

DELAWARE



AQUATICS

HANDBOOK

RIPTIDE WELCOMES YOU

CONGRATULATIONS!! You and your child are now members of one of the state's finest swimming organizations. We want to take this opportunity to welcome you to our club.

This handbook will give you a working knowledge of the sport of swimming and answer some basic questions. We have tried to anticipate your questions, but please feel free to ask any of the coaches, Board members, or other parents or swimmers about specific concerns.

The sport of swimming has many benefits, including the people you and your child will meet. Swimming provides one of the most beneficial forms of exercise for cardiovascular and overall fitness. It is a lifetime sport.

Possibly the greatest benefits of participating in an organized swim program are the life skills your child will develop. These skills include time management, self-discipline, sportsmanship, and self-confidence.

This book is designed to help you help your child succeed in swimming. Not every swimmer becomes an Olympian, but everyone gains from their swimming experience. Supporting your child in swimming can be one of the most rewarding experiences of your life.

UNITED STATES SWIMMING MIDDLE ATLANTIC SWIMMING

United States Swimming (USA) is the national governing body for swimming in the United States. It was founded in 1980 as a result of the 1978 Congressional Amateur Sports Act. Swimming now governs itself rather than being one of many sports under the AAU umbrella. The AAU rules and decisions were made for the general good of all sports. USS is able to make decisions which focus solely on swimming. USA is composed of 60 local swimming committees (LSC) with more than 200,000 registered swimmers across the United States. USS swimming has a website at

(www.usaswim.org). Our LSC is Middle Atlantic Swimming Inc. More information is available online at (www.maswim.org).

USA offers a variety of programs which are geared for all levels of swimmers, from youngsters learning to swim to world class athletes. These programs enable the youngsters to participate at their own levels of competition. The USA Age Group program is designed to benefit younger athletes in the early stages of their competitive swimming careers. Age Group swimming is administered by thousands of local volunteers across the country and it is this program which produces the reservoir of talent which keeps the United States ahead of the rest of the world in swimming.

The best of these Age Group swimmers participate in local, regional, and national meets and championships. Regionally, Zone Meets are held in four areas of the country at the end of each short course and long course season. Locally, the USS sponsors national Junior Olympic Championships now called Middle Atlantic Age Group Championships (MAAGS) leading up to these Zone meets. These meets help prepare our swimmers for the national championships. The Junior and Senior National Championships and specially conducted trials are used to select swimmers for the United States National Team which then represents this country in international competitions, including the Pan-Pacific, Pan-American and Olympic Games.

The local swimming committee Middle Atlantic offers local and regional competition, register swimmers and clubs, train officials, and encourage swimming interest in our local area.

Delaware Riptide Aquatics is proud to be a member of United States Swimming and the local swimming committee, Middle Atlantic Swimming. Riptide is also a member of the Delmarva Swim Association (DSA) which is a summer league set up to provide dual meets with local teams on the Delmarva Peninsula. The DSA season runs from late June to the end of July culminating in a championship meet. The dual meet format for this league uses a set number of events and follows all USA rules for swimming.

RIPTIDE PHILOSOPHY

Our goal is to create a unique, high quality swim club that offers all of its members the opportunity to set goals and the means to achieve them.

Our coaching philosophy is to recognize the potential while acknowledging the differences in all individuals.

Through the use of expert instruction, proper repetition, and realistic goal-setting, each swimmer will achieve success. Motivation, using enthusiastic support and encouragement, will ensure the athlete's continued commitment. A strong team atmosphere will create a sense of belonging and a feeling of enjoyment. Positive experiences during competition will develop an individual's ability to adapt to life's circumstances while still reaching fulfillment.

Our vision is to produce highly skilled, motivated, and dedicated athletes of all abilities who aspire to reach their most successful level in swimming.

This program will provide every swimmer with the technical training, enthusiastic support, and continual encouragement consistent with the positive values of competition. Goal setting will be emphasized to ensure overall improvement and enjoyment. In addition, the elite swimmer will have limitless opportunities to achieve national to international prominence.

RIPTIDE ORGANIZATION

TEAM STRUCTURE

Delaware Riptide Aquatics is a non-profit corporation with its membership open to the public.

Elected from the general membership is the Board of Directors, which consists of four board members. Officers of the Board of Directors include President, Vice-President, Secretary and Treasurer.

The by-laws of Delaware Riptide Aquatics are available for review. Please contact the President for such a copy.

FILE AND BILLING PROCEDURES

Upon our receiving your swimmer's completed new registration form a folder will be created in the top drawer of the team file cabinet in the lobby. All Riptide information goes through the file folders. You need to check you folder every time you come. Quarterly bills, meet information, FYI articles and other information is put in the files on a regular basis and if not checked you may miss a deadline for meets or other sign-ups. Bills will be in the file by the 5th of the month and are due by the 20th. Fees paid after the 20th will be assessed a late fee of \$20.00. Accounts not paid by the end of a month may result in the swimmer's suspension until payment is made.

You can pay your bill by mailing it to the team address on the bill, or dropping it in the team payment box on the file cabinet or handing it to an officer. Please do not give it to coaches or leave cash in the payment box. If you need to drop out it is mandatory to call us or write us. We never question your decision to drop out. Please try to pay your bill for the exact amount as it makes it so much easier to figure out where to credit your total. If you are not sure of the amount, do not hesitate to ask one of us to look it up for you. If you think your bill is in error, please bring it to our attention so we can check it out. Do not pay anything in advance of your bill. We will bill you for meets after they are swum. Other charges for group trips, etc., will be billed to your account rather than trying to collect separately for each item.

As a new swimmer you will be billed for the month you start (if it is half over it will be pro-rated), the new swimmer one-time family registration fee and the USS registration / insurance fee. The USA registration fee is for a calendar year running from December 31 to December 31 and it is annually renewed in November.

Coaches are responsible for determining the practice group for your swimmer. If your swimmer is going to be moved up, the coaches will talk to the parents first to discuss the impact on the swimmer and the changes to financial and workout commitments.

Monthly dues are not pro-rated for missed practices they are due regardless of your monthly participation.

You may pay your dues as far in advance as you wish. It will be held in escrow and deducted each month till it is gone and is entirely refundable if you drop out. Requests to withdraw from the team must be made in writing.

You will be charged or credited based on when we receive the written request.

USS MEET ENTRY PROCESS

When the meet information is available a copy will be put on the bulletin board and it will be available on the web site www.delawareriptide.org. The information includes location, facility, rules, entry restrictions, fees, admission, a list of events, and warm up times. Parents are responsible for getting the information from the board or web site, deciding if you are going to the meet and selecting which days and events your swimmer wants to enter. If you are not sure what to swim, the coaches will be happy to help you select events. There will be a deadline for sign ups and we will not accept late entries. If you enter early you can still change your entry up to the deadline. Middle Atlantic Swimming has very strict rules about taking late entries. Some meets allow deck entries the day of the meet if they have open spots in the heats and the fee is usually double that of an individual event. You would have to ask the coach the day of the meet to see if an opening is available and pay the meet director cash on the spot.

