

# Congratulations!

You and your swimmer have made the decision to swim with the infamous Poulsbo Piranhas Swim Team/USA swimming. There is lots of information that new parents and swimmers have to learn in a short period of time, so let dive right in.

Our website is: <https://www.teamunify.com/Home.jsp?team=pnspps>. There is lots of information on this site including all the contact information for the coaches and board. On our site it also allows one to sign up for swim meets, view documents, volunteer information, invoices and view upcoming events.

First thing you need to do is look over, sign, and turn in all documentation:

Code of Conduct

PPST Handbook

Poulsbo Piranha Medical Release Form

PPST Bylaws

USS Athlete Registration

Swimmer Transfer Form

Lystedt Law Form Required prior to participation!!

Piranha Swimming Agreement

Next is your swimmers 2 week trial period. This will determine several factors including but not limited to: if this is going to be the right fit for your swimmer, which group will be the best for them, meeting swimmers and coaches, etc. All monies will be due after the final decision by the parents, swimmer, and coaching staff. Please make sure you mail all monies to:

Poulsbo Piranha Swim Team

P.O. Box 1284

Poulsbo, WA 98370-0109

Finally you get an official user name and log on to our website.

The rest of the handbook is broken down into several sections. We hope that we have made the transition into US Swimming a bit easier for the swimmer and Parents. For additional information on US Swimming visit [www.USSwimming.org](http://www.USSwimming.org) and <https://www.teamunify.com/Home.jsp?team=pnspps>

Please do not hesitate to contact us with any questions.

Respectively,

Your PPST Coaches and Board.

# Poulsbo Piranha's Swim Team New Parents Handbook

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## Part I.

What equipment do you have to be a US swimmer? A laundry list of equipment. Below are 3 categories that we at PPST and US Swimming have recommended. Please note that not everything is a "must have". Along the way you will find out what is best for your individual swimmer.

Equipment that you have to have:

- Water bottle with water in it and put on deck during practice for use
- Swim suits – one piece for female's preferably that is secured in the back
- Caps- 2 is best in case one breaks. PPST has our logo ones for sale in latex and silicone
- Bag- swim bag, mesh bag, something to keep all the swimmer goodies
- Googles

Equipment that you can borrow from PPST but is ok if you have your own:

- Fins/ Zommers
- Kick board
- Pull bouy
- Monofin
- Paddles (pre-gold and higher groups only)

Nice to have/Wish list equipment:

- Snorkel
- Stretching band and or rope
- Kick board
- Fulcrum paddles
- Balance board
- Drag suits
- Extra bungee for goggles
- Nose plug

## Part II.

### **10 COMMANDMENTS FOR SWIM PARENTS BY US SWIMMING**

- I. Thou shall not impose thy ambitions on thy child.
- II. Thou shall be supportive no matter what.
- III. Thou shall not coach thy child.
- IV. Thou shall only have positive things to say at a competition.
- V. Thou shall acknowledge thy child's fears.
- VI. Thou shall not criticize the officials.
- VII. Thou shall honor thy child's coach.
- VIII. Thou shall be loyal and supportive of thy team.
- IX. Thy child shall have goals besides winning.
- X. Thou shall not expect thy child to become an Olympian.

## Part III.

### **THE FOUR STROKES**

The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called individual medley.

In freestyle events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the surface of the water surface and an alternating (up-and-down) flutter kick.

Backstroke consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

The breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

Some consider the butterfly to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish.

The individual medley, commonly referred to as the I.M., features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.

# Part IV.

## COMPETITION 101

### RULES

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

### COURSE

Competition pools may be short course (25 yards or 25 meters), or long course (50 meters). The international standard (as used in the Olympics) is 50 meters. World records are accomplished in 25 and 50 meter pools. USA Swimming maintains records for 25 yard, 25 meter and 50 meter pools.

### COMPETITION

Participants compete in different age groups and meets depending on their achievement level and how old they are on the first day of the meet. Traditionally recognized age groups are 10 and under, 11-12, 13-14, 15-16, 17-18. Many local meets feature 8 and under, single age groups, or senior events. Team practice groups are usually determined by age and/or ability.

### OFFICIALS

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

# Part V.

## SWIM MEET BASICS

*(Excerpt from USA Swimming's Sample Club Handbook) - Please be sure to check with your swimmer's coach for specifics that may be different from the examples below.*

Swim meets are a great family experience. They're a place where the whole family can spend time together.

Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we possibly could. If you have any questions, please ask your coach.

### BEFORE THE MEET STARTS

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information handed out to all swimmers and also in the team newsletter.
2. Upon arrival, find a place to put your swimmer's blankets, swim bags and/or sleeping bags. The team usually sits in one place together, so look for some familiar faces.
3. Find the check-in place. Usually, parents are not allowed on deck so this may be a responsibility of your swimmer or your swimmer's coach. Make sure your swimmer checks in with his or her coach! Check for special posted instructions in the check-in area.

