

**OOLTEWAH / EAST  
HAMILTON  
HIGH SCHOOL**



**SWIM CLUB  
*Team Handbook***

***2013-2014***

## 2013-2014

### Ooltewah / East Hamilton High School Swim Club

**OOLTEWAH / EAST HAMILTON HIGH SCHOOL SWIM CLUB:** Membership is open to any 9<sup>th</sup> through 12<sup>th</sup> grader who has an interest in competitive swimming. Students from other Hamilton County Schools that do not field a swim team may also participate. Membership is also open to any 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grade middle school student if space is available. Middle school students may compete in designated high school swim meets in exhibition heats only, and will have some separate meets. Middle school students cannot letter or compete at the KISL or High School State Championship meets. All members will swim at practices and swim meets. There are no try-outs and no one has to make time standards to participate. Our club activities are similar to other High School athletic teams. The exception is that swimming is not a TSSAA sport, and therefore Hamilton County Schools does not provide the funds for coaches, pools, etc. Expenses are met through swimmers fees, fundraising events and sponsorships. All members are expected to participate in the fundraising events. The KISL (Knox Interscholastic Swim League) requires that swimmers meet all academic and residency requirements of their school as for any other sport.

#### COACHES:

Head Coach–	Ken Buchanan	Buchanan_Ken@HCDE.org
Assistant Coach	Ashley Howe	Howe_Ashley@HCDE.org

**EQUIPMENT:** For practice you will need a competition-style suit, goggles, kickboard, fins, swim paddles, pull buoy and a mesh bag to keep all your equipment in. Team Suits, Team Caps, team t-shirts and hoodies, and other equipment may be purchased through a designated retail outlet. The retailer will attend a team practice early in the season to accept orders. T-shirts for family members may be ordered at this time also.

#### Parent Booster Club Officers:

President	Susie Davidson	SusieDavidson59@gmail.com
Vice-President	Betsy Childress	bbchil@hotmail.com
Treasurer	Jennifer Smith	Jen_Smith10@comcast.net
Secretary	Lisa Norman	LLN1967@comcast.net

#### PRACTICE SCHEDULE:

- **Dry lands:** A dry land session will be held at practice. This time period is designed to further the conditioning of the athletes, as well as provide time for important activities and team announcements. **BE ON TIME!!!!**
- **If Hamilton County schools are out for snow days we will NOT have swimming practice or competition that day.**

**Meet Scheduling:** Scheduling for swim meets will be finalized throughout the month of September. Everyone will be notified as soon as possible upon the conclusion of the meet schedule.

**COST:** \$110.00 per high school swimmer, and \$100 per middle school swimmer (no KISL fees and less meets). These fees go toward the pool rental, coaching, dual meet and invitational team fees, KISL membership registration, TISCA membership, insurance, awards and team equipment. In addition each family is required to pay \$60.00 in fundraising fees. Fees may be paid in full or in payments. All fees are due the first week of practice, unless a payment schedule has been worked out with the team Treasurer. **All fees are non-refundable after a one-week probationary period.** Any swimmer who is not paid in full by the end of the one week probationary period will not be allowed to swim (unless previous arrangements have been made) until the balance of his/her fees are paid. Checks should be made payable to OHS Swim Club. Contact Jennifer Smith for payment arrangements and options, Jen\_Smith10@comcast.net

*Communications concerning swim club will be done primarily by Email. Please check emails on a regular basis!!!! You need to send an email to [LLN1967@comcast.net](mailto:LLN1967@comcast.net) to get on email list. Please add this address to your contacts, so our emails do not go to spam.*

**TO RECEIVE TEXT ALERTS FOR ANY SCHEDULE CHANGES AND REMINDERS, SIGN UP WITH YOUR CELL PHONE NUMBER AT [WWW.RAINEDOUT.COM](http://WWW.RAINEDOUT.COM).**

