



Pioneer 79

Amateur Swimming Club

Swimmer Logbook



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How to use your log book

This log book is for you to record your swimming training and competition information. At the beginning is a page to record your personal information. Then there is a chart to write down your height and weight each month and add other relevant notes.

The next pages are about goal setting. Perhaps there are certain qualifying times you would like to achieve at the next Open Meet. In the medium term, maybe you would like to reach a County or Regional Championship final, and in the long term perhaps you would like to achieve a National time.

After that there are pages to record your target times and any times achieved in competition. The competition log is for use at meets and championships and for you to record any comments about your swims. For example, how you felt, what you ate before and during the meet, how much you drank, what time you went to bed the night before, travelling time etc. This is very useful as it can sometimes explain why you swam well or not as you'd hoped. There is also space for your coach to comment too, after the competition.

The training log is to be filled in after each session to record the main emphasis of that week in the training cycle and in particular that session. It should explain the type of work carried out, number of meters' swum, your comments, ratings for fatigue, muscle soreness, health & diet and resting heart rate.

Swimmer Details

Name:	
Date of Birth:	
ASA Registration No:	
Home Address:	
Home Telephone No:	
Mothers Mobile Telephone No:	
Fathers Mobile Telephone No:	
Different Emergency Contact:	
Contact Email Address:	
Best Swimming Experience:	
Pioneer 79 Training Group:	
Coach:	
Coaches Telephone No:	
Coaches Contact Email:	

Height and Weight Record

Month	Height CM	Weight KG	Notes
Jan			
Feb			
Mar			
Apr			
May			
Jun			
Jul			
Aug			
Sep			
Oct			
Nov			
Dec			

Guidelines for Effective Goal Setting

The goals you set yourself to help improve your swimming should be:

- S**pecific → Instead of simply saying “*I want to improve my 50m freestyle*”, say what you want to improve *about it*, e.g. “*I want to improve my 50m freestyle turn*”. This will give you a specific focus to work on in training.
- M**easurable → Make sure you will know when you have reached your goal. For example, using a time as a target will make this easier.
- A**greed → Speak to your coach about the goals you set. They will tell you if it is suitable.
- R**ealistic → Setting a goal that is too challenging will not help your self-confidence because you are not likely to achieve it. Try not to make it overly difficult.
- T**ime-measured → Give yourself a deadline to reach your goal, e.g. in 6 months time. You can adapt this time range according to what competitions you have coming up.
- E**xciting → Your goal must not be too easy
- R**ecorded → Write down your goals - it will make you more determined to achieve them and help you monitor progress.

GOAL SETTING

To maintain improvement throughout the season and beyond, it is important for us to set ourselves targets, as a club, as groups and individually. Setting targets or goals and working towards achieving them is one of the most important life-skills our members can learn. Successful goal setting depends greatly on the relationships established by swimmers, coaches and parents.

Benefits of Goal Setting:

- Goals provide challenges, giving you something to work towards.
- Goals direct you to develop a wide range of skills.
- Goals provide a means of evaluating your progress and offer opportunities for success.

To put it simply, goals give direction and meaning to the day to day workout routine.

How to set Goals:

To begin the process, start by reviewing your current achievements:

What are your best times?

What significant and achievable goals can you work towards over a reasonable time frame?

In general younger swimmers goals should have a shorter time frame and be time based. Older swimmers may have the patience to set goals over a longer period that may be two; three or four years away and often those goals are based more on a competitive result than a pure time.

To get the most out of goal setting it is really important that swimmers, coaches and parents all agree with the goals being set.

There are two goal sheets in this log book for you to fill in. The 'goal rocket' and 'stepping stone' exercises, your coach will be able to help you to fill in both sheets.

On the next page are the Pioneer 79 club goals, these should help to provide some direction when setting your own goals.

PIONEER 79 CLUB GOALS

Pioneer 79 aims to achieve:

- Greater representation at Regional and National Level
- Swimmers qualifying and competing in wider range of events.
- Club success at meets.

This can be achieved by:

- Each swimmer looking for ways to improve themselves as individuals and therefore improve the club. The accumulation of many swimmers personal best times will result in a total improvement for the whole club.
- Skill development, competitive swimming is a technique based sport, it is vital that all swimmers develop their technique correctly at a young age. Lack of correct technique will be the limiting factor on improvement. There are many skills that need to be developed if you are to improve as an athlete, for example; race strategies, mental preparation and mental toughness.
- Dedication, if you do not give 100% how will you know what can be achieved. As a club we can become stronger by making sure that as swimmers you attend sessions, train relentlessly and intelligently, eat well and sleep well.
- Increasing membership, this will create a stronger program, stronger teamwork in sessions and a greater financial strength for the club.

