

Swimming Meets

This information applies to ALL MEETS

- ✓ Everyone is to be dressed up on meet days
 - Girls – Dresses or skirts and blouse for home meets. Slacks are allowed if we are traveling
 - Boys – Dress pants, shirt and tie



- ✓ In a meet, a swimmer can compete in a maximum of four events, at least two of these events must be relays
- ✓ When we are at an away meet, bring a lock and lock your valuables in a locker. If you did not bring a lock, bring them out on the deck with you.

- ✓ When space permits, all swimmers will do the same warm-up before a meet – wearing shorts and a tank top during the warm-up will make you feel faster during the meet

- 5 – 10 minutes of stretching on the deck with the captains
- 10 minute continuous swimming to stretch out and gain a feel for the water
- Kick 50's – 5 minutes
- Pace 50's – 5 minutes
- Turns from the middle of the pool – 5 minutes
- 3 – 4 starts and 20 yard sprints
- Stretch again at the completion of the swimming warm-up



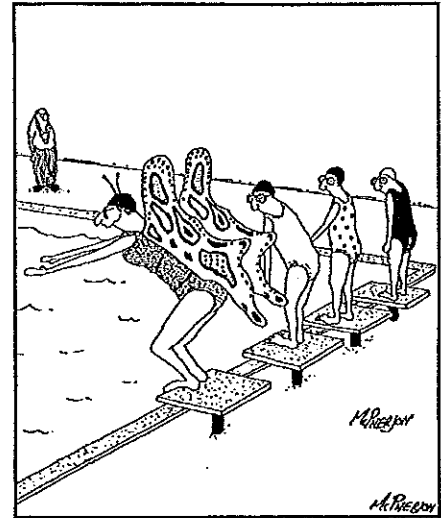
"All right, That's enough stretching. Let's hit the pool!"

- ✓ If conditions permit, you should cool down for 5 – 10 minutes after a race easy swimming to reduce your heart rate down to normal
- ✓ Dry off and wear team warm-ups between races to keep your body warm and your muscles loose
- ✓ **ALWAYS** display good sportsmanship and class
- ✓ All swimmers will stay together on the pool deck during the entire meet
That is what our team does

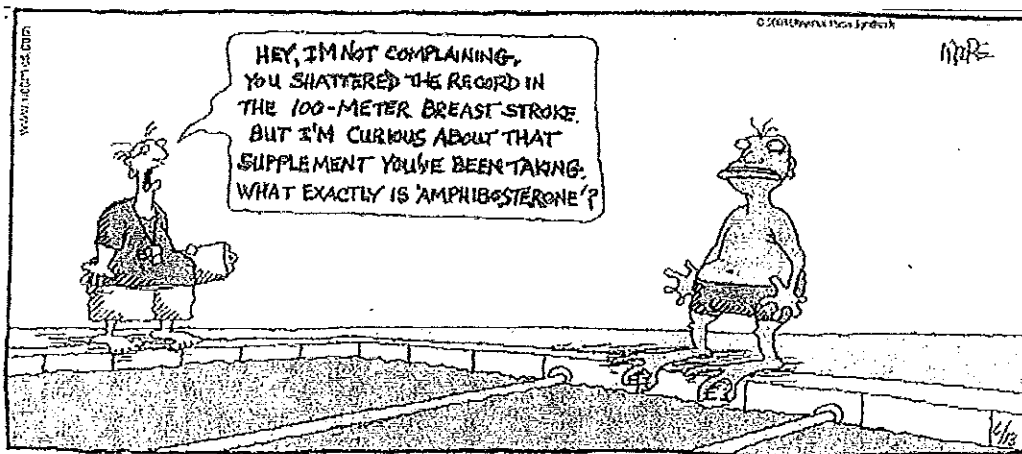
- ✓ At home meets, do your cleanup assignment at the conclusion of the meet
- ✓ At away meets, make sure the area where our team was is spotless
- ✓ MAKE SURE YOU HAVE GATHERED UP ALL OF YOUR GEAR BEFORE LEAVING FOR THE DRESSING ROOM