*We have a facebook page, Ooltewah/East Hamilton High School Swim Club, and announcements appear there regularly. Also bookmark [www.OHS.HCDE.org](http://www.OHS.HCDE.org) and the swim team page for information.*

## **Athlete Responsibilities: Ooltewah / East Hamilton High School Swim Club**

You are a member of Ooltewah / East Hamilton High School Swim Club. The 2013-2014 season will be your opportunity to be a part of the club's continuing tradition. As a member of Ooltewah / East Hamilton High School Swim Club, you will learn to compete at your highest level, create and utilize a championship attitude, and develop as an honorable member of our community, and most importantly, as a student-athlete. We cannot accomplish our goals as a team if you personally do not do your best for your teammates, school and community.

As a member of Ooltewah / East Hamilton High School Swim Club, you are expected to contribute to these traditions. Being a successful member of this team will give you a sense of accomplishment for years to come, and will give Ooltewah / East Hamilton High School a team of which they are proud.

When you choose to represent Ooltewah / East Hamilton High School, you choose to give your best efforts for your team and school. The following are some of the responsibilities that go along with being a member of Ooltewah / East Hamilton High School Swim Club.

1. Responsibility to Academics

The number one reason you attend school at Ooltewah / East Hamilton High School is to work towards an education that will serve you the rest of your life. You owe it to yourself to get the best education you can.

2. Responsibility to your Community

You automatically assume a leadership role by becoming a member of our Team. Faculty, Administration, and fellow students will judge you by your language, appearance, actions and attitudes. Because of your position, you can contribute greatly to the spirit of Ooltewah / East Hamilton and community pride. You have a responsibility to represent your team and school in a manner that will make current and future Ooltewah / East Hamilton Swim Team members proud.

3. Responsibility of an Ooltewah / East Hamilton Owl

As a member of Ooltewah / East Hamilton High School Swim Club, you will be representing Ooltewah / East Hamilton High School at local, regional, and state events throughout the course of this season. It is your responsibility to do your very best to compete at the highest level you can achieve while portraying a positive attitude and Team Spirit that represents your Coaches, Teammates and Institution in the best way possible.

## ELIGIBILITY REQUIREMENTS:

1. **Academics:** Students must maintain the same academic eligibility requirements as any other high school sport to remain on the team. This includes passing classes and maintaining a GPA of 2.5, as stated in OHS policy. Academic Progress Reports will be collected upon request in order to establish student/athlete eligibility. Be prepared to provide your printed progress report to the coaches as requested.
2. **Swim Club Handbook:** In order to participate as a member of OH/EHHSSC, every athlete and their family must understand the rules and guidelines of the team. All athletes will turn in the registration page with both a parent signature, and the athlete's signature, stating that they have read and understand the rules and guidelines of OH/EHHSSC. The athlete will not be part of the team without understanding and signing this document.
3. **Physical Forms:** All swimmers **MUST** have a physical exam before they are allowed to participate with OH/EHHSSC. These forms are due **NO LATER THAN OCTOBER 4, 2013**. This is to ensure that all athletes are capable of handling training given by the coaching staff, and to alert us to any physical conditions that may be very important in your children's safety.
4. **Health:** No one who is obviously ill will be allowed to participate in training or competition. If you become ill or injured during practice or in competition you must get out of the pool and call a parent to come get you. Needing to rest is not the same as being ill.
5. **Training:** Athletes should expect to accomplish workouts in the 2000-4000 yard range. All athletes on the team will be instructed in the four competitive strokes, starts, turns, and meet etiquette, along with being divided into training groups in various practices according to ability and stroke specification.
6. **Competition:** Coaches will assign swimmers to meet events based on their times and demonstrated abilities. Those not assigned to a scoring event will swim the exhibition heats. In the unlikely event that exhibition heats are not allowed at a certain meet swimmers assigned to exhibition heats will not be penalized for not swimming. Every exhibition swimmer will be expected to work towards earning a spot in the scoring heat.
7. **Conduct:** All athletes are expected to follow team rules and be a positive representation of their school, family, and team at all times. Any violation of the law, school, and/or team rules may result in suspension from the team or dismissal from the team entirely.