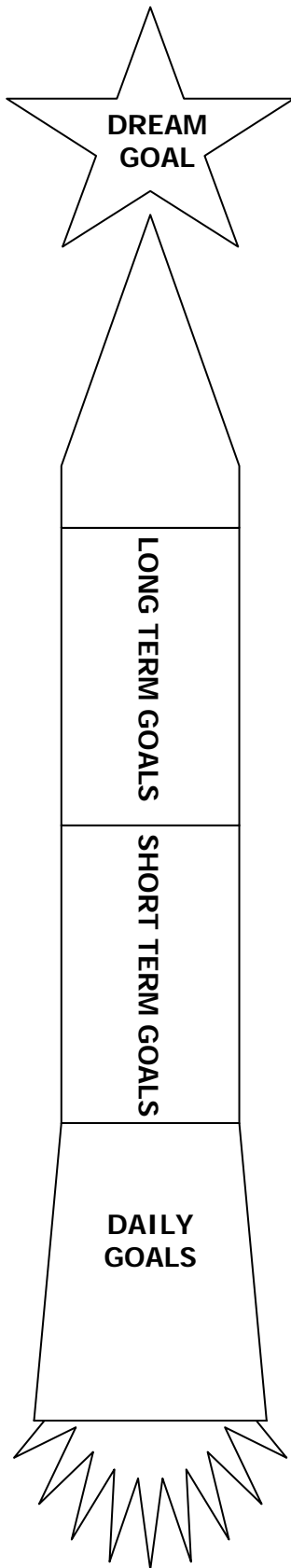
Why are these goals important?

To become a stronger club it is important that coaches, swimmers and parents are pulling in the same direction. Setting club goals will help enable this.

Whilst swimming is primarily an individual sport, the athlete and the clock, interactions in practice and competitions, with team-mates and competitors, help to shape the overall swimming experience. A positive environment with coaches, swimmers and parents supporting each other will lead to great individual success.

I would like to take this opportunity to wish great success to all Pioneer 79 swimmers during this year and beyond. I will strive to ensure that all Pioneer 79 coaches and teachers focus their efforts on developing and delivering a top class program. We will provide every opportunity for Pioneer 79 swimmers to reach their personal goals.

John McGinty (Head Coach).