To sign up for a meet you will find A copy of the meet information on the meet sign-up button on the web site. Decide if you are going to the meet and which days you can attend. Look at the meet events that your swimmer is eligible for and decide which events you want to swim. If your not sure mark just reply let the coaches pick events. After you make your selections email the team from the web page with your swimmers name and events you want or coach pick. There will also be a form in the file cabinet for sign-up located in the top drawer of the team file under "Meet sign up forms". The folders are highlighted in red marker. Please fill in the meet name, meet date, your swimmer's name, the days, event numbers and event name. If you or your swimmer does not know what they want to swim, just write "coach pick" and include what days you want to swim. If you are not going to the meet please return it marked "not going". Completed forms must be placed in the "Completed entry forms" file highlighted in red marker or submitted electronically via web site by the deadline to be entered in the meet. When the entries are complete a report will be placed in your file to tell you what events you are signed up for. Maps to the pools will be available on line in the handbook. Usually the meet information package has

written directions included. At the meet, a program will be included in the admission fee or sold separately that lists all of the events and heats.

Please Email or return all meet notices so we know if you are going or not. We do not want to forget anyone and it will save us from double checking on those who do not respond.

After the entries are put into the computer, Riptide mails the entries on a computer disk with a team check for the total amount of all the entries. Once the deadline has passed, there will **not** be a refund on the meet fees since the team pre- paid for the meet. You will be charged regardless if you show up or not. If events are canceled due to

USA MEET ENTRY PROCESS

overbooking those fees will be credited to the swimmers affected. Winter short course yards (25 yard pools) usually charge \$3 for individual events and \$6 for relays. Riptide adds on the equivalent of (1) individual event per swimmer to help pay the coach's food, gas and lodging as they are reimbursed for these items.

The Middle Atlantic Swimming meet schedule and Riptide's "coached meet" schedule is posted on the board and on the web. If you want to go to a non-coached meet, contact Allan as early as possible so you can be entered in the meet. If a swimmer needs a ride to the meet, do not hesitate to talk to a board member or another parent to arrange a ride. Meet results will be posted on the board and on web the day after the completion of the meet if a disk was available at the end of the meet. The results we post are the official meet results regardless of what was posted on the wall at the meet.

Please do not hesitate to ask us about any aspect of the meet entry process.

ST. ANDREW'S SCHOOL - GROUNDS / POOL

St. Andrew's School - Grounds/Pool Guidelines

1. Parents/Swimmers are to enter the main campus entrance only. When entering the SAS grounds, obey the posted speed limits of 10 - 15 mph and drive with extreme caution yielding to all pedestrians and animals on the grounds. This is their home, not ours.
2. Parking is only allowed in the head in spaces in front of the tennis courts or in the circle area. Do not parallel park in front of the dorms. These spots are for those who live here only. Also, do not parallel park along the road or in front of the maintenance building. If you have to park farther away, usually by end of practice there are spots available to move up to. Please keep your parking stickers updated.
3. We must stay confined to the pool building while swimming. Walking on the grounds is not permitted for the security of the students of SAS. Children not swimming must not be allowed to run around the pool building or outside and must be supervised by an adult. Parents with children not practicing should make certain their children remain seated in the spectator area during the entire practice, not running around the facility. Only dry land training with the coach will be permitted outside the facility. Please remind children that they should never run, slide or hang on the railings for their own safety.
4. Do not arrive for practice or meets more than fifteen minutes early and never leave a swimmer if the Riptide coach is not present. The lifeguards and Aquatics Director are not responsible for watching swimmers.
5. No smoking is permitted on SAS grounds. Also, no food is permitted in the facility unless a scheduled party is to take place in the lobby.
6. Swimmers and parents are not allowed to walk through the pool office at any time unless asked in.
7. Please turn into the office any valuables found in the locker rooms before or after our use of the facility.

8. We need to squeegee the water from swimmers from the bench areas to the shower rooms after every practice - parents help out when you can.
9. Wet swimmers are not to go on the balcony. They must enter/exit the pool area via the locker room only. Also, never run on the deck.
10. Proper shoes must be worn on deck - no street shoes for sanitary reasons. Also, running, rough play, hairpins, barrettes, glass containers and chewing gum is strictly prohibited on deck.
11. Running is never allowed. Please remind swimmers that it is for their own safety that they walk - not run.
12. The Faculty Locker Room is specifically for the faculty and staff of St. Andrew's School and the coaches. Please remind swimmers of this.
13. Swimmers should be reminded that they are not to sit on the lane markers.
14. Only appropriate bathing suits are acceptable. Cut-offs and non-swimming suits are not permitted.
15. Diving restrictions: One person at a time on the board. Next diver not permitted on board until previous diver reaches the ladder. No double bouncing. Never is there to be any swimming in diving area when diving is taking place.
16. All participants must shower before entering the pool.
17. Starting blocks are for the use of competitive or other instructional activities and are not to be used except for that purpose and under supervision.
18. Talking excessively with guards is prohibited unless an emergency situation arises. Guards must have complete visibility of the pool at all times, along with complete concentration on what is happening in the pool area.
19. Please remember we are guests at the St. Andrew's School and to continue using this facility, we need to use it with respect!

ANSWERS TO FREQUENTLY ASKED QUESTIONS

- ◆ **What should I do when my swimmer cannot attend practice?**
If the swimmer will miss more than one practice in a row, please call your coach to let him know.

- ◆ **What should swimmers eat at meets?**
 Drink plenty of liquids. Eat raw fruits and vegetables, raisins, and crackers. Skittles and Starburst candies are ok as they contain carbohydrates. Drink more liquids. Don't wait to get thirsty.
- ◆ **Where are my ribbons or medals?**
 Awards will be distributed at the next practice after most meets.
- ◆ **When are parents allowed on deck?**
 Almost never. If you need to speak to the coach, please call him or her at home or arrange a time to meet before or after practice.
- ◆ **What training aids are necessary?**
 All swimmers need 1 or more practice suits, goggles, swim cap(s), team suit, and zoomer / fins. See Sections 2 - 7 and 2 - 10 for more information.
- ◆ **What should I bring to meets?**
 Most sessions are longer than summer league meets. Be prepared. Most indoor pools are very warm. Dress in layers. Refreshments are usually sold, but bring healthy snacks and lots of liquids - juice, water, Gatorade - not sodas. You may want to bring a folding chair as most facilities have inadequate seating. It is usually crowded.
- ◆ **We're brand new to winter swimming. Who can give us advice?**
 Please feel free to ask any of our Board members about anything that concerns you. Our coaching staff is also very willing to answer questions or help guide you through. It seems confusing at first, but after your first year, you'll be a swimming parent pro! We will schedule parents meetings as needed where your questions can be answered.
- ◆ **Do we have to go to meets?**
 Our program is a competitive swimming program. We encourage everyone to attend the meets that are offered at their level of competition.
 There are **A, B, C, and Mini Meets**. **Mini Meets** are for 8 and unders only. The letter divisions refer to achieved times. **B and C meets** have time standards that the swimmers cannot be faster than. **A meets** have qualifying times that the swimmer must have achieved or bettered. Of course, every swimmer's goal is to better their own times. Attending meets is a way to measure progress. Most swimmers enter a meet each month. Time standards are in the back of this book.

SWIMMING: THE SPORT

Each swim meet offers a variety of events and distances, depending on the age group and classification. Each swimmer may enter up to five individual events per day in a timed finals meet, or up to three individual events at a prelims and finals meet. Twelve and under swimmers who have not achieved national "A" times participate in meets in which the sessions are four hours or less.