Event List

1. 200 yd. Medley Relay (4 X 50 – Back Breast, Fly, Free)
2. 200 yd. Freestyle
3. 200 yd. Individual Medley (Fly, Back, Breast, Free)
4. 50 yd. Freestyle
5. 100 yd. Butterfly
6. 100 yd. Freestyle
7. 500 yd. Freestyle
8. 200 yd. Freestyle Relay (4 X 50 Free)
9. 100 Backstroke
10. 100 Breaststroke
11. 400 yd. Freestyle Relay (4 X 100 Free)



Wendy Skylar knew how to intimidate her opponents in the 100-meter butterfly.



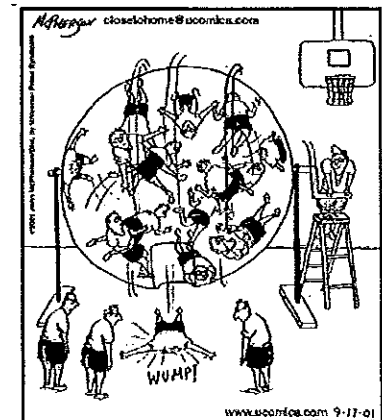
Scoring – Dual and Triangular Meets

8 Lane Pool		6 Lane Pool		
INDIVIDUAL	RELAYS	PLACE	INDIVIDUAL	RELAYS
8	10	1 ST	6	8
6	5	2 ND	4	4
5	3	3 RD	3	2
4	-	4 TH	2	-
3	-	5 TH	1	-
2	-	6 TH	0	-
1	-	7 TH		
0	-	8 TH		

“Purple & White” – (Intra Squad Meet)

The coaches will divide the team up into two smaller teams, a “Purple” and a “White” team. The captains will then act as the coaches for this meet. In preparation for the meet, the captains will also conduct the 3:00 – 4:00 portion of practice for a day or two prior to the meet.

The “Purple & White” meet will be October 6, 2011. It will be conducted just like a regular dual meet, with officials, announcer, touch pads, etc. This will be the final check of the equipment and our progress before the season begins with Davis at Tooele on October 13th.



Sensitive to the feelings of those swimmers routinely picked last, Coach Roberts devised a new method for selecting Purple/White teams

The scores of the girls and boys events are combined to determine the winner of the meet. After the meet, the entire team generally goes out for pizza or a party at one of the swimmers' home. It is a great way to begin the season.

Season Meets

We will participate in 13 meets (10 dual meets and 3 invitational's). The dual meet are held on Tuesday's or Thursday's and generally last about 1 ½ hours.

For home dual meets, we can enter 4 swimmers or relays in each event, except for the 50 Free, 100 Free, 100 Backstroke and 100 Breaststroke where we will have an unlimited number of entries. The fastest 4 will count for team scores.

Invitational meets allow us unlimited entries in each event. Depending on the size of the meet there may be time standards for the 200 and 500 yard events. Scoring is either a 12 or 16 place system depending on the host team.