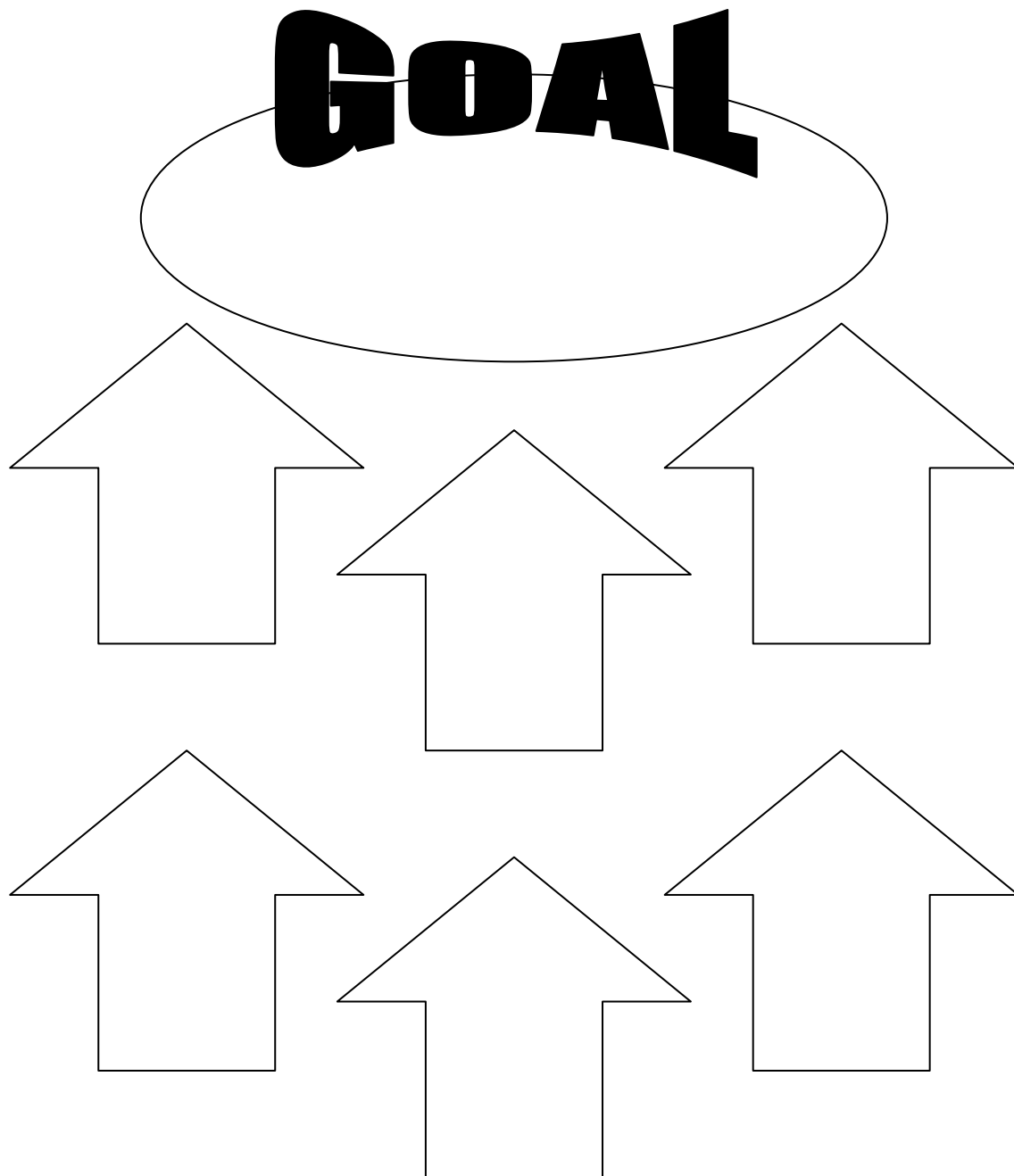
Shoot For the Stars

Use the goal setting rocket to help you define your dream goals, long term, short term and

<p>Dream Goals (Major Ambition)</p> <p>1.</p> <p>2.</p>
<p>Long-Term Goals (This Season)</p> <p>1.</p> <p>2.</p> <p>3.</p>
<p>Short-Term Goals (Mid Season)</p> <p>1.</p> <p>2.</p> <p>3.</p>
<p>Daily Goals</p> <p>1.</p> <p>2.</p> <p>3.</p>

Stepping Stone Exercise

Write your long-term goal in the oval, the arrows all point towards the goal. Use the arrows as stepping stones and write down your short-term goals that will lead you to your long-term goal.



What I already do well

Training Log

Daily Monitoring Sheet

Date: _____

Name: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Emphasis:	Emphasis:	Emphasis:	Emphasis:	Emphasis:	Emphasis:	Emphasis:
Volume:	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs
PM	Emphasis:	Emphasis:	Emphasis:	Emphasis:	Emphasis:	Emphasis:	Emphasis:
Volume:	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs
Daily Volume							
AM Resting HR							
Fatigue	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
Muscle Soreness	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
Stress	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
Appetite	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
Sleep	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4

Key: 1 = Poor, 2 = Fair, 3 = Good, 4 = Very Good.

For sleep 1 = Disturbed to 4 = Undisturbed

Weekly Volume Recording Sheet

Week	Week Commencing	Weekly Volume	Skill Worked On	Running Volume Totals	Average Weekly Volume
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
Total C/F					

Weekly Volume Recording Sheet

Week	Week Commencing	Weekly Volume	Skill Worked On	Running Volume Totals	Average Weekly Volume
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
24					
26					
Total C/F					

Weekly Volume Recording Sheet

Week	Week Commencing	Weekly Volume	Skill Worked On	Running Volume Totals	Average Weekly Volume
27					
28					
29					
30					
31					
32					
33					
34					
35					
36					
37					
38					
39					
Total C/F					

Weekly Volume Recording Sheet

Week	Week Commencing	Weekly Volume	Skill Worked On	Running Volume Totals	Average Weekly Volume
40					
41					
42					
43					
44					
45					
46					
47					
48					
49					
50					
51					
52					
Total C/F					