The four competitive strokes are Freestyle, Backstroke, Breaststroke, and Butterfly. USS sells a small handbook detailing all the stroke rules and regulations.

In Freestyle events, the competitor may swim any stroke he / she wishes. The usual stroke is the crawl, which is characterized by the alternate overhand motion of the arms and an alternating up-and-down flutter kick. At the finish the swimmer may touch the wall with one hand.

In the Backstroke, the swimmer must stay on his / her back and must touch the wall while still on the back. The usual stroke consists of an alternating motion of the arms with a flutter kick.

The Breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pulled from the breast in a heart-shaped pattern and recovered under or over the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. No flutter, scissor, or dolphin kick is permitted. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously, with shoulders in line with the surface of the water.

The Butterfly features a simultaneous overhand stroke of the arms combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissor, or use the breaststroke kick. The Butterfly was developed in the early 1950's as a variation of the Breaststroke. It became an Olympic stroke in 1956 in Melbourne. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously, with shoulders in line with the surface of the water.

The Individual Medley, commonly referred to as the IM, features all four strokes. In the IM, the swimmer begins with the Butterfly, then changes after one-fourth of the race to the Backstroke, then Breaststroke, and finally Freestyle.

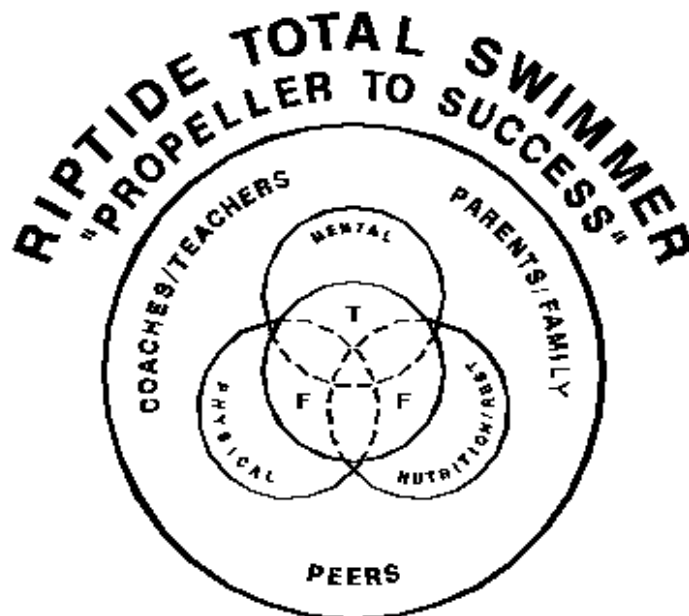
In the Medley Relay, all four strokes are swum. The first swimmer swims Backstroke, the second, Breaststroke, the third, Butterfly, and the final swimmer, Freestyle.

The Free Relay events consist of four freestylers, each swimming one quarter of the total distance of the event.

RIPTIDE TOTAL SWIMMER "Propeller to Success"

Swimming is a wonderful sport for you to develop the necessary life skills to be successful in all aspects of your life. Swimming helps develop championship behavior, accountability, work ethic, self-discipline, goal setting, commitment, loyalty, mental toughness, self-confidence, healthy lifestyles and more.

The Riptide Total Swimmer understands the importance of balancing the different roles in his/her life with the proper training and fueling of the



mind and body to reach his/her fullest potential inside and outside of the pool. The "Propeller to Success" represents the components of the Riptide Total Swimmer.

The "Propeller to Success" is made up of four interconnecting circles; First Things First (FTF), Mental, Physical, and Nutrition/Rest. Your goal is to be in the center where all four circles interconnect. This is where you will swim your fastest because you are balancing the different roles you have in your life while focusing on all aspects of swimming; mental training, physical training, and proper nutrition/rest. Your propeller moves your ship through the water to your destination. You **choose** whether you reach your destination by your **commitment** to the journey and by **charting** a course.

RIPTIDE TOTAL SWIMMER "Propeller to Success"

First Things First (FTF) Circle



This circle is the hub of your propeller, keeping all of your blades (other circles) together operating smoothly, in unison and your ship on course. You have many different roles in your life and wear many different hats. You are a son/daughter, student, brother/sister swimmer, lifeguard, friend, etc., etc. Some of you are fathers, mothers, wives, husbands, employees, etc. How you balance these different roles is a daily struggle. There is tremendous pressure today to be perfect, follow your peers, and for instantaneous gratification. There is a great illusion that there is an easy way to achieve quality of life, personal effectiveness, and rich relationships. It takes hard work, many different experiences, and many successes and failures to grow and truly reach your destination as a person. This is what shapes your character, self-esteem, and philosophy of life. Remember there is no failures just learning experiences. By creating the proper balance, establishing priorities in your life (family, school, etc.), and nurturing your relationships you will help keep the hub of your propeller well oiled, your blades working together and running smoothly, and you will have a much higher resilience to the physical and mental stress of a year round swim program.

Mental Circle

You need to believe your propeller is strong enough to get your ship around the world through any type of weather. You can be well trained, eat and rest properly, and have good balance in your life, but if you do not train your mind, you are setting yourself up for failure. Train regularly on visualization, muscle relaxation, concentration, and breathe control. Choose to practice perfect, attack your fears and not to worry about things you can not control. Remember garbage in garbage out! Train your mind to pull positive thoughts from your emotional bank account, not negative thoughts. Learn to worry about yourself, not the student who you feel got special treatment or the swimmer you felt skipped laps. This is wasted energy. Believe in yourself, love yourself and you can accomplish anything.



Nutrition/Rest Circle

You have to fuel your ship properly to keep your propeller moving fast and efficiently. The proper nutrition and rest helps you to train harder, swim faster, recover quicker, think better, increase your energy, and most importantly establish a healthy lifestyle so you live longer. You are what you eat. You should be eating 12-15% protein, 25-30% fat, and 55-70% carbohydrates. Stay away from fast food and lots of sugar, keep your diet low in fat and drink lots of fluids. Eat properly throughout the year, not just before competition. Get to bed early each evening.

RIPTIDE TOTAL SWIMMER "Propeller to Success"



Physical Circle

It is hard work to improve the speed of your propeller. Everyone wishes they had two 400 horsepower propellers to speed them through the water. Do not get caught up in focusing on your lack of height or strength. Focus on improving your propeller speed by choosing to practice perfect and focusing on all aspects of training and racing; energy systems, dryland training,

strength training, stretching, race strategy, pacing, stroke technique, motor skill development, experimentation, tapering. Remember sometimes you have to open it up and push your propeller beyond what you feel is capable. Stress = change. Quality not Quantity! RRIP (Reduce Resistance Increase Propulsion).

Outliers

The Outliers in the "Propeller to Success" diagram are your parents, coaches, teachers, peers, family members, etc. Outliers are the compasses of your ships giving you constant direction throughout your journey. They can really help keep your ship on course and propeller moving fast; giving you advice, knowledge, guidance, love and support. They also can cause your propeller and ship to slow down, turn off course, or even reverse directions. Unfortunately, there are coaches who coach for the wrong reason, parents who put too much pressure on their children, and friends who put pressure on you to do the wrong thing. You are the captain and navigator of your ship. Keep yourself on course. Do not be afraid to **communicate** your feelings to your coach, parents or teachers. Do not be afraid to tell your peers you are not interested. Be a leader. Follow your dreams.



