lanes in the pool, multiple races are run for the same event. The first heat contains the slowest seeded swimmers and the last heat contains the fastest.

Officials: Usually dressed in white. These volunteers ensure that the competitions are fair. They ensure strokes are done correctly per established standards, but will always give the swimmer benefit of doubt.

Parent Organization: The overseeing committee for the swim team. All parents are members of this committee. There is an elected president, vice president, secretary and treasurer.

Runner: A volunteer who collects all the swimmers' cards after a race from the timers and takes them to the scoring table to be sorted.

Scoring Table: Volunteers who average the swim times and rank the swimmers by time and place. We provide on-the-job training and support.

Seeding: This is how swimmers are put into the lanes. The fastest swimmer goes in the middle lane. The next fastest goes beside them. The next fastest goes on the other side. It seems confusing, but it really isn't once you see it happen.

Starting System: Often connected with the timing system. This is often accompanied by a strobe flash for hearing impaired and timers. Please remember no flash photography is allowed at the meets, as this

may interfere with a swimmer's start.

Timers: Volunteers who time the swimmers. Lots of people are needed. We provide on the job training, plus it is the best seat in the house!

Timing System: A computer timer system which consists of a timing computer, touch pads and backup button. Timers are the "human backup" to this technology.

Touch Pads: Part of the electronic timing system. When a swimmer hits the pad, the computer registers this touch. It is important to stress this step with your swimmer to make sure that they hit the pad when they finish the race.

Turns: The process of changing direction at the end of the pool. Each stroke has a specific turn that is the only permissible way to change direction.

Warm-up: The time before a meet where swimmers get in the water to get used to the new pool, lane markings and water temperature. Times are posted for various teams. Swimmers must be dressed and ready at the meet location at the warm-up time.

YMCA Locations and Directions

Brookville Meet (Brookville Elementary School, 104 Jenks St., Brookville) [Approximate time 1 hour 50 minutes]

I-99 North to Bald Eagle Exit

Go straight through light onto 350 toward Philipsburg (Snappy's is across street on right)

In Philipsburg, take 322W toward Clearfield – be in left lane through most of town

Turn right on Shawville Hwy (PA-970)

Turn left to take ramp onto I-80 W

Take Brookville Exit #78

At bottom of ramp, turn right (PA-36)

Approximately ½ mile, bear right onto Maplevale Road

At the stop sign, turn right onto Jenks

The Brookville Elementary School is on the left approximately ½ mile.

Pool is located in the back of the elementary school.

Clearfield Meet (Clearfield High School, 2831 Washington Avenue, Clearfield)
[Approximate time 1 hour 20 minutes]

I-99 North to Bald Eagle Exit

Go straight through light onto 350 toward Philipsburg (Snappy's is across street on right)

In Philipsburg, take 322W toward Clearfield – be in left lane through most of town

As you approach Clearfield, there is a Long John Silver's on the right side.

Go **under** overpass and take Route 879** to Curwensville.

Take Route 879 approximately 2.6 miles to traffic light at the Hyde Bridge.

Go straight through intersection (879 turns left) and cross river at the Hyde Bridge.

Continue into the village of Hyde (Firehouse on left, then UniMart on diagonal corner)

Continue beyond the village of Hyde on the same road for approximately 1.7 miles from Bridge.

Make right into Clearfield High School driveway and continue up hill to the front of the building.
438 River Street, Clearfield, PA (814) 765-2401
**Route 879 – it's either South or West bound from 322.

Dubois Meet (Dubois YMCA, 25 Parkway Drive, Dubois)
[Approximate time 1 hour 30 minutes]

I-99 North to Bald Eagle Exit
Go straight though light onto 350 toward Philipsburg (Snappy's is across street on right)
In Philipsburg, take 322W toward Clearfield – be in left lane through most of town
Turn right on Shawville Hwy (PA-970)
Turn left to take ramp onto I-80 W
Exit at second Dubois exit (Exit 101: Dubois, Penfield Rt. 255)
Merge into 255 South
Turn left onto 219 South (Liberty BLVD)
Turn right on Parkway Drive
Y on left

