



## SWIMMER AND PARENT HANDBOOK

# MOOSE JAW KINSMEN FLYING FINS

SWIMMING TO WIN

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WINNING FOR LIFE

We would like to welcome parents and swimmers alike to the Moose Jaw Kinsmen Flying Fins. We have a wide range of ages and skill levels within our club, from the youngest mini-fin right up to the older competitive swimmers.

This handbook contains a variety of information, some of which is only intended to be a general guide for parents and for swimmers in our club.

### PRACTICE INFORMATION FOR ALL MJKFF SWIMMERS

Harassment will **NOT** be tolerated in the club. If it does occur, it should be reported immediately to the head coach.

All swimmers are expected to be **respectful** towards all others in the swim club. This includes coaches, fellow swimmers and pool staff, as well as other people's personal space and their personal belongings.

All swimmers need hydration so please bring a full water bottle to practice. Just bring water, not other fluids like PowerAde, Gatorade, energy drinks, etc.

Female swimmers should wear a one piece swimsuit. Long hair should be tied back, including bangs.

Please remove jewellery such as necklaces, rings, bracelets, and expensive earrings before swim practice.

Parents and swimmers should note that using the hot tub is not part of the regular practice. Instead it is a treat given by the coaches at their discretion.

During practice, swimmers need to focus on the coaches and the work set. Please refrain from talking, using hand signals or other forms of interruption, including taking pictures. Pictures can be taken at fun nights and swim meets.

Parents and spectators are not permitted on the pool deck. If you need to speak with a coach, please try to make arrangements to meet with the coach either before or after practice.

### "I Can Swim" Swimmers

Parents, please bring your children to their class on time. It is very hard for coaches to get a student caught up when they are late and keep the rest of the class focused.

Please remind younger swimmers to use the washroom before their class.

Children should remain seated on the bleachers with their parents until their class starts. Please don't come and sit with the coach as they are trying to prepare for that day's class. The coach will call the swimmers when class starts.

### Competitive and Conditioning Swimmers

Swimmers should include the following items in their practice bag – 2 pairs of goggles, swim caps, flutter board, full water bottle, and dry-land clothes (shorts, t-shirt, sweatpants, footwear). For outdoor practices, please include sunscreen, mosquito repellent and a hat.

Swimmers should be on deck 15 minutes before practice time to participate in warm-ups and stretching. Dry-land warm-ups and stretching is the most

important procedure that swimmers must perform before their practice, and they may need to re-stretch after the swimming warm-up as well.

### SWIM MEET INFORMATION

Everyone is to be on deck 30 minutes before warm-up time.

No diving during warm-up; always enter the pool feet first in a safe manner; remember no running or pushing.

Bring a healthy snack. After each race your body needs to be built back up again, and a handful of fruit or other healthy snack will do the job! Always drink water every 15 minutes during meets.

Stay away from junk food, high sodium snacks, heavy sugar, pop, energy drinks, chips, chocolate, deep fried foods, etc. Eat light and healthy; make the most of your energy and enjoy the swim meet!

Remember to always ask for your time from the timers.

Before each event, talk with your coach for last-minute reminders. After your swim, make sure you see your coach to give your time and discuss how your swim went.

All swimmers **MUST** sit with the swim team when they are not swimming. Swimmers may go and talk to their parents, but you must inform your coach where you are going and how long you will be gone.

Please **DO NOT** distract or interrupt the coaches while they are observing and timing other swimmers. Stay with your teammates; be respectful of the job the coaches are doing for the club. Remember to display good sportsmanship both on and off the deck. You are representing your club and your city at every meet you attend.

Please refrain from using cell phones during swim meets, as chatting and texting can be distracting for both yourself and other swimmers.

It is not the responsibility of the coach or the equipment manager to bring extra equipment to a swim meet. Each swimmer should bring with them two sets of goggles, two swim caps, their practice suit and their team suit. Equipment does get damaged or lost and you should be prepared. Bring towels, t-shirts and/or bunny hug, shorts and/or sweat pants. Although most of our meets are indoors, the buildings can be drafty and it is easy for swimmers to get chilled, resulting in muscle cramps. Stay warm and covered between your swims!

**MOST IMPORTANTLY, HAVE FUN!** You are there not only to swim but to hang out with fellow team members. These meets are about you and to let your family and friends see how hard you have been practicing. Always have fun and support your teammates!

## Healthy Meals for Swimmers on the Go

Another important facet of swimming is what you eat and drink before, during and after a swim meet. The following information was taken from the USA Swimming website **and is intended to be a guide only. We would like to stress that any swimmer's health or nutritional concerns should always be discussed with your family physician.**

### BREAKFAST – Start Your Day Off Right!

- Try pancakes, waffles, French toast, bagels, cereal, English muffins, fruit or juice. These foods are all high in carbohydrates.
- Avoid high-fat choices such as bacon, sausage or biscuits and gravy.
- For breakfast on the run, pack containers of dry cereal, crackers, juice or dried fruit such as raisins and apricots, or pack fresh fruits such as apples or oranges.
- If you eat breakfast at a fast food restaurant, choose foods like cereal, fruit juice and muffins or pancakes. Avoid breakfast sandwiches, sausage and bacon.

### LUNCH AND DINNER

- Select pastas, breads and salads.
- Select thick crust rather than thin crust pizza for more carbohydrates.
- Choose vegetables such as mushrooms and green peppers on the pizza and avoid high-fat toppings such as pepperoni and sausage.
- Select vegetable soups accompanied by crackers, bread or muffins.
- Emphasize the bread in sandwiches, not the condiments, mayonnaise or potato chips.
- Avoid deep fried foods such as French fries, fried fish & fried chicken.