Goals

You have to chart your destination or your ship and propeller will be floating aimlessly at sea. Do not leave your future to chance, **SET GOALS!** Set long term and short term goals and the necessary steps to reach those goals. Look at all aspects of the "Propeller to Success" when setting your goals and steps. A lot of people do not set goals because they feel accountable and are scared to fail. If you never dare to fail and step out of your comfort zone, you will never truly succeed! Set and own your goals. If you do not reach them, evaluate, learn from the experience and set new goals.

Team

Although you all have different propellers moving your individual ships to different destinations, the team destination is the same. The Riptide difference starts with coaching from the inside out and all of us being part of the Riptide family inside and outside of the pool. Respect for each other starts with your lanemates and extends throughout the team. We all support each other through practice, meets, and in striving to reach our individual destinations.

Climb the Mountain

I will live each day with courage and a belief in myself and others. I will live by the values of integrity, freedom of choice, and a love of all people. I will strive to keep commitments not only to others but to myself as well. I will remember that to truly live, I must climb the mountain today, for tomorrow may be too late. I know that my mountain may seem no more than a hill to others and I will accept that. I will be renewed by my own personal victories and triumphs no matter how small. I will continue to make my own choices and to live with them as I have always done. I will not make excuses or blame others. I will, for as long as possible, keep my mind and body healthy and strong so that I am able to make the choice to climb the mountain. I will help others as best I can and will thank those who help me along the way.

Sow a thought, reap an action, sow an action, reap a habit, sow a habit, reap a character, sow a character reap a destiny.

EQUIPMENT

The Coaches would like the swimmers to purchase the swim equipment listed below. We feel that utilizing this equipment will enable us to expand our training workouts, expose the swimmers to swim equipment they will use more frequently as they progress through the program, and increase enjoyment for everyone.

A lot of you already have the necessary equipment. However, many of you do not have the Speedo mesh bag. It is inexpensive and we feel beneficial for keeping all of your equipment organized and in **one** place. Please remember to put your name on all of your equipment. Currents and new Waves please order **square** Speedo paddles.

Also, we have Riptide caps for the new swimmers. Remember, we **all** wear our Riptide caps for meets! We did not include swim suits in the list below. If you are new to the team tell *The Swim Shop* you need a Riptide team suit (Speedo brand).

We would recommend you get your flippers a little big so you can grow into them. You can wear socks with your flippers until they fit properly or are broken in. We also are going to start an *Equipment Exchange Program*. A

form will be placed on the Riptide News bulletin board. Before you repurchase equipment fill out the form in an attempt to exchange equipment with another swimmer.

The Riptide orders equipment through *The Swim Shop*. It is very important to remember to tell them that you are with the Riptide Swim Team to get the full discount. Their information is as follows:

The Swim Shop
Fairfax Shopping Center
Route 202 North Wilmington
Mgr: Judy Phone #: 575-1224

DEVELOPING PROPER STROKE MECHANICS

- ◆ **BE COACHABLE.** Listen to your coach. Try to understand and perform your coach's recommendations. Ask for someone to demonstrate if you do not understand.
- ◆ **ASK YOUR COACH.** Your coach will feel good that you asked and will know you want to learn.
- ◆ **ASK A TEAMMATE** to drop underwater and watch your stroke to see if you're holding a stroke correction.
- ◆ **EXPERIENCE MOVEMENT.** Learn and practice new drills for each stroke. Your mind and body then use these experiences to create solid strokes.
- ◆ **OVERCORRECT.** Make changes by exaggerating them to a more desirable pattern. If it feels strange, different, crazy, unusual, or funny, it is probably correct.
- ◆ **OVERLEARN.** Constant repetition and reinforcement of desired patterns or drills provides for learning and automatic performance swimming. Begin each arm stroke with correct hand position. Extend the arm out in front of and a little outside the shoulder for maximum catch, hold on the water, then rotate to a high elbow.
- ◆ **MAINTAIN STREAMLINED** body position to minimize resistance when swimming and gliding off turns.
- ◆ **SCULL** to find still water by changing the angle or pitch of the hand, wrist, and arm during the outswEEP, downswEEP, inswEEP, and upswEEP movements of the pull pattern. Do not push in a straight line.
- ◆ **ARM PATTERNS.** High elbow rotation is similar in all strokes.

Individual differences which limit stroke adaptation include: instruction interpretation, desire, and individual physical capacity (flexibility, strength, endurance, buoyancy, and body type).

- ◆ **CREATE A MENTAL IMAGE.** Visualize a successful and proper stroke. If you begin with a picture of the correct stroke in your mind, it will then help you when you practice skills and drills.
- ◆ **SHIFT GEARS.** Within the length of the pool, make changes by swimming slowly, working on technique for the first five yards. Increase your speed throughout the length by increasing the turnover while trying to maintain proper stroke technique and distance per stroke.

VISUALIZATION

Visualization is a technique that can help you become more successful with stroke technique, strategy, and goal achievement. Seeing what is ideal in your "mind's eye" is essential to learning. For visualization to be beneficial, the picture created must be positive and successful. If you imitate a poor stroke, your chance for success or improvement is limited. Relaxation and visualization are essential for the preparation of a race. When anxious for a race, stress can mentally and physically inhibit your performance. Being able to relax your body gives you increased pain tolerance for training, racing, and control over muscles.

REMEMBER: To correct mistakes, you must visualize the right way and have your coach give feedback. If changes or corrections feel weird, strange, different, crazy, or unusual, they are probably correct. You must think and practice hard to change a stroke mistake that has become automatic after years of swimming.

ACTIVITY: In preparation for a big meet, visualize your races and see yourself in the competition pool.

VISUALIZE YOURSELF:

- ◆ Getting your suit, cap, and goggles ready.
- ◆ Feeling good in warm-up.
- ◆ Preparing for your race (food, fluids, rest, time allotment, etc.)
- ◆ The entire pool area as you walk to the starting block.
- ◆ The start and anticipation of your race.

- ◆ Your start, the entry into the water, and *GREAT* feel of your first strokes.
- ◆ Your feel of the body and the feel of holding the correct stroke and turn positions.
- ◆ Your finish and the excitement of looking up at a great time.
- ◆ The happiness you, your coach, teammates, and family will feel after a great swim.
- ◆ Your celebration immediately following a successful swim.
- ◆ Compliments from your coach, teammates, and family after your swim.

GENERAL INFORMATION

SWIM MEETS

Riptide participates in USS meets. All qualified swimmers are expected to attend team meets as designated. Each swimmer is required to have a team suit and cap. Team suits are usually 2 sizes smaller than practice

Check and double check that you have packed all your equipment:

Team Suit

Team Shirt(s)

Team Cap

Goggles (2 pairs)

Towels

Sweats

**Be sure to write your name
on all items in permanent
ink!!**

suits to reduce resistance. Team caps and suits are available at the Swim Shop see page 2 - 7 for more information.

Meet entry information is distributed through our file folders. It is the swimmer's responsibility to check your own file at each practice. Entries to meets is detailed in section 1 - 7.

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair advantage over another swimmer. The technical rules for each

stroke may be found in the publication, "United States Swimming Rules and Regulations."