Dubois Meet (Dubois High School, 425 Orient Drive, Dubois)
[Approximate time 1 hour 30 minutes]

I-99 North to Bald Eagle Exit
Go straight though light onto 350 toward Philipsburg (Snappy's is across street on right)
In Philipsburg, take 322W toward Clearfield – be in left lane through most of town
Turn right on Shawville Hwy (PA-970)
Turn left to take ramp onto I-80 W
Exit at second Dubois exit (Exit 101: Dubois, Penfield Rt.255)
Turn right off exit and head into Dubois (merge w/ 255)
Turn right onto Division Street.
Turn left onto Orient Drive
High School on the right

Juniata Valley Meet (Juniata Valley YMCA, 105 First Avenue, Burnham, PA)
[Approximate time 1 hour 30 minutes]

Take 22 East from Hollidaysburg
Take 322 West at Lewistown
Take Burnham/Yeagertown Exit
At end of exit ramp, make right onto Ferguson Valley Road
At stop sign, turn left onto W. Freedom Avenue.
Turn left onto Walnut Street
Turn right on First Avenue
Y on left.
Park in back of YMCA.

St. Marys/Ridgeway (St. Marys Senior High School, 977 South St. Marys St, St. Marys)
[Approximate time 1 hour 50 minutes]

I-99 North to Bald Eagle Exit

Go straight through light onto 350 toward Philipsburg (Snappy's is across street on right)

In Philipsburg, take 322W toward Clearfield – be in left lane through most of town

Turn right on Shawville Hwy (PA-970)

Turn left to take ramp onto I-80 W

Take I-80 West.

Take Exit 111: Route 153

Take Route 153 northbound toward Penfield

Go approximately 8.3 miles to Penfield

Turn right at light onto PA 255 North

Go approximately 17.1 miles to Saint Mary's

Turn right at 3rd light into the Saint Mary's High School Entrance.

(2nd Light has Wendy's and Tractor Supply)

State College (State College YMCA, 677 W. Whitehall Rd., State College)

[Approximate time 50 minutes]

I-99 North to 322

Take Atherton Exit

Turn right at University Drive

University Drive turns into Whitehall Road

YMCA is on the right.

(814) 237-7717

Alternative Way to State College

Take 22 East from Hollidaysburg

At Water Street, turn left onto 453

Turn right onto Route 45

At Pine Grove Mills, continue on 26 North

Follow 26 North as it goes left onto Park Road

Approximately 1 mile, turn right onto Whitehall Road.

Follow Whitehall Road to YMCA.

Williamsport Halloween Meet (Williamsport Senior High School, 2990 W. 4th St., Williamsport)

[Approximate time 1 hour 55 minutes]

I-99 North to 322 North

322 N to I-80 Eastbound

Take Exit 178: Lock Haven/Route 220 North

Turn left at bottom of ramp

Continue on Route 220 North to Williamsport

As you are approaching Williamsport and after Linden, you will see the 4th Street/Williamsport exit with a small Williamsport High School sign at the top of the ramp. Take this exit and follow the road as it bends.

Meet is at the high school pool. Turn left at sign for high school

Greensburg Invitational (Greensburg YMCA, 101 S. Maple Avenue, Greensburg)

[Approximately 1 hour 34 minutes]

W

Turn left onto US 119

Turn left on Arch Ave (US 119)

Bear Right on E. Otterman (US 119 S)

Turn left on N. Maple Avenue

Y on left

Swimmer's Health and Nutrition

The next few pages contain a several articles about health and nutrition. They are provided to give parents an overview of basic health and nutrition information.

Snack Ideas from the National Institutes of Health:

Dried fruit and nut mix

Fresh, frozen, or canned vegetables or fruit served plain or with low-fat yogurt

Rice cakes, whole-grain crackers, or whole-grain bread served with low-fat cheese, fruit spread, peanut butter, almond butter, or soy nut butter

Pretzels or air-popped popcorn sprinkled with salt-free seasoning mix

Homemade fruit smoothie made with low-fat milk or yogurt and frozen or fresh fruit

Dry cereals served plain or with low-fat or fat-free milk

**Children of preschool age and younger can easily choke on foods that are hard to chew, small and round, or sticky, such as hard vegetables, whole grapes, hard chunks of cheese, raisins, nuts and seeds, and popcorn. Carefully select snacks for children in this age group.*

Warm-up Basics as listed by the Nemous Foundation:

Here are the cold, hard facts on warming up, stretching, and cooling down.