BRITISH SWIMMING TRAINING CLASSIFICATION

Description and Training Intensity Measurements

Training Zones	Name	Description	HR (bpm)	LA ⁴ (mM)	RPE
Zone 1	A1	Aerobic Low Intensity Base conditioning and technical training; warm-up and warm-down <i>Predominantly Fat Metabolism; largely slow-twitch fiber recruitment</i>	>50	< 2	<9
	A2	Aerobic Maintenance/ Development Base aerobic training <i>Improves cardio-respiratory system; enhances Lactate Removal</i>	40 - 50	2 - 4	10 - 12
Zone 2	AT	Anaerobic Threshold Maximal Lactate Steady State where Lactate production = Lactate removal <i>Optimal intensity for development of aerobic capacity</i>	20 - 30	3 - 6	14 - 15
Zone 3	V _{O₂}	Aerobic Overload High intensity work at approximately VO _{2max} This type of training includes Heart Rate and Vcrit sets <i>Improves VO_{2max} and aerobic power</i>	5 - 20	6 - 12	17 - 19
Zone 4	LP	Lactate Production Training intensity results in the maximal speed of lactate build up This type of training includes Race Pace training <i>Enhances rate of glycolytic energy production</i>	5 - 15	8 - 15	17 - 19
	LT	Lactate Tolerance High intensity work with medium rest to improve buffering <i>Developing the ability to tolerate lactate/ acidity in the muscle</i>	0 - 10	12 - 20	19 - 20
Zone 5	Speed	Sprinting – ATP-PC High intensity, short duration, long rest repeats <i>Designed to improve alactic energy production (ATP-PC), neuromuscular coordination and fast-twitch muscle fiber recruitment</i>	N/A	N/A	N/A

British Swimming Training Classification

Relationship between different training classification systems¹

Training zones	British Swimming	Description	HR ² (bbm)	Log book (simplified)	Sweetenham and Atkinson ³	Maglischo ⁴	Olbrecht ⁵	
1	A1	Aerobic Low Intensity	>50	Aerobic	Zone 1	A1	AEC	
	A2	Aerobic Maintenance	40-50					A2
2	AT	Anaerobic Threshold	30-40			A3		EN2
			20-30		AT			
3	VO ₂	Aerobic Overload	10-20	Race Pace	Zone 3	MVO ₂	EN3	AEP
4	LP	Lactate Production	0-10	Race Pace	Zone 4	LP	SP2	ANC
	LT	Lactate Tolerance	0-10			LT	SP1	ANP
5	Speed	Basic Speed ATP-PC	N/A	Race Speed	Zone 5	Sprint	SP3	Sprint

1. This document simplifies training terminology and should be used as a guideline.
2. Individual maximum heart rates should be used to calculate HR (beats below maximum).
3. Sweetenham, B. and Atkinson, J. (2003). *Championship Swim Training*. Human Kinetics, Leeds, UK.
4. Maglischo, E. (2003). *Swimming Fastest*. Human Kinetics, Leeds, UK.
5. Olbrecht, J. (2000). *The Science of Winning: Planning, Periodizing and Optimising Swim Training*. Swimshop, Luton, England.

Swimmer Monitoring Sheet



Name	Month
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This month, this is how myself and my coach would rate: <small>(colour in a box for each question)</small>	 Great!!		 Oh dear!!	
1. My overall performance in pool sessions	<input type="checkbox"/>		<input type="checkbox"/>	
2. My attitude in pool sessions	<input type="checkbox"/>		<input type="checkbox"/>	
3. My commitment to land training and improving my flexibility	<input type="checkbox"/>		<input type="checkbox"/>	
4. The quality of my streamlining after every push-off and turn	<input type="checkbox"/>		<input type="checkbox"/>	
5. The speed and technical quality of my turns	<input type="checkbox"/>		<input type="checkbox"/>	
6. The distance I achieve off the wall after all my turns	<input type="checkbox"/>		<input type="checkbox"/>	
7. The quality and speed of my underwater dolphin kicking	<input type="checkbox"/>		<input type="checkbox"/>	
8. The quality of my technique when swimming at maximum speed	<input type="checkbox"/>		<input type="checkbox"/>	
9. How regularly and accurately I count my strokes	<input type="checkbox"/>		<input type="checkbox"/>	
10. How regularly and accurately I check my heart rate	<input type="checkbox"/>		<input type="checkbox"/>	

My most improved skill this month
My three aims for next month
1
2
3

Training Summary	Week Commencing	Total Meterage	Training Hours Completed		Number of Racing Starts Practised in Training	Number of Takeovers Practised in Training	Competitions Attended (Event/Stroke/Time)	Notes/Comments
			Pool	Land				

Signed	Parent/Guardian	Swimmer
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Training Log

NUTRITION

The main source of energy during training is derived from carbohydrate; therefore, it is not surprising that high carbohydrate meals and drinks are essential to provide energy and to facilitate recovery. The timing of meals and snacks however, is important.

30-Minute Rule: The muscles are most susceptible to restoration of carbohydrate stores within the first 30 minutes after exercise. The swimmer should eat 50 to 100 grams of carbohydrate, whilst keeping fat ingestion low, as soon as training finishes, and definitely within the first 30 minutes after training. The following are examples of appropriate snack foods: Fruit, Nutrigrain bars, jam or honey sandwich, malt loaf, fig rolls, smoothie, muller rice, dried fruit, rice cakes.

Keep hydrated: It is vitally important to drink plenty of fluids (water, juices, sports drink) prior to training, during training and after training.