SWIM MEET REGULATIONS

- ◆ Arrive at the meet 30 minutes before scheduled warm-up time. Be on deck and ready to get in the water 15 minutes before warm-up time.
- ◆ Sit with your team. Parents will usually be asked to sit away from the team; U.S.S. rules do not allow parents "on deck" unless they are officials or coaches.
- ◆ Each swimmer is responsible for knowing his / her heat and lane assignment. The coaches want to watch you swim.
- ◆ After your race, report to the coach for evaluation and analysis. Be prepared to offer your own comments about your swim.

PRACTICE REGULATIONS

Cap

Goggles

Practice Suit(s)

Zoomer / Fins

Equipment needed:

- ◆ Be on time. Be on deck 5 minutes before practice is scheduled to begin.
- ◆ Caps and goggles must be worn by all women swimmers. Caps cut down on resistance and protect swimmer's hair from the effects of chlorine. Goggles enhance vision and protect eyes from the effects of chemicals in the water.
- ◆ Fins will be used at times at practice. They are used for stroke technique and speed-assisted training. Swimmers will be asked to provide their own fins.
- ◆ Each swimmer will be asked to provide his / her own. We will videotape each swimmer on his own tape and give it to him for personal viewing.
- ◆ Team suits should not be worn to practice. Many swimmers train with several practice suits on, usually loose fitting, for the purpose of creating drag.
- ◆ Swimmers are expected to make a practice commitment and abide by it. Coaches will expect swimmers to do their best while acknowledging

that everyone's best is different.

- ◆ Swimmers are not permitted to leave practice for any reason unless permission is obtained from a coach.
- ◆ Poor behavior - in the locker rooms, on the pool deck, at meets, or at any Riptide function - will not be tolerated. Suspension or dismissal from practice may result. Parents will be notified.
- ◆ Parents or car pool drivers should be at the pool 5 minutes before practice is scheduled to end. A coach or Riptide representative will wait for each swimmer to be picked up before leaving.
- ◆ Parents will not be permitted on deck. It is a USS insurance regulation that only USS certified coaches and officials may be on deck during practices and meets.

GENERAL INFORMATION

SAFETY

The safety of all members of Riptide is vital to the well-being of our club. The following rules should be obeyed at all times:

- ◆ **No diving** into the pool unless instructed to do so by a coach. Each swimmer should enter feet-first into the pool.
- ◆ **No running** on deck or in the locker rooms. Please wear foot covering to and from the locker rooms - Speedo Massage sandals, flip-flops, and water shoes.
- ◆ **Dry off** before entering the locker rooms - floors become slippery quickly if this rule is not followed.
- ◆ **No misbehavior in the locker rooms.** Any infractions of this rule may result in suspension of locker room privileges which will be reinstated at the discretion of the Riptide Board.
- ◆ **No parents on deck.** USS insurance rules do not permit anyone on deck except swimmers, coaches and assigned officials. This rule applies to meets as well as practices.
- ◆ All traffic patterns at St. Andrew's should be followed by everyone! Additional St. Andrew's rules are listed on SAS rules page.
- ◆ **Poor behavior will not be tolerated.** All swimmers will be given two warnings during a practice session or at a meet. If a swimmer continues to create a disturbance, he/she will be dismissed from the session and the parents will be notified.

The coaching staff, in consultation with the Board of Directors, reserves the right to suspend any swimmer for continued violations of club policies.

MEDICAL EMERGENCIES

The following procedure will be used in the event of a medical emergency:

911 will be called if medical emergency warrants.

Swimmer's home number will be called.

If no answer, parent's work number(s) will be called.

If no answer, emergency contact(s) will be called.

If no answer, physician will be called (if information was provided).

A Riptide representative will continue to call until a responsible party is reached.

For those swimmers who have asthma, please be sure to have any inhalers you use with you for all practices and meets. You should bring your inhaler on deck with you each day. Parents, an additional option is to provide an extra inhaler (clearly labeled) for your child. The coaches will keep these with the Riptide medical emergency kit.

If a child is in distress with an asthma attack, 911 will be used to summon help immediately.

YOUR ROLE AS PARENTS

Competitive swimming programs provide many benefits to young athletes. They develop self-discipline, good sportsmanship, and time management skills. Competition allows the swimmer to experience success and to learn how to deal with defeat, while becoming healthy and physically fit.

As a parent, your major responsibility is to provide a stable, loving and supportive environment. This positive environment will encourage your child to continue. Show your interest by ensuring your child's attendance at practices, and by coming to meets.

Parents are not participants on their child's team, but contribute to the success experienced by the child and his/her team. Parents serve as role models and their attitudes are often emulated by their children. Be aware of this and strive to be positive models. Most importantly, show good sportsmanship at all times toward coaches, officials, opponents and teammates.

Remember that your child is the swimmer. Children need to establish their own goals, and make their own progress towards them. Be careful not to impose your own standards and goals.

Do not over-burden your child with winning or achieving best times. The most important part of your child's swimming experience is that he/she learn about himself /herself while enjoying the sport. This healthy environment encourages learning and fun which will develop a positive self-image within your child.

The best way to help children achieve their goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that he/she is still learning. Encourage his/her efforts and point out the things he/she did well. As long as he gave his best effort, you should make him/her feel like a winner.

DO'S AND DON'TS FOR SWIMMING PARENTS

1. Don't impose your ambitions on your child.

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best.

2. Do be supportive no matter what.

There is only one question to ask your child: "Did you have fun?" Your child should not be forced to participate.

3. Don't coach your child.

You have taken your child to a professional coach. Do not undermine that coach by trying to coach your child on the side. Your job is to support, love, and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. This is not your area. This will only serve to confuse your child and prevent that swimmer/coach bond from forming.

4. Do have positive things to say at a swimming meet.

If you are going to show up at a swimming meet, you should cheer and applaud, but never criticize your child or the coach.

5. Do acknowledge your child's fears.

A first swimming meet, 500 Free, or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle; just assure your child that the coach would not have suggested the event if your child were not ready to compete in it.

6. Don't criticize the officials.

If you do not have the time or the desire to volunteer as an official, don't criticize those who are doing the best they can.

7. Do honor your child's coach.

The bond between swimmer and coach is a special one, and one that contributes to your child's success as well as enjoyment. Do not criticize the coach in the presence of your child. It will only serve to hurt your child's swimming.

8. Don't jump from team to team.

The water isn't necessarily bluer at the other team's pool. Every team has its own internal problems. Children who switch from team to team are often ostracized for a long, long time by the teammates they leave behind. Often times swimmers who do switch teams never do better than they did before they sought the bluer water.

9. Do have goals besides winning.

Giving an honest effort, regardless of the outcome, is much more important than winning.

10. Don't expect your child to become an Olympian.

Your child's odds of becoming an Olympian are 1 in about 4,300. Swimming is much more than just the Olympics. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships. Swimming builds good people and you should be happy your child wants to participate.

Adapted from:

"Ten Commandments for Swimming Parents"

by Rose Snyder

OFFICIALS

Trained officials observe the swimmers during each event to ensure compliance with the technical rules. If a swimmer commits an infraction of the rules, he will be disqualified from that event which means he will not receive an official time nor be eligible for an award in that event. Disqualifications may result from actions such as not getting to the starting blocks on time, false starting, walking or pushing off the bottom of the pool, pulling on the lane lines, or un-sportsmanlike conduct.