### What should my child eat before practice or at meets?

The best pre-practice or pre-meet meal should contain primarily carbohydrates. Carbohydrate-rich foods like pasta, breads and cereal are easily digested and absorbed. Rule of thumb is 0.5 to 2.0 grams of carbohydrate per lb of body weight 1 to 4 hours prior to exercise.

### Meals That Provide 100 Grams of Carbohydrates

- 1 bagel with peanut butter and 2/3 cup of raisins
- 1 cup low-fat yogurt, 1 banana and 1 cup of orange juice
- 1 turkey sandwich with 1 cup of applesauce
- 2 cups spaghetti with meat sauce and 1 piece of garlic bread
- 8 oz skim milk, 1 apple, 1 orange, 2 slices of bread and 3 pancakes

## Eating Colourful Foods: Anti-oxidants vs. Free Radicals

Pasta, rice and bread are the first three foods that come to mind when we say “carbohydrate”, but one of the most overlooked sources of carbohydrate is fruit. Fruits provide carbohydrates in the form of natural sugars (vs. refined sugar), and the bright colors of fruits indicate that they are also excellent sources of vitamins and minerals, including a sub-group called anti-oxidants. Anti-oxidants “absorb” free radicals, neutralizing their effect in the body before their damage to muscle tissue can amount to much. Eating fruits, and other colourful foods such as vegetables, is apt to keep the body consistently supplied with anti-oxidants. Colourful foods include, but are not limited to: apples, strawberries, blueberries, bananas, oranges, kiwi, watermelon, raspberries, grapes, mango, papaya, apricots, red peppers, broccoli, corn, squash, carrots, peas, green beans, and tomatoes.

### Fluid Replacement Tips

- Keep a water bottle by the side of the pool and drink between sets.
- **During workouts, do not use sports drinks.** The fuel source they provide is too strong or concentrated and can inhibit fluid absorption and often leads to cramping.
- **For after your workout,** if you do use a sports drink, choose sports drinks like Gatorade or PowerAde that taste good, stimulate fluid absorption in the body, maintain proper fluid balance in the body, and provide energy to working muscles. **DO NOT INCLUDE “ENERGY DRINKS”** such as Red Bull, 180°, Sobe, etc.
- Avoid carbonated drinks, which can cause stomach bloating and may reduce fluid intake and avoid caffeine-filled beverages. They are diuretics and can contribute to fluid loss.
- Check the colour of your urine. Dark-coloured urine may indicate you are dehydrated and need to drink more fluids.

## How to Watch a Swim Meet

(From Swimming Canada Website [www.swimming.ca](http://www.swimming.ca))

The length of a long course racing pool is 50 metres. The pool has eight lanes and each lane is 2.5 metres wide. A short course racing pool is 25 metres. The water temperature must be kept at 26°C.

There are normally 13 individual events and three relays for men and women in a swim meet.

In **freestyle**, the competitor may swim any stroke he/she wishes. The usual stroke used is front crawl. This stroke is characterized by the alternate overhand motion of the arms. The **freestyle** is swum over 50, 100, 200, 400, 800 and 1500 metre distances.

In **backstroke**, the swimmer must stay on his/her back at all times. The stroke is an alternating motion of the arms. At each turn a swimmer must touch the wall with some part of the body. Swimmers must surface within 15 metres after the start and each turn. **Backstroke** race distances are 100 and 200 metres.

**Breaststroke** requires simultaneous movements of the arms on the same horizontal plane. The hands are pushed forward from the breast on or under the surface of the water and brought backward in the propulsive stage of the stroke simultaneously. The kick is a simultaneous thrust of the legs called a frog or breaststroke kick. No flutter or dolphin kick is allowed. At each turn a swimmer must touch the wall with both hands at the same time. **Breaststroke** races are distances of 100 and 200 metres.

**Butterfly** features the simultaneous overhead stroke of the arms combined with the dolphin kick. The dolphin kick features both legs moving up and down together. No flutter kick is allowed. **Butterfly** races are swum in distances of 100 and 200 metres.

The **individual medley (IM)**, features all four strokes. The first quarter is the butterfly, second quarter is the backstroke, third quarter is breaststroke, and the final quarter is freestyle. The **IM** is swum in 200 and 400 metre distances.

In a **medley relay**, all four strokes are swum by four different swimmers. No swimmer may swim more than one leg of the relay, which is swum in backstroke, breaststroke, butterfly and freestyle order.

Many races are won or lost in starts and turns. For starts, the swimmers are called to the starting position. The starter visually checks that all swimmers are still, and when satisfied, the race is started by either a gun or electronic tone.

Quick turns are essential to a good race. In all events the swimmer must touch the wall, but in freestyle and backstroke the swimmer may somersault as he/she reaches the wall, touching with only the feet. In the other two strokes, the swimmer must touch the wall with both hands before executing the turn.

**50 & 100** metre races (sprints) are all-out bursts of speed from start to finish.

**200** metre events require a swimmer to have a sense of pace and the ability to swim at a controlled speed. **400, 800** and **1500** metre freestyle require a swimmer to constantly be aware of where they are in the water and how tired they are becoming. Swimming too fast at the beginning can sap a swimmer's strength and cause a poor finish. Swimming too slowly at the beginning can separate the swimmer from the pack and make catching up impossible. Swimmers may decide to swim as evenly as possible, or they may decide to swim the second half faster than the first, which is called a negative split.