(See Disciplinary Policy)

**ATTENDANCE POLICY:**

1. Attendance will be recorded by the coaching staff or a parent volunteer at the beginning of every practice.
2. There is no such thing as an “excused or unexcused” absence. Attendance is taken for purposes that include legal record, efficiency, team progress, and individual accountability. You are either in attendance, or you are not.

**LETTERING REQUIREMENTS:**

1. Attend a minimum of 80% of the practices. As pertains to swim practices, attend will mean in the water and working the entire length of the practice.
2. Participation in at least 80% of our scheduled meets, including KISL Championship and TISCA State Meet are mandatory unless previously discussed with your coaches.
3. Athletes qualifying for TISCA State Championships will receive a letter along with fulfilling the attendance and team etiquette policies designated above.
4. Club swimmers must practice with their club team three to four times per week and at least once per week with OH/EHHSSC, and comply with the meet participation in Sec 2 above. Swim meets will count as a practice once competition season begins.
5. Middle school swimmers are not eligible to letter.

Because of other commitments, school functions, illness, etc., not everyone will be able to satisfy the attendance requirements and will therefore not be able to letter. We feel, however, that the above criteria is realistic, fair and motivational and the majority of each years’ teams will be able to letter.

## DISCIPLINARY POLICY:

1. Any swimmer consistently undermining practices and not cooperating (i.e. refusing to comply with or ignoring) with the Coach's directives will be instructed to get out of the pool. If any one swimmer has to be instructed to get out of the pool 3 times throughout the course of the season, that swimmer will be dismissed from the team.
2. **Use or possession of Illegal Drugs or Alcohol is strictly prohibited!!! Violation in this area will result in IMMEDIATE dismissal from the team.**
3. Any swimmer violating team rules or making a poor representation of Ooltewah / East Hamilton High School at a home or out of town meets will be disciplined and/or immediately dismissed from the team. Their parents/guardians will be contacted and it will be the responsibility of that parent/guardian to pick up or provide transportation of that swimmer home.
4. It is the policy of OH/EHHSSC to treat everyone (i.e. Coaches, Officials, Teachers, Parents and Fellow Swimmers with **DIGNITY and RESPECT**. Any violation of this will result in disciplinary action up to and including dismissal from the team.
5. Absences from swim meets that have not been previously discussed with the coaching staff are strictly prohibited. As a member of OH/EHHSSC, you are depended upon by your team and coaches. Emergencies happen, and we understand this. Notify your coaches no matter what!!! There is no excuse for leaving your team shorthanded.
6. Disciplinary issues will be dealt with using a 3 STRIKE POLICY. Three major infractions of team rules will result in dismissal from the team for the remainder of the competition season.
7. Athletes dismissed from the team in previous years are allowed to rejoin Ooltewah / East Hamilton with the understanding that they are under a Zero-Tolerance Policy. If you have been excused from our team in a previous season, we expect that you have learned from previous experience. You will be excused from the team permanently upon your first infraction.
8. **TEAM FEES WILL NOT BE REFUNDED WHEN THE OHS SWIM CLUB DISMISSES A SWIMMER FOR DISCIPLINARY ACTIONS.**

Phone: \_\_\_\_\_

Last Name: \_\_\_\_\_

Swimmers' Name: \_\_\_\_\_

## Ooltewah / East Hamilton High School Swim Club Registration 2013-2014

*By completing the following information and putting my signature on this document, I am acknowledging that I have read, understand, and will abide by the rules and regulations of Ooltewah / East Hamilton High School Swim Club as described in the Handbook.*

### Athlete Information (Please Print)

SCHOOL \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Middle Name: \_\_\_\_\_ Preferred Name: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Gender: M or F Grade/Class: \_\_\_\_\_