Morning training: Have a snack item (examples above) with fruit juice 30 minutes before training with breakfast after training.

Guidelines for event meals:

Before a race: High carbohydrate / low fat meal 2-4 hours before the race. Suitable types of food include: breakfast cereals, porridge, bread, toast, fruit juice, fruit, rice cakes, boiled rice, potatoes, boiled pasta, oatmeal biscuits, muffins and carbohydrate drinks. These foods all help to release energy slowly. A small snack (see snacks above) may be eaten about 30 minutes prior to a race.

If the interval between races is less than 30 minutes, the swimmer should drink fluids / juices or a sports drink.

If the interval between races is up to 1 hour, the swimmer should have a snack from the above list, with plenty of fluid, up to 30 minutes before the next race.

If the interval is 1 - 2 hours, the swimmer should have a small high carbohydrate / low fat meal.

Important: As water is stored with carbohydrate, it is essential that a substantial amount of fluid is drunk with meals and snacks.

Training Log

30% Fat Rule

It is recommended that swimmers should eat high carbohydrate low fat meals. Low fat is defined as food items with less than 30% fat by calories. This is not the value that is presented by the food manufacturers, who display fat content by weight, which makes the foodstuff appear healthier than it usually is.

An easy way to calculate the true fat content of food:

1. Look at the label on the food and see how many grams of fat it contains per serving.
2. Multiply the number of grams by 10 to calculate the number of kcal from fat per serving.
3. Look at the label for the total energy, the number of kcal per serving.
4. Divide the kcal from fat by the total kcal and multiply by 100.

You now have the TRUE fat content of the food stuff.

Examples:

1. **McCain oven chips:** (packet claims to be less than 5%fat)

The label shows 5.4 grams of fat per serving – therefore 54 kcal per serving (5.4 x 10). The label shows 163 kcal per serving. The % fat content is, therefore, 54 divided by 163 x 100 = **33.1%**.

This is greater than 30%, so the swimmer should reject these chips.

2. **Baked Beans in Tomato Sauce (Tesco):**

A 100g portion provides 0.3g fat = 3 kcal.

Total energy = 85 kcal

% fat content = 3 divided by 85 x 100 = **3.5%**. **Decision: Accept!**

Nutrition

The main source of energy during training is derived from carbohydrate, therefore, it is not surprising, that high carbohydrate meals and drinks are essential to provide energy and facilitate recovery. The timing of meals and snacks, however, is important.

30 Minute Rule: The muscles are most susceptible to restoration of carbohydrate stores within the first 30 minutes after exercise. Thereafter, the process becomes progressively more difficult. The swimmer should eat 50 to 100 grams of carbohydrate*, whilst keeping fat ingestion low, as soon as training finishes, and definitely within the first 30 minutes after training. The following are examples of appropriate snack foods and their approximate carbohydrate content:

An apple, banana or orange:	15-20g
Muller rice:	20g
Nutrigrain Elevenses bar:	25-30g
Fruit Shake or Smoothie:	25-30g per glass
1 thick Jam or Honey sandwich (no or minimal butter)	50g
Malt Loaf (Soreen):	18g per eighth of a loaf
Fig Rolls:	13g per biscuit

* After high intensity training it may be appropriate ingest protein mixed with high carbohydrate. This may be achieved using known brand formulated drinks.

Morning Training:

Have a snack item (examples above) with fruit juice 30 minutes before training with breakfast after training.

Guidelines for event meals:

Before a race: High Carbohydrate/Low Fat meal 2-4 hours before the race.

Suitable types of food include: breakfast cereals, porridge, bread, rolls, toast, fruit juice, fruit, rice cakes, plain crackers, boiled rice, potatoes, boiled pasta, dried fruit, oatmeal biscuits, plain wholemeal biscuits, muffins and carbohydrate drinks. These are all examples of complex carbohydrates as these release energy slowly. Avoid simple carbohydrates (the sugars) as these release energy quickly but trigger the release of insulin, which can have a negative impact on performance.

A small snack (examples above) may be eaten about 30 minutes prior to the race.

If the interval between races is less than 30 minutes: The swimmer should drink fluids/juices or a sport drink.

If the interval between races is up to 1 hour: The swimmer should have a snack from the above list, with plenty of fluid, up to 30 minutes before the next race.

If the race interval is 1 to 2 hours: The swimmer should have a small high carbohydrate/low fat meal.

If the rest period between races is longer: then the swimmer should have a substantial meal no later than 2 hours before the next race (see before a race).

Important: As water is stored with carbohydrate it is essential that substantial amounts of fluid is drunk with meals and snacks.

Race Preparation

What you do "on the day" depends on you. Good preparation will give you good results; sloppy preparation, sloppy results.