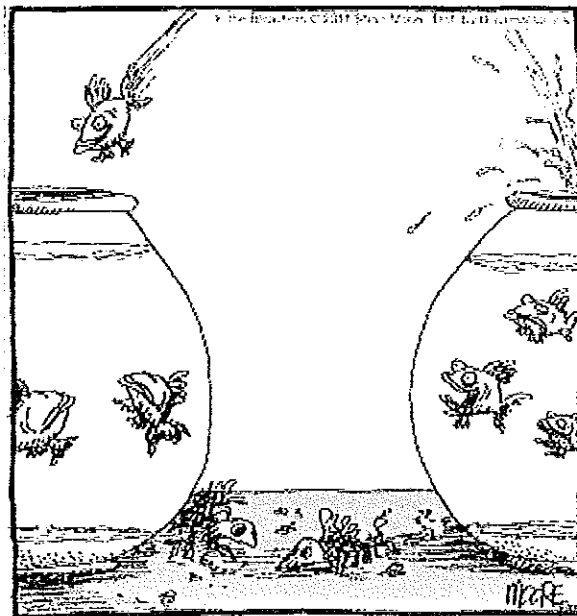
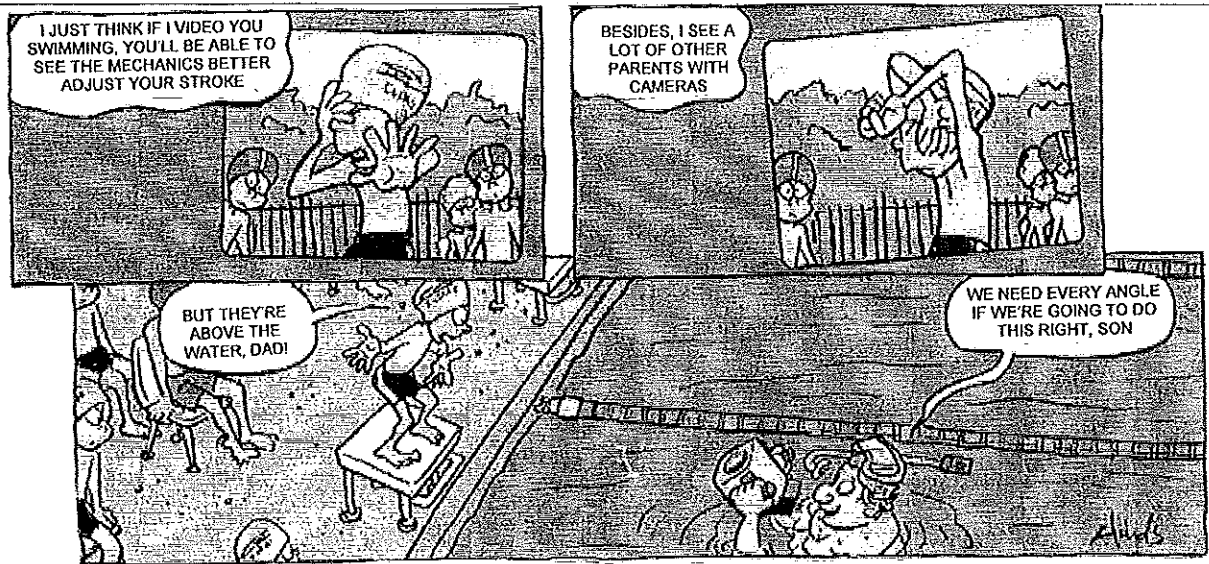
Region and State Championships

Our new region consists of Bear River, Ben Lomond, Grantsville, Ogden, Stansbury and Tooele.

Championship meets use a 16 place scoring system:

- 1st - 20
- 2nd - 17
- 3rd - 16
- 4th - 15
- 5th - 14
- 6th - 13
- 7th - 12
- 8th - 11
- 9th - 9
- 10th - 7
- 11th - 6
- 12th - 5
- 13th - 4
- 14th - 3
- 15th - 2
- 16th - 1