- Usually one will need to circle the swimmer's name or "#" before each swimmer's name, in each event he or she is swimming, that day. If this is not done, the swimmer will not be allowed to swim that event. Check-in is required so that the people running the meet know who is actually at the meet. After check-in, the meet administrators "seed" the swimmers into heats. Heat and lane assignments will be posted, so be sure your swimmer knows where to look!
  - Sometimes the meet is "pre-seeded" and no check-in is required. You and your swimmer can find heat and lane assignments by purchasing a program.
4. Once "checked in", write or have the swimmers write each event-number on his or her hand in ink. This helps him/her remember what events he/she is swimming and what event number to listen or watch for.
  5. Your swimmer now gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.
  6. After warm-up, your swimmer will go back to the area where his/her team is sitting and wait there until his first event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in.
  7. The meet will usually start about 10-15 minutes after warm-ups are over.
  8. According to USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to a coach. He or she in turn, will pursue the matter through the proper channels.
  9. Psyche Sheet or Heat Sheets. A psyche sheet is usually available for sale in the lobby or concession area of the pool. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time (up to the date that the entry was submitted) in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event. A Heat sheet may be available close to the start of the meet that lists the actual heat and lane a swimmer will be competing in.

## **MEET STARTS**

1. It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on their hand). He/she may swim right away after warm-up or they may have to wait awhile.
2. Most meets are computerized. There are generally two ways a swimmer gets to his/her lane:
  - A swimmer usually reports directly to his/her lane for competition a number of heats before he/she actually swims. Check with your swimmer's coach for specific instructions.
  - In some novice meets, a swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report to the "clerk of course" or "bullpen". Swimmers should report with his/her cap and goggle.
    - Generally, girl's events are odd-numbered and boy's events are even-numbered. Example: "Event #26, 10-Under Boys, 50 freestyle, report to Clerk of Course." The "Clerk of Course" or "bullpen" area is usually where all swimmers checked in before the warm-up.
    - The clerk will usually line up all the swimmers and take them down to the pool in correct order. You can expect at least 4-8 heats of each event.
3. The swimmer swims his or her race.
4. After each swim:
  - He/she is to ask the timers (people behind the blocks at each lane) his/her time.
  - Depending on the coach's instructions, the swimmer may be asked to do some recovery swimming if a "warm down" pool or lanes are available.

- The swimmer should then go immediately to his or her coach. The coach will discuss the swim with each swimmer. Some coaches may wish to talk with the swimmer before her recovery swim.
5. Generally, the coach follows these guidelines when discussing swims:
- Positive comments or praise
  - Suggestions for improvement
  - Positive comments
5. Things you, as a parent, can do after each swim:
- Tell him how great he did! The coaching staff will be sure to discuss stroke technique with him. You need to tell him how proud you are and what a great job he did.
  - Take him back to the team area and relax.
  - This is another good time to check out the bathrooms, get a drink or something light to eat.
6. The swimmer now waits until his next event is called and starts the procedure again. When a swimmer has completed all of her events she and her parents get to go home. Make sure, however, you, as a parent, check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and she is not there.
7. Results are usually posted somewhere in the facility. Awards are often gathered for a team and given to the coach at the end of the meet. The coach will give the awards to the swimmers at a later time.

## Part VI.

### **Foods great for swimmers**

- |                 |                  |                       |
|-----------------|------------------|-----------------------|
| 1. Blueberries  | 11. Spinach      | 21. Yogurt            |
| 2. Blackberries | 12. Mixed Greens | 22. Milk              |
| 3. Strawberries | 13. Potatoes     | 23. Orange juice      |
| 4. Oranges      | 14. Bananas      | 24. Whole grain bread |
| 5. Mango        | 15. Almonds      | 25. Whole grain pasta |
| 6. Broccoli     | 16. Cranberries  | 26. Eggs              |
| 7. Carrots      | 17. Oatmeal      | 27. Beef              |
| 8. Tomatoes     | 18. Granola      | 28. Salmon            |
| 9. Sweet        | 19. Olive Oil    | 29. Shrimp            |
| 10. Avocado     | 20. Black beans  | 30. Chicken           |

## Part VII.

### **Energy Bars, Sports Drinks and Gels** **By Charlene Boudreau, USA Swimming**

The use and selection of energy bars, sports drinks and gels has grown considerably over the past few years. For athletes, reasons for using these products are typically based on their convenience and potential performance-improving effects. Bars, drinks and gels provide a quick and easy means of supplying the body with calories and micronutrients (vitamins and minerals) when conventional foods are not available or feasible. Since swimmers typically workout and/or race in the morning when they may choose not to eat, and an overnight fast would force them to perform in a partially glycogen-depleted state, bars, drinks and gels may provide a compact, more tolerable “meal” substitution. In some cases, the addition of certain ingredients promises results.