Athlete Cell: \_\_\_\_\_ Athlete email: \_\_\_\_\_

USS#: \_\_\_\_\_ Summer/Club Team: \_\_\_\_\_

List any physical limitations or allergies: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

### Primary Mailing Information (Please Print)

Parent's Last Name: \_\_\_\_\_ Parent's First Name: \_\_\_\_\_

Parent's Mailing Address: \_\_\_\_\_

\_\_\_\_\_

### Primary Contact Information (Please Print)

Home Phone: \_\_\_\_\_

Father- Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Mother- Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_



**Ooltewah / East Hamilton High School Swim Club Schedule  
2013-2014**

<b><u>Date</u></b>	<b><u>Event</u></b>	<b><u>Location/Times</u></b>
Mon., Sep 30	Practice Begins	OSC/Daily 2:30-4pm
Fri., Oct 4	Physicals Due	OSC
Mon., Oct 7	Pancake Breakfast Tickets Available	OSC
Mon.-Fri., Oct 21-25	Fall Break Practice* Volunteer/Service Opportunity	OSC/TBA Brainerd Recreation Center/1-3pm
Mon. Oct 28	Turn in Pancake \$\$*	OSC
Sat., Nov 2	Pancake Breakfast*	Beef O'Brady's arrive 8:00am
<b>Sat., Nov. 16</b>	<b>Tri-Meet vs. Silverdale*</b>	<b>OSC/warmup 9:30 am Meet start 10:00am</b>
<b>Sat., Nov.23</b>	<b>McCallie Invitational**</b>	<b>McCallie School/warmup-TBA Meet start-8:30am</b>
<b>Tues, Dec.3</b>	<b>Tri-Meet vs McMinn County*</b>	<b>Athens YMCA warm -up 6PM, meet -6:30 pm</b>
<b>Sat., Dec. 7</b>	<b>Adairsville Invitational* (MS exhibition only)</b>	<b>Adairsville HS, GA warm/meet-TBA</b>
TBA	CHRISTMAS DINNER/PARTY	TBA
Dec. 23-Jan.9	Winter Break Practice*	OSC
<b>Sat., Jan. 4</b>	<b>St. Andrews Invitational**</b>	<b>Sewanee (University of the South)</b>
<b>Tues., Jan. 14</b>	<b>Tri-Meet vs. Cleveland</b>	<b>Old Cleveland YMCA</b>
<b>Sat. Jan. 18</b>	<b>Middle School Championships (Middle School swimmers only)</b>	<b>Baylor School warm-up/meet-TBA</b>
<b>Mon., Jan. 20</b>	<b>Tri-Meet vs. CSAS*</b>	<b>OSC/TBA</b>
<b>Sat., Jan 25</b>	<b>KISL Championships**</b>	<b>UT-Knoxville</b>
<b>Fri., Feb. 14</b>	<b>State Championships (qualifiers)*</b>	<b>Nashville Aquatic Club</b>
<b>Sat., Feb. 15</b>	<b>State Championships (qualifiers)*</b>	<b>Nashville Aquatic Club</b>

\*-all MS and HS swimmers

\*\* -HS only

**OOLTEWAH SWIM CENTER**  
**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND**  
**INDEMNITY AGREEMENT (“AGREEMENT”)**

In consideration of participating in the Ooltewah Swim Center I represent that I understand the nature of this Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue in the Activity.

I fully understand that this Activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of the others participating in the event, the conditions in which the event takes place, or the negligence of the “releasees” named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, cost, and damages I incur as a result in my participation in the Activity.