Relays are scored double the individual points

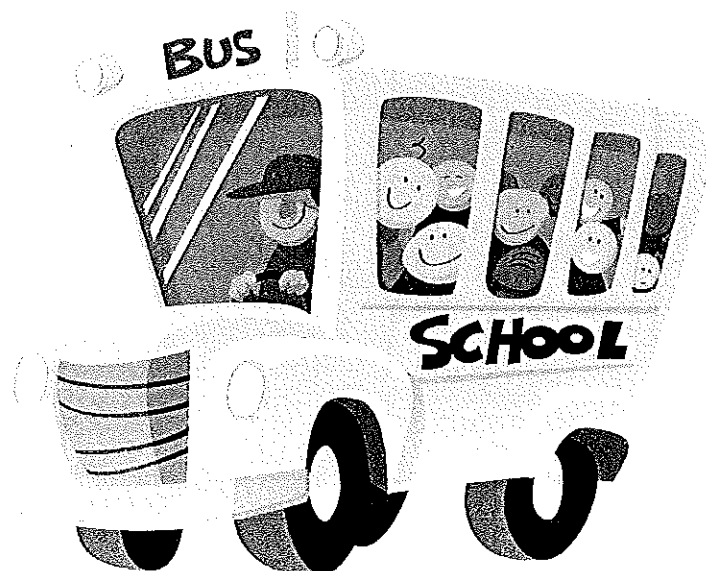
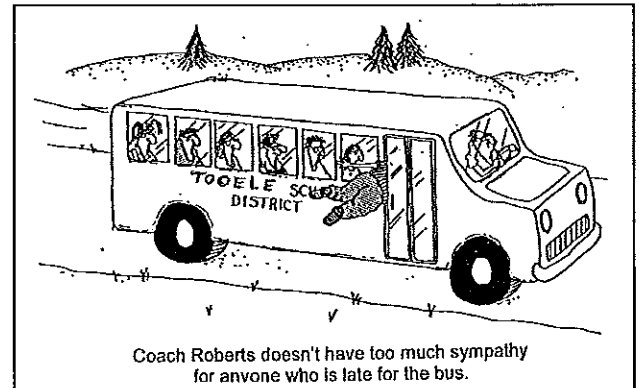


"Yes! Danny made it! ... Who's next?"

Bus Rules for the Tooele High School Swimming Team

The following are rules for all people riding on the bus to and from meets. You are responsible for knowing the rules.

1. Be on time to leave. If you arrive less than 5 minutes BEFORE it is time to go, you are late!
2. There is no singing on the bus, be respectful of the other people on the bus.
3. DO NOT throw anything while on the bus
4. Once you get a seat, stay seated in it.
5. You may share ear phones with a friend provided you can still sit in your seat when doing so.
6. Talk in a normal tone of voice. You can be doing homework or sleeping on the way, there should be no need to yell at anyone. I expect you to act more mature than high school students on their first bus trip.
7. DO NOT have chips or small pieces of wrapped candy on the bus. Remember, the captains have to clean the bus when we get home.
8. Never throw or have anything hanging out the windows.
9. Use the time on the bus for team unity. These are your team mates. The people you work and compete with every day. Don't disrespect them by ignoring them.
10. Act like a classy team and make the drivers want to take us again



SPLITS NEEDED TO ACHIEVE A GOAL TIME

IN A 100 (ANY STROKE)

To Break	go the first 50 under
1:20	:38
1:18	:37
1:16	:36
1:14	:35
1:12	:34
1:10	:33
1:08	:32
1:06	:31
1:04	:30
1:00	:28
:58	:27
:56	:26
:54	:25
:52	:24
:50	:23
:48	:22
:46	:21