Officials are present at all competitions to implement the technical rules of swimming and to ensure that the competition is fair and equitable. Officials attend clinics, pass a written test, and work meets before being certified. All parents are encouraged to get involved with some form of officiating.

Officials include:

1. **Timers** - operate timing devices and record the official time for the swimmer in the lane.
2. **Turn Judges** - observe from each end of the pool and ensure that the turns and finishes comply with the rules applicable to each stroke.

3. **Stroke Judges** - observe from both sides of the pool, walking abreast of the swimmers, to ensure that the rules relating to each stroke are being followed.

4. **Relay Takeoff Judges** - stand beside the starting blocks to observe the relay exchange, ensuring that the feet of the departing swimmer have not lost contact with the block before the incoming swimmer touches the end of the pool.

5. **Clerk of Course** - arranges the swimmers in their proper heats and lanes.

6. **Starter** - assumes control of the swimmers from the Referee, directs them to "take your mark", and sees that no swimmer is in motion prior to giving the start signal.

7. **Referee** - has overall authority and control of the competition, ensuring that all the rules are followed; assigns and instructs all officials, and decides all questions relating to the conduct of the meet.

If your child is disqualified (DQ'd) in an event, be supportive rather than critical. For beginning swimmers, a disqualification should be treated as a learning experience, not as punishment. A DQ alerts the swimmer and coach to what portions of the swimmer's stroke need to be corrected. They should be considered in the same light as an incorrect answer in schoolwork - they point out areas which need further practice.

OFFICIALS CERTIFICATION PROCEDURES

The following procedures are provided to make it easier for those interested in becoming a Middle Atlantic Official to understand the certification process.

I. Stroke & Turn

The first certification level is as a Stroke & Turn Official. To become certified you must:

- a. Attend a clinic (usually given in both the Fall and Spring).
- b. Complete and pass a test for Timer and Stroke & Turn Judging.
- c. Join United States Swimming (as a non-athlete member).
- d. Work as a Trainee at six USS Meet sessions (max. 2 sessions per Meet and max 2 Mini-meet sessions; may be non-sanctioned Meets if under a certified USS Referee.)

Certification is for two years; USS membership must be maintained. To be re-certified you must work at least twelve (12) meet sessions during the 2-year period.

II. Starter

Stroke & Turn officials with two years experience and sixteen (16) meet sessions will be invited to attend a Starter clinic. Officials with less experience may request consideration to attend a Starter clinic. The certification procedure is:

- a. Attend a clinic (usually given in the Fall, and whenever appropriate.)
- b. Complete and pass a test for Starter.
- c. Maintain USS membership.
- d. Work six Meets as trainee Starter, including at least one MA District Meet with a member of the Officials Committee.

Certification is for two years; USS membership must be maintained. To be re-certified, you must work at least twelve (12) meet sessions, including District Meets when assigned.

OFFICIALS CERTIFICATION PROCEDURES

III. Referee

To be considered for the Referee program, you must generally have one year as a certified Starter, and worked at eight (8) Meet sessions. Interested Officials with less experience should request consideration by the Committee. All Referee candidates will be reviewed by the Officials Committee before attending a clinic. The certification procedure is:

- a. Attend a clinic (scheduled as required.)
- b. Complete and pass all tests, including Stroke & Turn, Starter, Clerk, Meet Referee and Meet Administration.
- c. Maintain USS membership.
- d. Work as trainee Referee at sufficient Meets to complete all required procedures of a Referee. Certain of the requirements can only be completed at District Meets under direction of a member of the Officials Committee.

Each candidate receives a book with specific procedures described, and a worksheet to be completed at each Meet and signed by the Meet Referee. Procedures are intended to provide a broad experience base for each candidate. When these procedures are completed, the candidate will be reviewed by the Officials Committee. Final approval will be by the Officials Committee.

Certification is for two years; USS membership must be maintained. To be re-certified, a Referee must work sixteen (16) meets during the period, including two District Meets each year.

GLOSSARY OF SWIMMING TERMS

- ◆ **AGE GROUP SWIMMING:** The program through which USS provides fair and open competition for its younger members. Designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent. Nationally recognized age groups are 10 and under, 11-12, 13-14, 15-16, 17-18, and 15-18. Local meets may include events for 8 and unders.
- ◆ **ASCA:** American Swimming Coaches Association
- ◆ **BLOCK:** the starting platform
- ◆ **BROKEN SWIMS:** Interval training in which a race is separated or broken into parts with a specified rest interval between each segment. This allows the swimmer to swim at race speed. These swims are motivational for the swimmer and give the coach an idea of how the swimmers are progressing.
- ◆ **CIRCLE SWIMMING:** Performed by staying to the right of the black line when swimming in a lane to enable more swimmers to each lane.
- ◆ **CUT:** Time standard necessary to attend a particular meet or event. Slant for qualifying time.
- ◆ **DESCENDING SET:** Training set in which each repeat time gets faster as the set progresses.
- ◆ **DQ: DISQUALIFIED:** When a swimmer commits an infraction of some kind. A disqualified swimmer is not eligible to receive awards, nor can the time be used as an official time.
- ◆ **DRAG SUIT:** A second, loose-fitting suit worn by swimmers in work-out and during warm-up to add weight and resistance to the swimmer.
- ◆ **DRILL:** A portion or part of a stroke done to work on that specific part of the stroke, and to perfect technique.

- ◆ **FALSE START:** Occurs when a swimmer is moving at the start. In USS, one false start will result in disqualification.
- ◆ **FINAL:** Championship heat of an event in which the top 6 or 8 swimmers from the preliminaries compete. Depends on the number of lanes in the pool.
- ◆ **FINISH:** The final phase of the race; the touch at the end of the race.

- ◆ **FLAGS:** Backstroke flags placed 5 yards (Short Course) or 5 meters (Long Course) from the end of the pool. They enable backstrokers to execute a backstroke turn more efficiently by counting their strokes.
- ◆ **GOAL:** A specific time achievement a swimmer sets and strives for. Can be short- or long-term.
- ◆ **I.M.:** Slang for Individual Medley, an event in which the swimmer uses all four strokes in the following order: Butterfly, Backstroke, Breaststroke, Freestyle.
- ◆ **INTERVAL:** The measure of time in which a swimmer has to complete a repeat plus rest before he must go again.
- ◆ **INTERVAL TRAINING:** Involves completing a specified number of repeats at a prescribed speed with a specified rest period between swims. There are 4 variables to consider: (1) number of repeats, (2) distance of each repeat, (3) average speed of the repeat, and (4) rest interval between repeats.
- ◆ **JUNIOR OLYMPICS:** Usually local, state, or LSC championships. Must qualify to enter this competition.
- ◆ **LAP COUNTER:** A set of plastic display numbers used to keep track of laps during a distance race. Also, the person who counts for the swimmer, stationed at the opposite end from the start.
- ◆ **LONG COURSE:** A pool 50 meters in length. World records may only be set in long course meters. The Olympics and most international meets are swum long course.
- ◆ **LSC:** Local Swimming Committee. Governing body for swimming on a local level. Our LSC is Middle Atlantic.
- ◆ **MEET:** Competition designed to be a learning experience. By implementing what has been learned in practice, the swimmer tests himself against the clock to see how he is improving.