I hereby release, discharge, and covenant no to sue the Ooltewah / East Hamilton Swim Center, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the “RELEASEES” herein) from all liability, claims, demands, losses, or damages, on my account caused or alleged to be caused in whole or in part by the negligence of the “releasees” or otherwise, including negligent rescue operations and future agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage, or cost, which any may incur as the result of such claim.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Signature of Participant \_\_\_\_\_

Printed Name of Participant \_\_\_\_\_

Signature of Parent or Legal Guardian \_\_\_\_\_

Printed Name of Parent or Guardian \_\_\_\_\_

Date \_\_\_\_\_



STATE OF TENNESSEE  
DEPARTMENT OF HEALTH  
CORDELL HULL BUILDING  
425 5<sup>th</sup> AVENUE NORTH  
NASHVILLE, TENNESSEE 37243  
(615) 532-3101

## INTERSCHOLASTIC SPORTS EXAMINATION

Name \_\_\_\_\_ Sex \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade \_\_\_\_\_

This athlete is:

- ☐ Cleared without restriction  
☐ Cleared, **with recommendations** for further evaluation or treatment for:

\_\_\_\_\_  
\_\_\_\_\_

- ☐ Not cleared for: ☐ All sports  
☐ Certain sports: \_\_\_\_\_

Reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_

\_\_\_\_\_

### EMERGENCY INFORMATION

Allergies: \_\_\_\_\_

Other information: \_\_\_\_\_

### IMMUNIZATIONS

(Tetanus/diphtheria, MMR, Hepatitis A, Hepatitis B, Influenza, Polio, Pneumococcal, Meningococcal, Varicella)

- ☐ Up to date ☐ Not up to date (Specify: \_\_\_\_\_)

### WELL CHILD CHECK/EPSTD

- ☐ Has completed well child exam/EPSTD screen (required for 7th and 9th grade athletes)

Name of Provider (print/type): \_\_\_\_\_

Office Address: \_\_\_\_\_

Office Phone: (\_\_\_\_\_) \_\_\_\_\_

Signature of Provider: \_\_\_\_\_ Date: \_\_\_\_\_

## Nutrition for Swimmers

*After heredity and training, nutrition plays the largest role in the quality of a swimmer's performance. Most every person involved in competitive swimming knows that nutrition is important. Following are some key terms and helpful guidelines that will aid in better performance in the pool.*

### Fast Facts to Remember

- Consuming excess protein will not build muscle faster. A normal diet gives you plenty of protein.
- Energy for specific events is provided by foods eaten several days before competition, not in the minutes just before the race.
- Drinking adequate water is vital to nutrition and performance. This is especially so in hot, humid environments.
- Pre-competition meals should be low in fat and high in carbohydrates.
- Most fast-food menus provide the exact opposite of the above.
- Foods that are mainly carbohydrates take the least time to digest and leave the stomach, making them ideal pre-competition choices

### Suggestions for Eating to Win

#### Lots of Carbohydrates

A swimmer gets most of their energy from their body breaking down food that is rich in this. A carbohydrate is like a wick on a candle. It burns slowly for long lasting energy to give you the power to perform at long meets or practices. You should eat as much as possible daily, but always eat a lot more a week before a meet. Don't wait until the night or day before the meet.

*Examples: potatoes, pizza, spaghetti or pasta, pancakes, bread and cereal.*

#### Have protein every day

Protein is important to a swimmer's body to build all the cells. As you grow you build new cells and having protein in your meal make those cells stronger.

*Examples: chicken, turkey, milk*

#### Fats are important, but don't over do them!

Fats are used by the body for energy. The difference between them and carbohydrates is that they take a whole lot longer to be broken down for us to use, so they sit there and end up making swimmers get fat. **Remember, fat gets in fast when you're hungry, but takes its time leaving!!!** Fat is also very heavy. If you feel heavy you swim slower and it makes it harder to sprint.

*Examples: Fast food hamburgers, french fries and potato chips*

#### Drink lots of water

Just remember that you need water to swim and your body needs water too. Make sure and drink **at least 8 glasses of water a day!** It is also very important to keep your body full of fluids while you work out. So drink a big glass before practice, during practice, and after practice. You do sweat while you swim! Sports drinks are also good at any time, but don't stop drinking water.