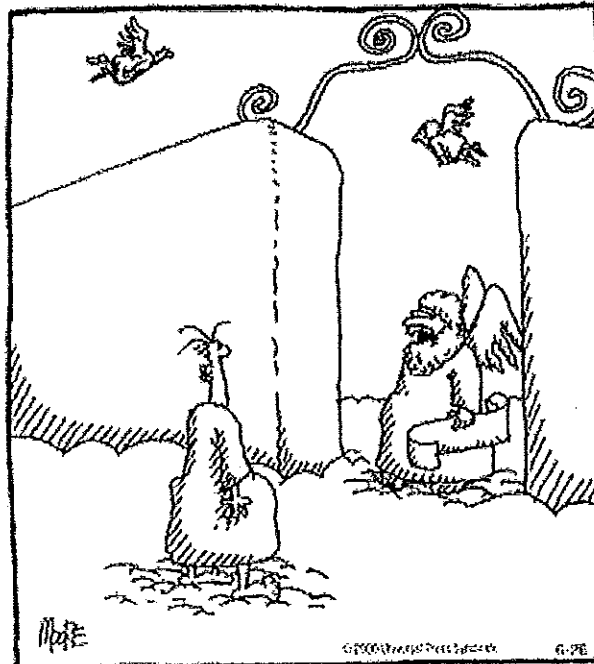
IN A 200 FREE

To Break	go the first 50 under
2:20	1:09
2:18	1:08
2:16	1:07
2:14	1:06
2:12	1:05
2:10	1:04
2:08	1:03
2:06	1:02
2:04	1:01
2:02	1:00
2:00	:59
1:58	:58
1:56	:57
1:54	:56
1:52	:54
1:50	:52
1:48	:50

IN A 500 FREE

To Break	go each 100 under
7:00	1:24
6:50	1:22
6:40	1:20
6:30	1:18
6:20	1:16
6:10	1:14
6:00	1:12
5:50	1:10
5:40	1:08
5:30	1:06
5:25	1:05
5:20	1:04
5:15	1:03
5:10	1:02
5:05	1:01
5:00	1:00
4:55	:59

Backstroke is slightly slower at the start because there is less advantage from the start. In the 500, pay particularly close attention to the 3rd and 4th 100 splits.



"... 'It's not whether you win or lose, but how you play the game'? ... Who fed you that baloney?"

Questions When Racing

The following are questions to ask yourself before and after your race. Answering these questions will provide you insight as to why you had either a great, mediocre or poor race.

Before

1. **What I my race strategy?**
(Failing to Plan – is Planning to Fail)
2. **Am I in control of my emotions?**
(Focus on your breathing to control tension and anxiety)
3. **What can I do to make this an enjoyable race?**
(Keep the race in the proper perspective, imagine being in the Olympics, or enjoy the three of racing, etc.)
4. **Am I prepared to give my best effort?**
5. **Am I prepared to accept the outcome of this race, keep my held high and learn from the experience?**
6. **Am I a TEAM swimmer?**
(When you are having an off day, can you dig down a little deeper for the sake of the TEAM?)
7. **Am I courteous to my competitors?**
(Good sportsmanship always shows you have class. Nobody likes a poor sport!)

After

1. **Was I in control of my race?**
2. **Did I keep my stroke long and powerful, or short and choppy?**
(Spinning your wheels)
3. **Did I build my stroke tempo throughout the race?**
4. **Did I even split or negative split the race?**
5. **Was I out too fast or too slow?**
6. **Did I have a strong finish or did I die at the end?**
(i.e. Were you "strong to the finish" the POPEYE, or did the monkey or piano fall on your back?)
7. **How were my start and turns? Was I streamlined? Did I kick into and out of the turns?**
8. **Can I be a WINNER and LEARN FROM MY MISTAKES?**

The Taper

What to Concentrate on From Here On Out

The last couple of weeks of the season are what we call the Taper. During this time you will be getting ready to swim fast. Be confident in what you have done leading up to the taper. Don't try to change anything, just perfect what you have been working on. Listed below are 14 "Things to Concentrate on From Here on Out."

