



About Diving

Diving is separated into many events, including:

- Springboard (1m and 3m)
- Platform (5m, 7m and 10m)
- Synchronised events for both men and women

Competitions may last for up to 6 days with usually preliminary rounds being held in the morning and finals being held the same night. Up to 11 dives may be required which must be performed including numerous combinations of starting positions, flight movements and twists which determine the degree of difficulty.

Training sessions may range from 1 to 2 sessions/week to 1 to 2 sessions/day on average. These may cover water work, dry land training and weight training. A divers' training focuses more on skill and technique rather than kilojoule-burning aerobic exercise.

Diving requires the athlete to be small, lean and well-muscled. This body composition provides physical advantages including better mechanical efficiency, increased power-to-weight ratio and a favourable image to diving judges.

Training Diet

Some divers miss breakfast before early morning training sessions for stomach comfort. Liquid options (e.g. Sustagen® Sport, Up N Go®) are ideal for fuel and stomach comfort. Busy schedules need to be catered for (work, school, uni, etc) and meals and snacks need to be organised for eating "on the run" (rather than relying on takeaway options). Nutrient-rich foods need to be selected to provide adequate carbohydrate, protein and other nutrients for fuel and tissue repair.

Fluid Needs

A diver's training and competition environment on the pool deck is often warm and humid, and can increase fluid loss from the body. At least 2-3 Litres of water should be consumed regularly during competition, dry land and pool training, as dehydration can be detrimental to a diver's performance as it affects concentration and skill level.

Sports drinks are suitable fluids during long training sessions (more than 60 minutes) or if training for maximum performance and are ideal during competition as they provide electrolytes and carbohydrate along with the fluid in between dives.

Body Fat Levels

Low body fat levels are advantageous in diving, for agility, dynamic power and technique. Body fat levels can creep up due to injury or time off from training, or if dietary intake is not in line with training requirements. This can be managed by consulting a sports dietitian or trying some of these tips below:

- Avoid extreme hunger – a small, well-timed snack will prevent you from over-eating later on
- Eat slowly: give your body time to register fullness
- Fill up on high-fibre foods – enjoy these regularly in meals and snacks
- Drink water before and during your meal
- Watch high-energy fluids such as juice, cordial and soft drink: these can be an easy way to consuming extra (unnecessary) calories
- Target sources of fat, alcohol and sugar
- Find non-food ways of rewarding yourself for reaching training goals

What should I eat pre-event?

Divers should have a small, high-carbohydrate snack about one hour prior to competition, and include a drink of water or sports drink. To avoid stomach discomfort, foods low in fibre and fat can be preferred. Ensure that the meal is well planned and includes familiar foods and fluids. Examples include:

- Breakfast cereal + low fat milk
- Fruit salad + low fat yoghurt
- English muffin or crumpet with jam/honey
- Sandwich/roll + salad + lean meat/cheese

If nervous pre-event and appetite is a problem, carbohydrate-rich fluids can be an alternative, such as:

- Sports drinks or juice
- Low fat milk or smoothie
- Liquid meal replacement e.g. Sustagen® Sport

What should I eat during competition?

Divers need to ensure they eat enough food and take advantage of opportunities to eat and drink during dives. Divers should develop an eating plan that fits in with their competition schedule and that includes foods that are familiar with them that will not affect their performance. Practising competition eating during training sessions will help to identify food choices that will suit them best. Examples include:

- Sandwiches with low fat fillings (honey/jam/salad/banana etc)
- Pasta/rice/noodles with low fat sauce
- Low-fat yoghurt
- Liquid meals such as Sustagen sport or fruit smoothie

What about recovery?

It is very important to refuel with carbohydrate-rich foods during recovery in order to begin replenishing muscle glycogen stores for training/competition. This is especially important during a competition that is held over a few days or during weeks of heavy training.

It is also important to include a lean protein source in recovery for muscle tissue repair and growth.

As a rule of thumb, aim to consume a recovery snack **within 30 minutes** after a training session or competition. This snack should contain carbohydrates, protein and a source of fluid, e.g. a salad sandwich with a bottle of sports drink, or a bowl of cereal with fruit and milk. Other suitable snacks include cereal/muesli bars, fruit and fruit bars and sports drinks.

After competition or practice, a high-carbohydrate snack should be followed by a more substantial meal containing carbohydrate and protein. It is also a good time to encourage plenty of fluids.

Other Nutrition Tips

- **Be organised!** Have suitable transportable snacks on hand for pre and post training/competition. (e.g. cereal bars, fruit, low-fat yoghurt, low-fat muffins and sandwiches)
- **Frequent sips** of water and/or sports drinks during dives is a good strategy for maintaining hydration.
- **Energy requirements** during competition are usually less than during training so match your eating to your training to avoid weight gain.

For more information on Diving, visit the Diving Australia website at www.diving.asn.au.

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