#### Vitamins and minerals are important

If you eat a good balanced diet, it should always include lots of fruits and vegetables. They are loaded with the power of vitamins and minerals that add extra energy the body need to perform

to its best. Milk also has lots of vitamins and minerals the body uses to build strength so you can last through that 100 butterfly.

### **Eat light snacks at swim meets**

When you have long waits before you swim or just **FEEL** hungry, its good to have nutritious snacks on hand. Things like a 1/2 of a bagel, a small box of dry cereal, fruit (apples or oranges are great), granola or power bar are good choices. It is not a good idea to eat too close to your race, so give yourself time to digest the food. Sports drinks (watered down) or water are great if you are thirsty.

**AVOID SODA!** It is a quick sugar high that only makes you feel tired when it wears off. The same goes for candy. It is the sugar that gives you all the energy, but it doesn't last too long.

### **YOU ARE ALWAYS A WINNER WHEN YOU EAT TO WIN**

### **Some Tips on Good Food to Eat**

- *Fluids: water, sports drinks, fruit juices*
- *bagel and bread*
- *Turkey sandwiches - no mayo*
- *rice cakes*
- *fresh & dried fruits*
- *Low/non fat yogurt*
- *vegetables*
- *part-skim string cheese*
- *Nutritional bars*
- *low-fat ready to eat cereal*

### **Nutrition for Meets**

- One thing that all of us coaches noticed at these meets was that many of the swimmers were . . . . how should I put this . . . . not eating in a manner which would benefit their swimming optimally. **Or in other words: EATING JUNK!**
- When at a meet, keep in mind that the more food in your stomach, the more blood that has to go there to digest it. If blood and oxygen are going there, then there's less going to the muscles to make them work.
- But if you are at a meet for most of the day, you have to eat something, right? So what to eat ... Here's a little plan of things to eat and when to eat them. Notice that there is NO ROOM for hot dogs, fries, hamburgers, or any other chow from McDonald's in this outline.

**The biggest generalization is to avoid things with fat, and go with things that have carbohydrates and are easily digested.**

## Nutrition Guidelines

### Preparation and Recovery for Competition

#### The week leading up to the Event

- Ensure a high-carbohydrate eating plan.
- Include more rice and pasta: they have more carbohydrate than potato.
- Include nutritious carbohydrate-based between-meal snacks (see list below).
- As your training will be tapered pre-event, you won't need to eat more!
- Eating the right balance of increased carbohydrate and less fat is the key.

#### The Pre-Event Meal

- Eat this meal about 2-3 hours before competition (approximately 2-3 hours before warm-up).
- This meal should top-up your blood sugar levels after the night's rest.
- The meal does not have to be large, but should fill you up for the next few hours.
- High-carbohydrate foods are the best options: e.g., bread, cereals, fruit, pasta, rice, etc.
- Ensure that the meal is low fat, this speeds up digestion.
- Eat breakfast before you get to the pool, this leaves time for the carbo fuel to get in!
- Have a drink to optimize hydration: try sports drink, juice, or best of all, WATER!
- Avoid the caffeine in cola drinks, coffee, chocolate, and tea - it is dehydrating.
- If you feel too nervous to eat, try a liquid meal (see later in this article).
- Practice with your pre-event meal prior to THE BIG MEET to fine tune this eating strategy

#### After the Warm-Up - Recover for the Heats

- After the warm-up, replace fluids immediately (have your drink bottle at pool side, and drain it).
- Sports drinks have their benefits as they replace fluids and carbohydrate simultaneously, but make sure they're not sweet like Kool-Aid if you're mixing your own.
- If there is less than 1 hour between races, just keep to fluid replacement.
- If there is more than 1 hour between the warm-up and your first heat, try to eat a little.
- The best approach is to eat a little and often during the day.
- Eating too much at once can make you feel heavy and lethargic.