Energy bars fall into 3 main composition:

- High Carbohydrate Bars (>30 g carbohydrate)
- High Protein Bars (>12 g protein)
- Mixed Bars (usually >20 g carbohydrate, >10 g protein, 2.5-10 g fat).

High carbohydrate bars provide the fuel needed for tough endurance workouts. High protein bars are often promoted for post-workout recovery. Mixed bars make a healthy snack during the day when time is short and hunger is big.

Gels are typically high in carbohydrate (>30g) and low in fat (<1g) and protein (<12 g). They include mainly simple sugars, as opposed to complex carbohydrates. Since simple sugars reach the bloodstream faster than complex carbohydrates, which take longer to digest and be absorbed, gels are typically used in situations when carbohydrates are needed quickly. For swimmers, breaks between sets present an opportunity to provide the body with the energy (carbohydrate) it needs for long workouts.

Sports drinks have traditionally been comprised of carbohydrate and electrolytes in amounts that enhance fluid absorption and minimize gastrointestinal distress. Over the past 5 years, sports drinks have expanded to include those with added amino acids, herbal ingredients and herbal mental “boosters.” Many products have been marketed to a consumer base that goes beyond the competitive athlete and into the realm of the recreational and leisure activity participants.

In addition to the convenience factor, many energy bars, sports drinks and gels have direct scientifically proven benefits both *during* and *following* exercise. The two basic reasons why researchers suggest that athletes turn to these types of fuels are:

1. Fluid replenishment (drinks).
2. Energy provision (bars, drinks, gels).

**Maintaining Hydration During Exercise** - The daily sweat loss for elite level athletes can range from 1 to 1.5 liters per hour. Depending on the intensity and duration of the workouts, the daily water requirement for these athletes ranges from two to six liters per day. In extreme cases, this requirement may be as high as 16 liters per day if the climate is hot. Failure to maintain a hydrated state can lead to detrimental changes in the cardiovascular response to exercise, overheating of the body and decreases in both maximal power and work capacity. Just a 2% drop in body weight due to dehydration can have an overall negative impact on exercise performance.

The collection of research addressing sports drinks is extensive and has evolved quite dramatically over the years. Studies have indicated that the ingestion of a 6-8% carbohydrate beverage (ex. Gatorade<sup>ä</sup>, Powerade<sup>ä</sup>) during prolonged strenuous exercise can delay fatigue and improve performance. The theory is that the carbohydrate drink provides sugar (glucose) to the blood, which spares glycogen (the body’s internal reserve of carbohydrate) during prolonged exercise. And we know that how well a fluid (sports drink or water) works depends on (1) how much is ingested (fluid ingestion), (2) how long it takes for that fluid to move from the stomach to the intestine (gastric emptying...the faster the better), (3) how long it takes to be absorbed from the intestine into the bloodstream (intestinal absorption) and (4) whether it weakens or enhances the body’s utilization of carbohydrate as a fuel (fuel utilization). The article **Hydration and Fueling During Exercise (LINK TO HYDRATION AND FUELING DURING EXERCISE)** addresses these issues, with a focus on the role of hydration and fueling during exercise in optimizing performance.

**Providing Energy During Exercise** - In addition to staying hydrated, athletes are faced with the task of fueling their bodies for performance. For activities lasting less than one hour, this can usually be accomplished with the pre-exercise meal or snack. For longer-duration activities, this usually means “eating on the run.” Given the environment, swimmers face the added obstacle of the water. Conventional “dry” foods are not feasible, making products such as water, sports drinks, energy bars and gels their only options. This also leads to the questions of what, when, why and how much?

The use of bars, drinks and gels as fuel sources during exercise is based on their typically high carbohydrate content. Providing the body with carbohydrate during prolonged activity maintains blood sugar levels. The availability of this “fuel” during exercise allows the body to spare glycogen and can prolong the time an athlete can exercise before tiring. The well-researched sports drink (also called carbohydrate-electrolyte drink) has traditionally been recommended for endurance events lasting more than 90 minutes. However, recent research suggests that sports drinks can improve high intensity and sprint-interval sessions lasting less than an hour. This suggests a benefit to using sports drinks for fuel during workouts to a broader segment of the athletic community, including sprinters.

## Part VIII.

### Signing up for swim meets

1. Log onto PPST website
2. Click onto the meet you want to sign up for
3. Review the meet invitation to ensure dates, times, location, and other qualifications
4. Once you have confirmed your swimmer is eligible click on “edit comment”
5. Click on the swimmer you want to sign up
6. Declaration: yes please or no thank you
7. Check the number of events your swimmer wishes to swim.
8. At the bottom of the page, click save changes once you are done your selections.
9. The coaches will then approve the events and or contact you if changes are suggested.
10. To add additional swimmers confirmations to meets, repeat for each individual swimmer.