The following checklist will help you to get it right. Remember, success takes a lot of preparation. Every training session matters to your winning plan.

1. Train Well

You only benefit from the training sessions you do! Tackle the difficult bits cheerfully. Take a pride in good quality starts, strokes, turns and finishes.

Remember, you cannot learn at race pace. Good technique gives you the best chance to swim a faster time. The better the technique, the more efficient your stroke, turns, starts and finishes. Do not sprint or race unless your coach asks you to. Train at the speed asked for by the coach. The various aspects of your training demand different speeds. It is not important to be at the front of the lane; it is important to be able to swim comfortably in the lane at the right pace.

2. Sleep Well

Athletes, especially those who are growing, need more sleep than "couch potatoes". Make sure you get enough sleep.

3. Eat Well

Carbohydrates are the basic food of athletes. A bowl of cereal or a chunk of bread and jam after training is a good way to refuel. And don't forget you need plenty to drink. When you train you will lose a certain amount of fluid from your body in sweat even though you may not be aware of it. This fluid needs to be replaced as soon as possible. Weak squash is one of the more effective drinks for replacing fluid fast. Fizzy drinks are not efficient at replacing body fluids.

4. On the Day

Avoid panics: get everything ready early. Pack your bag early. Have a restful day. Don't spend the day walking round the shops. Eat about two to three hours before you will swim.

5. Take with You

Poolside clothes are essential to keep you warm. Muscles need to be kept warm if they are to work well for you.

Cold muscles can lead to injury. Shoes and socks keep feet and leg muscles from getting cold. Trousers or shorts help to keep legs warm. One or even two polo tops keep the top half of you warm - shoulders, chest and back. These clothes should be put on as soon as possible after the warm up - BUT do dry off with a towel first, and if possible change into a dry costume / trunks - making your clothes wet is not going to keep you warm through the gala. Remember - cold muscles = poor swim, or worse, injury.

You will need more than one towel to ensure that you can dry off after warm up and between events. Unless your bag has "wet" and "dry" sections, keep towels, costumes/trunks and clothes in plastic bags to protect the dry ones from the wet.

Take as many costumes / trunks as you can to a gala. Change into a dry costume / trunks after every swim. Put the wet ones in the wet section of your bag so they do not make anything else wet.

If you wear a hat make sure you have two or three spares. A rip in your only hat at the last moment before you race can undo all the preparation.

Goggles are well known for breaking. Make sure you have more than one pair with you always. Have a "best" pair for racing and older pairs for training and spares.

Always have a large plastic bottle of weak squash with you and sip it frequently. Do not rely on finding a drink at the pool. Fizzy drinks are not good before exercise - they actually encourage dehydration. If it is to be a long gala, have plenty of carbohydrate snacks with you to eat between events. Do not eat immediately before an event.

6. At the Pool

Be observant. Check everything. Which is the deep end and how deep is it? What depth is the shallow water? At which end of the pool will races start? Are the flags what you expect? Do the black lines in the pool go down the middle of the lane? Where do the black lines stop? How many lanes are there? What length is the pool? Where and when will you report for your swim? Who is on the poolside to help you?

Start your warm up with a relaxed steady frontcrawl swim. Slowly build up your speed. Practice your turns as you swim and keep moving. After your frontcrawl, change to your race stroke/s. Some drills will help you focus on your stroke. If you are doing backstroke check the number of strokes from the flags to the end of the pool for the turn and the finish. Try to get at least 15 minutes of warm up time and use all of it.

7. During the Gala

Keep your body ready to race. Muscles need to be used to stay in a ready state. Every few minutes move about, swing and stretch. Do not sit in a cramped position - keep stretching and moving. Keep awake and be aware of what is going on in the water. Cheer your team mates; this helps them and keeps you in the mood for competition.

8. Mental Preparation

Rehearse your race in your mind. See yourself starting well, going into a good stroke. See yourself hitting the wall on the turns and pushing off hard and fast. Watch yourself holding the pace and finishing fast. Be confident you can swim a good race.

Decide what sort of race you are going to swim. Are you going to go out fast, or are you going to pace yourself? Are you going to make a final sprint to the finish? If so, when are you going to start the sprint - before the last turn or as you come out of it? If it is frontcrawl or butterfly, what sort of breathing pattern are you going to use?

Think about your streamlining. On the dive and turns valuable hundredths of a second can be saved. Streamlining may give you the winning hundredth!

9. Going to the Start

Be alert. Do not let anything get to you. Be ruthless. Do not talk to the people around you. Concentrate on the water and what you are going to do.