The Basics of Warming Up

It's important to warm up your body before any physical activity. Warming up goes a long way toward preparing the body for exercising, both physically and mentally. It also helps prevent injuries.

The term "warm-up" describes many light-aerobic and cardiovascular activities, which are separate from stretching. (Stretching works best when performed *after* warming up.) When you warm up, you are literally

warming up the temperature of both your body and your muscles.

Warming up also:

increases your heart and respiratory rate

boosts the amount of nutrients and oxygen delivered to your muscles

prepares the body for a demanding workout

makes it easier to burn calories

extends your workout

Types of Warm-Ups

You can use many types of warm-up activities to prepare your body for intense physical exercise. Often a warm-up activity is simply the activity you are about to do but at a slower pace. For example, if you're about to go for a brisk run, warm up with a light jog, and if you're going to go for a swim, do a couple of slow freestyle warm-up laps.

Only after this light warm-up, which should last about 5–10 minutes, should you attempt to stretch.

Stretching

Stretching used to be considered the main activity before a workout. That has all changed now. Stretching is still a beneficial activity prior to working out, but only after you have sufficiently warmed up. The reason for this is that stretching cold muscles can directly contribute to pulled and torn muscles. It's also now known that stretching is important after a workout as well.

Stretching properly may reduce muscle injuries and provides these benefits:

an increase in flexibility and joint range of motion

correct exercise posture

relaxed muscles

better sports coordination

Stretching has to be done right to have benefits, though. Here are some tips on stretching properly:

Stop if it hurts. Stretching should never hurt. If you have reached a point in your stretch where it hurts, relax to where it feels comfortable and hold the stretch.

Maintain each stretch for 10–30 seconds. Holding a stretch for any less won't sufficiently lengthen the muscle. Stretch the muscles gradually and don't force it. Avoid bobbing. Bobbing or bouncing while stretching may damage the muscle you are stretching. This damage may even cause scar tissue to form. Scar tissue tightens muscles and can get in the way of flexibility.

Remember to breathe. Breathing is a necessary part of any workout, including stretching.

Practice equality. Even if you are a righty, it doesn't mean that you should neglect the left side of your body. Make sure you stretch both sides equally, so all of your muscles are evenly ready for action.

If you play a sport, you should do warm-ups that go with that sport. The same is true for stretching. These types of stretches are known as sports-specific stretches, and they focus on the muscles that are used for your particular sport. For instance, if you play baseball you might focus on your shoulder for throwing or your forearm for batting.

Cooling Down After Your Workout

The most efficient way of slowing down a car or bike isn't by riding straight into a brick wall. The same way you have to gradually slow down either your bike or your car, you need to slow down your body after a workout or exercise: 5–10 minutes of slowed-down, easy activities will go a long way in helping your body recover from a workout.

Your cool-down routine can vary from workout to workout. It should include light aerobic activity and stretching. If you're running at a quick pace, you can slow down to a steady walk to cool down. Cooling down and stretching at the end of a workout help to:

slow your heart rate to a normal speed

return your breathing to its regular pace

avoid stiffness and soreness of the muscles

reduce any risk of dizziness and lightheadedness

relax the muscles

Whether you are new to working out or have been playing a sport your entire life, adding a good before-and-after routine to your workout will give you the best chance of avoiding injuries and may even help improve your performance.

Reviewed by: [HYPERLINK "http://kidshealth.org/parent/misc/reviewers.html"](http://kidshealth.org/parent/misc/reviewers.html) Larissa Hirsch, MD
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Swimmer Nutrition as provided by USA Swimming:

One of the building blocks of quality training is good nutrition. Every swimmer and parent needs to be aware of the following two points:

1. Food does NOT make a swimmer swim fast. That's right. Food does not make him swim fast. What *does* make him swim fast? Training. Training makes him swim fast.