NATIONAL AGE GROUP TOP 16 TIME: Times set by the 16 fastest individuals within an age group. Time standards are set for both short and long course.

GENERAL INFORMATION

- ◆ **NATIONAL AGE GROUP TIME STANDARDS:** Time standards derived from the previous years results that are broken down by age and sex as well as B, A, AA, AAA, and AAAA divisions. May be used for entry or qualifying

purposes.

- ◆ **JUNIOR NATIONALS:** A national level meet held twice a year, one in the East and one in the West for swimmers 18 and under. There are qualifying time standards and swimmers are limited to 4 individual events and 3 relays.

- ◆ **NEGATIVE SPLIT:** Swimming the back half of the race either equal to or faster than the front half.
- ◆ **OVC:** Official Verification Card. Necessary form to enter any national competition.
- ◆ **PACE:** The time a swimmer holds for each segment of a race.
- ◆ **PACE CLOCK:** Large clock with a large second hand and a smaller minute hand, used to check pace or maintain intervals in practice.
- ◆ **PRELIMS:** Slang for preliminaries, also called Heats or Trials. Those races in which swimmers qualify for the championship and consolation finals in the events.
- ◆ **PULL BUOY:** Styrofoam devices put between the legs which isolates the use of the arms in pulling exercises.
- ◆ **RACE PACE:** Training which allows the swimmer to train at race pace. Usually done with shorter distances or broken swims, and simulates race conditions.
- ◆ **RELAY:** An event in which 4 swimmers compete together as a team to achieve one time.
- ◆ **REPEAT:** The actual distance used in a set, e.g. 10 x 50, the 50 would be the repeat distance. A repeat time to hold may also be given.
- ◆ **SCRATCH:** To withdraw from an event of a competition.
- ◆ **SENIOR SWIMMING:** The program through which USS provides fair and open competition in National Swimming Championships. There are no age restrictions on Senior competition.
- ◆ **SET:** A specific segment of a daily practice; e.g. 10 x 100's.
- ◆ **SHAVE:** Prior to major competition, a swimmer will shave his entire body to reduce drag (resistance) and heighten the swimmer's sensation in the water.
- ◆ **SHORT COURSE:** A pool 25 yards or 25 meters in length. Most winter competition is in a short course pool.
- ◆ **SPLIT:** A swimmer's intermediate time in a race. Splits are registered every 50 yards or meters and are used to determine if a swimmer is on desired pace.
- ◆ **SPRINT:** Describes the shorter events (50 and 100). In training, to swim as fast as possible for a short distance.
- ◆ **STREAMLINE:** The position used to gain maximum distance during a start and/or push off the wall in which the swimmer's body is as tight as it can be, forming a pencil-like position with the hands forming the point.

- ◆ **TAPER:** The resting process in training. Prior to major competition, training is tapered off to allow the swimmer to compete in a rested state, which is referred to as super-compensation. When done properly, a swimmer usually achieves life-time best times.
- ◆ **TIME TRIAL:** A time-only swim which is not part of a regular meet.
- ◆ **TOUCH PAD:** A large sensitive board at the end of each lane where a swimmer's touch is registered and sent electronically to the timing system.
- ◆ **USS:** United States Swimming. The National Governing Body for amateur competitive swimming in this country.
- ◆ **WARM-DOWN:** Used by swimmer to rid the body of excess lactic acid generated during a race or workout.
- ◆ **WARM-UP:** Used by the swimmer prior to main workout sets or a race to get muscles loose and warm prior to competing.
- ◆ **WATCHES:** Stopwatches used to time swimmers during a competition, usually electronic. When totally automatic timing equipment is used, watches serve as a back-up method
- ◆ **ZONE COMPETITIONS:** A highly competitive age group competition held within each of the four zones: Eastern, Western, Central, and Southern. Swimmers compete for their LSC's, not their clubs.

SWIMMER NUTRITION

Exercise and good nutrition go hand-in-hand. Both are needed throughout your life to keep you healthy. Good nutrition will help you:

- get the most out of your dryland and swim workouts
- keep your immune system strong so you are not getting sick all winter long
- help you perform well in meets

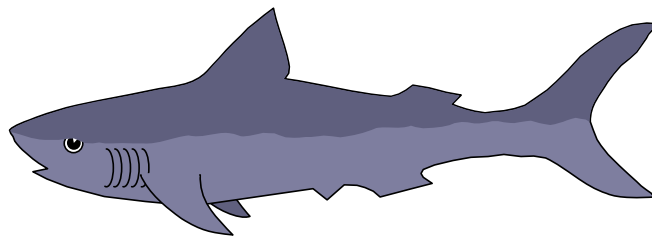
Unrelated to swimming, good nutrition can help you:

- pay attention in school
- grow
- prevent diseases that usually older people get, like heart disease, cancer,

and Type 2 diabetes

A nutritious diet is:

- Adequate in all nutrients and calories. The six classes of nutrients include carbohydrates, proteins, fats, vitamins, minerals, and water.
- Balanced in nutrients. You want to get the right amounts of all nutrients, and not too much of one and not enough of another.
- Calorie appropriate: Many Riptide swimmers are still growing, which means you must take in enough calories to get you through school all day, get through drylands, get through the swim workout, and still have calories left over so you can grow.
- Moderate in fat, saturated fat, sugar, and sodium. Eating habits that you pick up when you are young tend to stay with you as an adult. While you're young, try hard to like things that are low in fat, saturated fat, cholesterol, sugar and sodium. Moderation does not mean to totally avoid the foods that you really enjoy. You can work them in on occasion because all foods can fit into a nutritious diet.
- Variety: A diet that has a wide selection of fruits, vegetables, grains, lean meats, and low fat dairy products will provide vitamins, minerals, and phytochemicals. Phytochemicals are wonderful food components that probably prevent disease and are good for long-term health.



If you want to swim as fast as this guy does, turn the page for some nutrition tips that you'll surely want to put into practice this season.

Calories

We get calories from the carbohydrate, protein, and fat that is in our food. Depending on your age, size, how much you swim, and how much other "stuff" (soccer, baseball, running, etc.) you do, you probably need between 2000 and 4000 calories per day. That's a big range because we have a big range of sizes and ages on our team. If you don't meet your calorie needs every day,

your body will use your fat stores and/or protein stores (ie, your swimming muscles) for calories. Of course, if you are getting too many calories on a regular basis, they will be stored as fat, and you will just have to lug those stored calories around while you swim. Your calorie needs can change somewhat throughout the season based on how much you are swimming and exercising. If you go from swimming 7,000 yards a day to taking a few weeks off, your calories should decrease a bit.

Carbohydrate

Carbohydrates are the main fuel for your working muscles. Your muscles like to use carbohydrates when you swim, but they can also call upon your fat stores to get energy while you swim. Foods that are high in carbohydrates include: breads, bagels, English muffins, pasta, rice, cereals, pretzels, fruit, milk, and some vegetables, like potatoes, corn, peas, and lima beans (everyone's favorite!). As a busy swimmer who is growing, it's important that you get enough carbohydrates in EVERY DAY. Without carbohydrates, you'll feel sluggish and tired in your workouts and during your meets too. It is **especially important after you swim to eat something that is high in carbohydrates**. Carbohydrate is stored in your muscles and your liver as glycogen. Glycogen stores can be depleted within a few hours of exercise. You must fill up these depleted glycogen stores after you swim; otherwise, you will feel sluggish, tired, and unmotivated for your next workout. Your muscles and liver can most easily store glycogen within a half-hour after you finish your workout. When you get home from your workout at night, if you haven't already eaten dinner, be sure to do so. If you have eaten dinner, have a high carbohydrate snack before you go to bed. Ideas include: a bowl of cereal with milk, frozen waffles and yogurt, graham crackers, gingersnaps, vanilla wafers, or fig newtons with milk, or some fruit and yogurt.