Do not join the "I'm dreading this swim" - "I'll finish last" people. This sort of negative thinking will influence your swim. Think positive thoughts, "I'm going to try for a PB this time." - "On every turn, I'll swim in hard, push off hard, and streamline off the wall."

10. In the Race

Swim the race according to your plan. Be aware of where the other swimmers in your race are but do not look around. Put in 100% effort and make it a performance that YOU are pleased with.

11. After the Race

Collect up your clothes and speak to your coach about your swim. Don't always expect the coach to tell you what went right or wrong; discuss your own feelings about the race. How you feel matters. Analyse the good and the bad and you will know what needs to be worked on for next time.

Dry yourself and put your poolside clothes on as soon as possible.

If you have another swim, put the last swim behind you and start to focus on the next event - go back to number 7!

Remember, luck is when preparation meets opportunity. Good luck!

Flexibility

Stretch before you swim

Regular stretching before a training session and before your event in a gala can improve your swimming and decrease the risk of injury.

Stretching is part of the warming up process and takes the muscles and joints carefully through their full range of movement.

The most successful swimmers are those who have excellent technique; flexibility enables you to get every movement just right. Swimmers with good flexibility can apply more force to the water, enabling them to move faster.

Remember, we are all individuals and you may not be able to stretch as far as your friend. You should be able to 'feel' the stretch - it should not hurt you.

Some Don'ts:

DON'T BOUNCE
any stretch should be controlled and done smoothly.

DON'T USE FORCE
if hurts - gently release the stretch.

DON'T HOLD YOUR BREATH

SOME SIMPLE STRETCHES (there are lots more!) you can do on poolside any time:

Back and Shoulders:

- Link your fingers together and raise your arms above your head - stretch up toward the ceiling.
- Link your fingers together and raise your arms to shoulder height, push your palms forward.
- Stand up straight, put one hand behind your neck and walk your fingers down your spine.

Legs

- With one foot in front of the other, rest just the toe of the back foot on the floor and make circles with the ankle without moving the toe.
- With one foot in front of the other, back foot heel on the floor, lean forwards allowing the front leg to bend, feel the stretch in the back of your lower leg.
- Sit on the floor with the soles of your feet together - pull feet towards you and allow knees to drop towards the floor.
- Stand on one leg and pull the foot of the other leg towards your body. Keep knees together.

Food & Drink

As a general rule you do not want a stomach full of food when you dive in! Give yourself plenty of time to digest your meal. Do make sure you drink during the day as well as at training and galas.

On a gala day, have a meal three to four hours before the gala. If nerves get to you and you feel you can't eat, have a sports drink, milk, squash or fruit juice. Or try fruit yoghurt. Just as you don't want a full stomach, you don't want to be hungry either.

You do not need to eat during short evening galas, but you do need to drink - see below.

If you go to a day long competition you will need to top up. Snack on things that will give you energy, try something from the list below:

- * Bananas
- * Raisins or dried fruit
- * Grapes
- * Sandwiches - banana / jam / honey / peanut butter.
- * Cereal
- * Cereal bars
- * Jacket potatoes
- * Jelly cubes
- * Pasta / rice / noodles
- * Crispbread or rice cakes
- * Popcorn
- * Pop tarts
- * Buns - all sorts - plain, currant.
- * Fruit yoghurt

Take your own food with you to a gala, that way you always have what you want, and do not have to "make do" with what is available.

DON'T FORGET TO DRINK! Have a drink with your meal, and sip throughout your time at a competition or training. Most poolside bottles hold enough liquid for one hour of training. If you take yours home half-full you are not drinking enough. Being dehydrated can make you feel tired, or give you a headache among other symptoms that prevent you training or swimming well. . By the time you feel thirsty you are already dehydrated. Those of you who "never feel thirsty" still need to sip your drink throughout training!

Try making your own "sports drinks". Dilute:

Pure orange juice and water in equal parts.

Ribena one part to 10 parts water.

Cola and water in equal parts.

TRAIN WELL, SLEEP WELL, EAT WELL, DRINK WELL !

Pioneer 79 Swim Down Protocol

	1	Remove any leg suits before the Swim Down. Start the Swim Down within 3 min of the end of a race with a full drink bottle. Replacement fluid should be drunk immediately and taken at every opportunity throughout the swim down.
600m	2	Swim 6 x 100m on 20 seconds rest, 1-4 alternate Freestyle and Backstroke every 50m 5&6 alternate Freestyle and Breaststroke every 50m. The intensity should be equivalent to training pace @ 40-50 BBM for most swimmers (60 BBM for sprint swimmers).
400m	3	8 x 50m Kick @ 50BBM, odds (1/3/5/7) max speed for fifteen metres.
400m	4	Swim 4 x 100m @ 50BBM alternating freestyle and backstroke every 100m.
	5	After 30s rest: if Heart Rate less than 100 beats per minute, then Swim Down completed. Otherwise swim a further 200m easy (Own Choice pace and stroke.)