2. QUALITY training makes him swim fast. A vital part of quality training is good nutrition! Believe it or not, your swimmer doesn't get fast during practice. In practice she might see her times improving, but her *adaptation* to training (i.e. getting faster) actually occurs while her body is at rest. Workout is the **stimulus** that causes this to happen. Workouts are hard! They're supposed to be. They're designed to tell the body, "This is hard work for me...you better do something to enable me to do it again later." And the body actually responds by becoming more efficient – aerobically and anaerobically. During its time off, the body WILL adapt, but only if given the **proper fuels**.

Healthy Meals for Swimmers on the Go

[HYPERLINK "" Notes on BREAKFAST - Start your day off right!](#) · Try pancakes, waffles, French toast, bagels, cereal, English muffins, fruit or juice. These foods are all high in carbohydrates. · Avoid high-fat choices such as bacon, sausage or biscuits and gravy. · For breakfast on the run, pack containers of dry cereal, crackers, juice or dried fruit such as raisins and apricots; or pack fresh fruits such as apples or oranges. · If you eat breakfast at a fast food restaurant choose foods like cereal, fruit juice and muffins or pancakes. Avoid breakfast sandwiches, sausage and bacon.

EXAMPLES OF HIGH CARBOHYDRATE BREAKFAST MEALS:

At Home: Orange juice Fresh fruit Low-fat yogurt Pancakes with syrup 2% or skim milk or Plain English muffin Strawberry jam Scrambled Egg Orange juice 2% or skim milk

At a Fast Food Restaurant: Hot cakes with syrup (hold the margarine and sausage) Orange juice Low-fat milk or Cold cereal with low-fat milk Orange juice Apple, bran or blueberry muffin

At a Convenience/ Grocery Store: Fruit flavored yogurt Large bran muffin or pre-packaged muffins Banana Orange juice Low-fat milk

At a Family Style Restaurant: Pancakes, waffles or french toast with syrup (hold the margarine, bacon and sausage) Orange juice Low-fat milk

HYPERLINK "" **Notes on LUNCH and DINNER** · Select pastas, breads and salads. · Select thick crust rather than thin crust pizza for more carbohydrates. · Choose vegetables such as mushrooms and green peppers on the pizza. Avoid high fat toppings such as pepperoni and sausage. · Select vegetable soups accompanied by crackers, bread, or muffins. · Emphasize the bread in sandwiches, not the condiments, mayonnaise or potato chips. · Avoid deep fat fried foods such as french fries, fried fish and fried chicken. · Choose low-fat milk or fruit juices rather than soda pop.

EXAMPLES OF HIGH CARBOHYDRATE LUNCH OR DINNER MEALS: Large turkey sandwich on 2 slices of Whole-wheat bread
Slice of low-fat cheese
Lettuce, Tomato
Fresh vegetables (carrots and celery strips)
Low-fat yogurt
Fresh fruit or fruit juice
Minestrone Soup
Spaghetti with Marinara Sauce
Salad
Italian Bread
Fresh Fruit
2% or skim Milk
Sherbet
Chili on a large baked potato
Whole grain bread or muffin
Low-fat chocolate milkshake
Fresh fruit
Thick crust cheese and vegetable pizza
Side salad
Fresh fruit
2% or skim milk

LUNCH/DINNER AT FAST FOOD RESTAURANTS

McDonald's - 500 kcal Chicken fajita
Vanilla low-fat milkshake
OR
Hamburger
Low-fat milk
Low-fat frozen yogurt cone

McDonald's - 700-750 kcal Hamburger
Side salad with low calorie dressing
Strawberry low-fat milkshake

Burger King - 500 kcal BK Broiler with BBQ sauce
2% milk
Orange juice

Arby's - 700-750 kcal French dip
Side salad with lite Italian dressing
Jamocho shake

Taco Bell - 700-750 kcal Bean burrito with red sauce
Plain 10" tortilla
Low-fat milk

Pizza Hut - 1,000 kcal 2 slices medium cheese pan pizza
6 breadsticks
Beverage

Wendy's - 1,000 kcal Plain baked potato
Chili
Side salad
Small frosty