1. Make it past the flags (if not further) on every one of your streamlines.
2. Don't do "Wall Checks" before flip turns. The wall is solid concrete. It will always be in the same spot. There aren't fake walls put in half way down just to fool you.
3. Breathe, at most, every other stroke for Freestyle and Fly. The less you breathe, the faster you go (within reason. Don't try to never take any breaths in the hope that you will get a record.)
4. Finish Strong – There are two parts to this:
 - a. Keep your head down. You should never see the blocks before your hand(s) touch the wall, and
 - b. Your last stroke should be a powerful drive into the touch pad. If you do backstroke you can't look to see the wall.
Keep your arm under the surface when finishing, especially on relays.
5. Concentrate on your own swimming. Avoid watching your competition, especially in the middle of the race.
6. Keep your head down!
7. Swim the same, even if your goggles fall off. It just makes you have to concentrate harder.
8. Power into your turns. Take the turn while you're moving. Don't stop before the wall and then turn. **POWER!**
9. Always touch the wall on turns.
10. Swim to beat the person next to you. I don't mean watch them. You can't help occasionally seeing them. It doesn't matter even if you're being lapped for the eighth time; try to beat them to the wall.
11. Whatever you do, **NEVER DO AN OPEN TURN.** Not even if you lose your goggles.
12. Do something during the meet. Don't just sit on the bench and do nothing. Cheer people on. Congratulate people, tell jokes, etc.
13. Remember sportsmanship. Stay in the water until everyone is done. Thank everyone after the meet – including the timers, scorekeepers, and officials. Congratulate the opposing team.
14. Never breathe from the flags on into the wall. It's only 5 yards! You can all handle it and not croak!

Nutrition for Training and Competition

Estimated Daily Caloric Expenditure For Teenage Swimmers

Males 15 – 18	Pre-training	2,600 – 3,000
	2 hrs / day	3,400 – 3,800
	4 hrs / day	3,800 – 5,000
Females 15 – 18	Pre-training	2,300 – 2,500
	2 hrs / day	2,900 – 3,100
	4 hrs / day	3,500 – 4,200



The values above are only estimates for average-sized people in the age group. Teenagers who are much larger or smaller than average may have somewhat different caloric expenditures, as will those with more or less muscle tissue. Nevertheless, these values provide a starting point for estimating the caloric needs of male and female swimmers.

Nutrition Needs

Carbohydrates

Carbohydrates are basically foods that come from plants; breads, cereals, grains, vegetables, pasta, etc.

Carbohydrates are easily and quickly digested, they are excellent sources of energy.

Below is the recommended carbohydrate intake for by swimmers in hard training.

<u>Body Weight</u>	<u>Caloric Intake</u>	<u>Carbohydrates</u>	
		<u>Calories</u>	<u>Grams</u>
100	2,800	1,800	450
150	4,200	2,700	675
180	5,000	3,250	818



Proteins

Proteins are used by the body as:

- Building blocks of muscle tissue
- Making hemoglobin for carrying oxygen in the blood
- Components of many hormones
- Source of energy after carbohydrates

Proteins are found in both plant and animal food

- Meat, fish, poultry, eggs, and milk and the best sources because they contain all 9 essential amino acids, making them "complete proteins."



- Peas, beans, rice, wheat, and corn based food are also excellent sources of quality protein.
- Reliance on red meat for a source of protein will lead to excess fat in the diet.

Recommended protein consumption daily

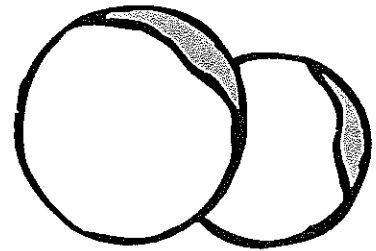
Females	80 – 100 grams / day (For girls in the 100 – 130 pound range)
Males	100 – 150 grams / day (For boys in the 150 – 185 pound range)

Excess amount of protein in the diet burden the kidneys and places deposits in the joints resulting in gout.

Fats

Fats are used by the body to:

- Rebuild cell membranes, such as skin
- As nerve fibers
- Synthesize hormones
- Produce the fat-soluble vitamins – A, D, E, and K
- Supply 70% of the energy we use at rest



Fat Cells

Fats are one of two types

Saturated – These are solid at room temperature and are found in food from animals and dairy products

Unsaturated – These are liquid at room temperature and come from vegetables.

Consume somewhere in the neighborhood of 50 to 100 grams, 450 – 950 calories or about 15 – 20% of your daily calories.

Water

Used by the body to:

- Dilute and balance chemicals in the body
- Transport substances
- Cool the body
- Lubricate joints and other moving parts



Swimmers should drink 6 to 10 glasses of water, milk, and/or fruit juices each day.