Guidelines:



Coaches should not hold discussions with the swimmer until after the Swim Down has been completed.



The coach should review the race with the swimmer immediately following the Swim Down and errors in technique corrected and practiced before leaving the swim-down pool.



Affiliated Club



Pioneer 79 Swimming Club Parent's Guide

The role of a parent is one fraught with difficulty at every turn. What follows is a guide to parents of young swimmers and those new to the sport, to help the swimmer enjoy his or her sport as much as possible and become the best they can be.

Remember that swimming is a process. Your children are there primarily to enjoy the sport. As they swim, they will learn some lessons of life. They will learn discipline, commitment, motivation, teamwork, goal setting, how to stick to the task in hand, how to win and how to lose, in an enjoyable safe environment.

Everyone appreciates that, as a parent, your support and interest is vital to your child's participation. Without your services as taxi driver, organiser and lifestyle manager, cook, supporter, confidence booster and piece picker upper, not only would there be no sport for your child, there would be no sport.

However, as you take an interest and as your child improves, sometimes a mother or father can become over involved and inadvertently put pressure on the child to train harder than they want to, or to win at the expense of enjoying taking part. You may find yourself taking your child's sport more seriously than they are.

Read through the questions below.

- Do you want your child to win competitions more than she or he does?
- Do you show your disappointment if she or he has a bad result?
- Do you feel that you have to "psyche" your child up before a competition?
- Do you feel that your child can only enjoy sport if she or he wins?
- Do you conduct 'post mortems' immediately after competition or training?
- Do you feel you have to force your child to go training?
- Do you find yourself frequently wanting to interfere during training or competition thinking that you could do better?
- Do you find yourself disliking the competitors swimming against your daughter or son?

If you have answered yes to any of these questions, you may be putting unnecessary pressure upon your child, which could lead to his or her eventual rejection of the sport or even lasting damage to your parent/child relationship.

Pioneer 79 Swimming Club Parent's Code of Conduct

- Encourage your child to learn the rules and play within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding the good performances of **all**.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgments.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.
- Respect your child's coach or teacher when they give advice or instruction concerning swimming.

John McGinty Pioneer 79 Head Coach

SWIMMING TERMINOLOGY

Galas can be rather confusing for both swimmers and parents until they have got used to the technical terminology which is used. Below are a range of terms with short explanations.

Open Meet	At an Open Meet swimmers are required to meet qualification times in order to compete.
Graded Meet	At a Graded Meet a time cap is applied and only those swimmers below the cap are allowed to compete.
Speeding Ticket	This is what a swimmer receives for swimming too fast at a Graded Meet.
Heat Declared Winners	This means that there are no finals and the age group winners are announced according to the fastest time after all heats have been completed.
Disqualification	The most common reasons why a swimmer is disqualified are that a swimmer has not touched the wall properly when turning or has not used the proper stroke technique.
Over the Top Starts	This means that swimmers stay in the water until the next heat has started.
One Start Rule	This means that a swimmer is automatically disqualified for provoking a false start.
Starts and False Starts	At the start of a race the referee will blow three times to notify the competitors that the race is about to begin. The referee will then give one long blow which tells the swimmers to mount the starting block or, in the case of backstroke, to enter the water. The referee will then hand over to the starter who will say 'take your marks'. Once all swimmers are ready, the starter will either fire a starter gun or press the electronic starter button. In the event of a false start, the starter will press the starter button again and/or the false start rope will be dropped into the water.
Personal Best (PB)	This is the fastest time that a swimmer has recorded for a particular stroke and length. Apart from elite level, PBs can be recorded at internal club competitions or club time trials.
Long Course/Short Course	A long course is a 50 metre pool and short course a 25 metre pool. To convert times from a short Course time to a Long Course time a conversion table has to be used..
Dual Meet	A competition between two clubs.
Marshalling Area	The area where the swimmers meet ahead of their race.
Kickboard	A flat rectangular piece of foam used in kick sets

TRAINING LOG BOOK



Pullbouy	A piece of foam that goes between your legs and helps you float whilst doing pull sets
Paddles	Flat pieces of plastic worn on the hands, usually during pull sets.
Individual Medley or IM	A race comprising all four strokes in the following series - butterfly, backstroke, breaststroke and frontcrawl.
Touchpad	A board at the end of the pool that acts as a stopwatch. When the swimmer finishes and hits the touchpad, it records the time.
Heats	The division of an event in which there are too many swimmers to compete at one time.
HEAD COACH	"The king of the pool and the one that is always right"