**Research Proposal**

**The Issue:**

In all levels of youth swimming from summer league to high school to USA club swimming, athletes, parents, and coaches alike have been on the search for foods and drinks that will give swimmers a competitive edge. Those within the swimming community have placed a focus on foods and drinks for meet day preparation as well as for refueling after a big meet. Another key to finding proper swim nutrition is the length of swim meets; sometimes lasting for more than 6 hours, swim meets present a challenge for staying well hydrated and fed for a long period of time with feeling too full to perform.

**Primary Claim:**

I plan to come up with a claim that answers this question: How do certain foods and drinks affect swimmers’ abilities to prepare for and refuel from meets?

**Why this is important to me:**

I swim on Harrison’s swim team, Tidal Wave Swimming club team, and the Brookstone 3 summer league team, and I always want to perform my best at meets, no matter what level. I have only been swimming for two or three years, so compared to some of my teammates, I am relatively new to the swimming world. When I first started swimming, I struggled to find foods and drinks that worked best for me for swimming, and even now I am very interested in what effects certain foods and drinks can have on swimming performance.

**Purpose and Audience:**

I am writing this paper in hopes of helping swimmers change their meet day food and drink choices to allow them to achieve optimal performance. I plan to do this by learning more about the effects of certain foods and drinks and sharing this with swimmers, coaches, and parents in my community.

**Research Methods:**

My research methods will include investigation into the ingredients and previously studied effects of specific performance foods and drinks. I also plan to interview or survey coaches and fellow swimmers about their swim nutrition preferences.