#### Drinking and Eating

- In longer breaks of at least 90 minutes, have something to eat.
- In shorter breaks, use a sports drink or water to replace fluids.
- The indoor pool environment is humid and dehydrating, so DRINK, DRINK, DRINK!
- Adequate fluids are essential all day to keep your blood and energy pumping.
- If there is a longer break (a few hours) through the day, use it to eat a bit more.
- Take your own high performance foods and drinks with you (don't rely on the canteen).
- A cold pack and thermos helps to keep foods and drinks cold, which aids in absorption.
- Record your food and fluid intake to keep count of when you last ate and drank.
- To monitor hydration check that your urine output is regular and "looks clear."
- Monitoring body-weight change over the day is another way to check hydration.
- In general, crackers are bad! they tend to be high in fat and salt, which makes you retain water

#### Recovery After a Hard Day's Competition

- Have something to drink and eat immediately after your last swim.
- Avoid the "fast food" chains on the way home - their high fat foods will delay recovery.
- Have some high-carbo food prepared so you can eat as soon as you arrive home.
- If possible take a thermos with a meal inside so you can eat even earlier.
- Check your body weight to ensure you are rehydrated.
- The worst thing you can do is wait a couple of hours, then stop at McDonald's or KFC and fill up on whatever they're serving very low in carbohydrates, and much too high in fat and salt!

## Top-Up Snacks Between Events (1-2 hour breaks)

- Snack fruits (small cans of fruit) or canned baby fruits.
- Bananas.
- Fruit that is peeled and cut up (easier to eat this way).
- Plain bread rolls (white bread may be less heavy) - try pita bread!
- Fruit buns (e.g., hot cross buns) or raisin bread.
- Rice cakes (you can top them with honey, jam, or banana).
- Rice pudding or bread pudding (use reduced-fat milk).
- Instant noodles (varieties that do not contain oil or the flavor packet).
- Jam or honey sandwiches (NOT with peanut butter)
- Plain boiled pasta with a little tomato sauce.
- Low-fat breakfast or plain (non-chocolate-covered granola bar)
- Fruit fingers (see baby food selection at supermarket).
- Plain crackers (not high-fat types).
- Low-fat puddings or jello.
- Small amount of reduced-fat yogurts.
- PowerGel (or imitations)
- PowerBars (or imitations)

**Note 1:** A quick way to tell if something really is "low fat" is to check the nutrition label. If there are more protein grams than fat grams in a serving, it's probably OK. If there's more fat, then it's probably better to go with something else.

**Note 2:** Choose smaller amounts if you only have just over 1 hour. In longer breaks you can afford to eat a little more, but don't eat constantly. Items in bold might be better for middle length breaks as they are smaller and perhaps easier to digest.

## Longer Breaks or After the Competition

■ Sandwiches with low-fat fillings (avoid butter and tuna- or egg- "salad" as the "salad" is mostly high-fat mayonnaise).

■ Pasta or rice with tomato pasta sauce (a little chicken or very lean meat in sauce is okay).

■ Probably the most important thing to remember is that while you need to eat some food, ***you will swim better being a little hungry than a little full.*** So drink lots, eat a little, and you should be well on your way to swimming success.

## Day in the Life of a World Class Swimmer

This is from a recent issue of Sports Illustrated for woman. It goes through typical day in the life of Jenny Thompson, arguably the best female sprinter in the world for the past five or six years. You think your life is centered around swimming? Well, this is what it takes to get to the top and stay there for the better part of a decade.

**5:50 am:** no matter how long an athlete has been in training, waking up early is never easy. Energy bars get Thompson through practice, but what she really wants is coffee.

**6:07 am:** Before the sun comes up, Thompson starts churning out 7100m in Stanford University's 50m pool.

**8:49 am:** She hits the gym for an hour of strength training.

**10:00 am:** Driving back to her apartment, Thompson sports ice packs on both shoulders to stave off screaming joints. En route, she makes a pit stop for that long-overdue cup of java.