Protein

All swimmers need adequate protein for growth, maintenance, and repair of all of your body's tissues. You can get adequate protein from regular foods. No matter how much you swim, and no matter how big you are, you will never need to take fancy amino acid supplements to get enough protein. Such supplements can be dangerous, so, just stick with real food. Some protein

foods, particularly beef, is a great source of iron. Iron is a mineral that helps oxygen get to your muscle cells. You can feel sluggish also if you are not getting enough iron. Red meat has gotten a "bad rap" in the past; however, it is fine to include LEAN beef sources (sirloin, eye of round, flank; double bacon cheeseburgers are not considered LEAN beef sources) 2 - 4 times per month so that you are getting a very absorbable form of iron in your diet. Other sources of protein include chicken, turkey, tuna, other fish, egg whites, cheese, venison, shellfish, and pork tenderloin. Milk, yogurt, beans, peas, and lentils provide protein too.

Fat

Fat is not a bad word. As active swimmers, you will need fat to help you meet your calories needs everyday. Some types of fats probably cause heart disease. These are your saturated fats, and include things like butter, whole milk, rich ice creams, cheese, and the fats in fatty meats, and your trans fats which are found in your baked goods, chips, and fast foods. Other fats are better for your heart. These are the poly- and monounsaturated fats, and include things like plant oils (except palm and coconut oil), soft tub margarine, fat in fish, avocados, nuts and seeds. Be sure to choose the fats that are heart healthy more often than the ones that are not. Remember that it's hard to break habits when you are an adult. For example, if you can get used to 1% or skim milk now, then you won't have to try to switch from 2% or whole milk when you are an adult. Also, "fat free" does not always mean "healthy". There are plenty of foods out there with a little fat in them that are more nutritious than all of the fat free cookies, cakes, and chips on the market.

Fluids

There is one more thing besides not enough carbohydrates and iron (and proper sleep) can make you feel sluggish and tired- not enough fluids. Most people think dehydration can only happen on a hot day, while you are playing tennis or jogging. Ironically, you can become dehydrated even while you are swimming in those gallons and gallons of water. Dehydration (loss of body water) can severely and negatively affect performance during practices and meets. Dehydration can happen as in little as thirty minutes, especially when water and/or air temperature is warm, and/or humidity is high. Symptoms of dehydration include:

Thirst Exhaustion
Headache Dark colored urine
Dizziness Weakness

Symptoms can progress rapidly, if not corrected.

Here are some easy tips you can try so that you are hydrated at all times.

1. Get used to drinking a big cup of water first thing in the morning. You lose a lot of water in your breath as you sleep all night. If you get into the habit of drinking 12 to 16 ounces of water first thing in the morning, you'll never know how you did without it.
2. Drink water during school. Carry a water bottle with a top on it in your backpack, or if you are brave and have a strong immune system, get a sip from the water fountains.
3. Drink another big cup of water when you get home from school. Chances are, you are not drinking enough during the day at school. If you ever get tired or a headache in the afternoon, you could be dehydrated. Remember, these are two of its symptoms. It is very important that you get that water back in that you missed during the day. It is also important to get water in before practice. So, be sure to drink water when you get home from school.
4. Bring your water bottle with you to practice. Drink before and after drylands. Drink before warm up. Drink before you start and after you finish your sets. Try not to drink during your sets, particularly your main set, unless it is very long in duration. You should be able to swim for about 20 minutes at a time without having to drink.
5. Don't miss your send offs or mess up your lane order because you are getting a drink. Be considerate of others in your lane. Sports drinks are appropriate during most practices. Water is fine for practices that are shorter and easier.
6. Drink water or 100% juice after practice. Juice will help put the carbohydrates back in you after your workout, as juices are loaded with carbs.
7. Drink before you go to bed, and keep water on your nightstand. Drink if you wake up in the middle of the night, which you probably will, because you'll need to go to the bathroom from all the drinking.

Other General Nutrition Tips

1. Eat a hearty breakfast. While you sleep, your glycogen (carbohydrate stored in your liver and muscles) stores become depleted. Fill up your tank before you head off to school. This *choice* will profoundly effect your workout performances. If you currently don't eat breakfast at all, eat something- even if it's a popart, juice, or cold pizza. Something is better than nothing for breakfast. Ideally, you'd want to eat foods rich in complex carbohydrates, some protein, and a little fat. Here are a few ideas:
 - Whole-wheat toast/bagel with margarine, cinnamon sugar, yogurt and juice. Grab a piece of fresh fruit on your way out the door too.
 - Bowl of cereal with milk.
 - Yogurt with fruit and nuts mixed in.
 - Waffles topped with yogurt and fruit and/or nuts.
 - Peanut butter and banana on whole-wheat toast and glass of milk.
Or, make is as a sandwich and take it "to go".
 - English muffin toasted with a little cheese and glass of juice.
2. Eat something substantial for lunch, like a sandwich, pasta, thick-crust pizza + salad, and pack your backpack with high carb snacks like bananas, raisins, pretzels, fig newtons, dried fruit, and crackers. You may want to make lunch your biggest meal, because it is difficult to eat a "real dinner" before you swim. You would have to eat at about 4 pm to be able to swim a hard workout that evening.
3. Eat something about 2 hours before you come to practice.
4. Put the glycogen back in after practice by having something to eat when you get home from the pool. This too will have a profound effect on your on-going performance. This is of utmost importance when we get into the thick of the season, and the older kids are really putting in some yards.
5. Please feel free to ask Coach Nancy and/or Coach Tim any questions you have about your nutrition. Coach Nancy is actually a registered dietitian, so she really loves to answer nutrition questions.

NATIONAL AGE GROUP TIME STANDARDS

National Age Group Time Standards are those derived from previous year's results. They are broken down by age and sex as well as C, B, BB, A, AA, AAA, and AAAA divisions. The designations are NATIONAL and should be used as motivational times, as well as for entry or qualifying purposes.

USS - SHORT COURSE YARDS
USS - LONG COURSE METERS
USS - MAAGS / TOP 16

DSA - DELMARVA SWIM ASSOC

Updated standards can be downloaded from www.maswim.org for all USS formats and Delmarva will be distributed each season to the swimmers.

POOL MAPS

Maps to many of the popular USS pools and Delmarva Swim Association meets are available on the web page

RESOURCES

Curl-Burke Directory

Curl/Burke Swim Club, Damascus, MD.

1994-95 Handbook and Directory

Middle Atlantic Swimming, Media, PA.

Parents' Handbooks and Swimmer's Handbook

United States Swimming Club Development Series.

DBSC Handbook

WWW.USSWIM.ORG

United States Swimming Web Site

WWW.MASWIM.ORG

Middle Atlantic Swimming Web Site