**10:15 am:** At home, she answers e-mails and returns phone calls. Then, a mandatory half-hour nap. No problem, even after the caffeine fix. "If I sit or lie down anywhere, I'm asleep in five seconds", she says.

**12:42 pm:** Lunch with some friends.

**1:20 pm:** Thompson researches medical schools at the undergraduate advising center, then joins the Stanford swim teams daily yoga session. After Zenning out, she cranks out another 7000+ meters in the pool.

**5:58 pm:** A quick change and then gets dressed up for dinner out with a friend.

**10:00 pm:** The 26-year-old is in bed - "asleep in five seconds" - as next practice is only eight hours away. And she's been following a schedule much like this since before she first broke on to the world swimming scene back in 1990.

Take note that this sprinter - already the best in the world - regularly puts in close to 15,000 meters in a day. The distance groups regularly goes over 20,000m in a day.



Ooltewah / East Hamilton High School Swim Club 2013-2014  
 Team Suit and Equipment order form  
 Swim and Tri

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

ITEM	COLOR	SIZE	PRICE	Quantity	Total
Speedo Contour Hand Paddles		N/A	\$10.25		
Better Times Pull buoy		N/A	6.00		
Better Times Kickboard		Adult	9.00		
Better Times Fins			17.00		
mesh equipment bag		N/A	5.75		
GIRL'S SUIT (Speedo Launch Splice)			50.00		
BOY'S JAMMER SUIT (Speedo Rapid Splice black/red)	RED GREEN BLUE		34.50		
BOY'S BRIEF SUIT (Speedo Rapid Splice black/red)	RED GREEN BLUE		30.00		
Team Warm Up Jacket Speedo Streamline Jacket NOT EMBROIDERED	RED GREEN		39.00		
Flannel plaid warm-ups	RED GREEN		16.00		
TAX @ 9.25%					
TOTAL					

Method of payment

CASH

CHECK

CREDIT CARD

(TO SWIM AND TRI)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ exp. \_\_\_\_\_

**THIS ORDER WILL NOT BE PLACED WITHOUT ACCOMPANYING PAYMENT**



Speedo Launch Splice Boys' Jammer



Speedo Launch Splice Boys' Brief



Speedo Launch Splice Girls' Suit



Flannel warm-up pants

## 2013 - 2014 Tennessee State Qualifying Times (Proposed)

New Yards Standard (2014)	Events	New SC Meters Standard (2014)
NT	Event 1 - Women's 200 Medley Relay	NT
NT	Event 2 - Men's 200 Medley Relay	NT
2:14.99	Event 3 - Women's 200 Freestyle	2:29.59
2:00.89	Event 4 - Men's 200 Freestyle	2:13.89
2:32.39	Event 5 - Women's 200 IM	2:49.19
2:18.29	Event 6 - Men's 200 IM	2:33.69
27.09	Event 7 - Women's 50 Freestyle	30.19
23.99	Event 8 - Men's 50 Freestyle	26.79
1:09.09	Event 11 - Women's 100 Butterfly	1:16.79
1:01.79	Event 12 - Men's 100 Butterfly	1:08.89
1:00.59	Event 13 - Women's 100 Freestyle	1:07.39
52.99	Event 14 - Men's 100 Freestyle	58.89
6:05.69	Event 15 - Women's 500/400 Freestyle	5:20.79
5:37.19	Event 16 - Men's 500/400 Freestyle	4:56.09
NT	Event 17 - Women's 200 Free Relay	NT
NT	Event 18 - Men's 200 Free Relay	NT
1:09.59	Event 19 - Women's 100 Backstroke	1:17.39
1:02.29	Event 20 - Men's 100 Backstroke	1:09.29
1:17.69	Event 21 - Women's 100 Breaststroke	1:26.39
1:09.79	Event 22 - Men's 100 Breaststroke	1:17.49
NT	Event 23 - Women's 400 Free Relay	NT
NT	Event 24 - Men's 400 Free Relay	NT

