



Swim Team Handbook  
2022-2023

# Welcome to the Sidney-Shelby County YMCA Stingray Swim Team!

The Sidney-Shelby County YMCA is in the Ohio Southwest Cluster of YMCA's. Our team competes against teams from the Southwest District in dual meets, invitationals and league Championship meets. As a YMCA program, our goals are to promote strong kids, strong families and a strong community through a competitive swim team experience.

For Youth Development- We believe in the potential of every child and all kids deserve the opportunity to discover more about themselves and what they can achieve. Our competitive swim program creates a healthy outlet for children to gain new skills, develop a sense of team and connect with positive role models.

For Healthy living- We believe in our ability to support the healthy well being of the children, adults and families in our community and that fostering healthy skills, relationships and environment is critical to our success. We believe children involved in youth sports are more likely to enjoy a lifetime of physical activity and play. We help swimmers set and achieve personal and team goals.

For Social Responsibility- We believe that everyone deserves a Y experience and that our role is to create opportunities for all people to participate, belong, give, volunteer, and advocate. Our parent volunteers are critical to our team's success. We teach fair play concepts and positive sportsmanship during competition.

We passionately believe in youth development through the YMCA core values of caring, honesty, respect and responsibility. These values will be demonstrated, taught and practiced throughout our program. We strive to provide our swimmers and community with opportunities to improve swimming skills, provide a safe and fun environment, and help our members achieve success both in the pool and in their lives.

We believe competitive swimming can and should be FUN! All who participate will enjoy the friendship and camaraderie that grow when families are engaged in the same activities. Our goal is to have the finest swimming program, with the finest and most enthusiastic swimmers and parents. You and your children make it possible and worthwhile.

Information throughout the season can be found at our website [www.sidneyswimming.org](http://www.sidneyswimming.org)

# Eligibility

This program is open to all Sidney-Shelby County YMCA members age 5 and older that have completed level 3 YMCA youth progressive swim lessons. The swimmer must exhibit competency in the minimum competitive distance for their age group in freestyle and backstroke.

# Trial Week Opportunity

A trial week is offered to new swimmers to give them an opportunity to experience the swim team environment and to allow the coaches to evaluate the swimmers' abilities. The trial week opportunity occurs the first week of team practice, in early October. The 2020-2021 season trial week opportunity begins October 5th, 2020. On Thursday, swimmers will be notified of their assigned team placement and practice schedule.

# The Stingray Team Structure

The Stingray Swim Team is divided into age groups for competition. **The team members' age on the first day of a meet will determine the age group in which the team member will compete** during the 2021-2022 season. If a swimmer will move age groups in the middle of the season, coaches will communicate with families to determine the best practice group for that swimmer.

The age categories are as follows:

- 8 & unders
- 9-10 year olds
- 11-12 year olds
- 13-14 year olds
- Seniors (15+ year olds)

For practices, swimmers do not necessarily practice within their competitive age groups. Practice groups are arranged based on swimmer ability and competitive distances.

## White Team

The beginning level of the swim team is where special attention is placed on building the young swimmer's positive attitude toward themselves and the sport through emphasis on teamwork, individual skills, techniques and sportsmanship. Our goal with White team is to see each young beginner athlete achieve his/her maximum capability. The white team will attend 2-3 practices per week including an introduction to dry land training. As ability increases, and interest and dedication grow, swimmers may become eligible for the upper level programs. White team members may also continue to expand their skills through YMCA progressive swim lessons.

## **Gold Team**

The intermediate level program is designed for those swimmers who, through their efforts, desire more challenge and increasing level of competition. The Gold Team members attend 3-4 workouts including stretching and calisthenic dry land training. The Gold Team may also engage in light weight lifting and other strength building and endurance increasing activities. Additional time is spent on correlating the mental and physical aspects of swimming.

## **Silver & Black Teams**

The most advanced and intensely dedicated swimmers will comprise the Silver and Black teams. These teams have similar training regimens but are separated primarily by age. Black team is reserved for 13 & over, and the exceptional 12-year old that has reached ZONE qualifications. This group will have high standards of excellence necessary for membership. 3 water workouts per week are expected with 4 practices available. Additionally, emphasis may be placed on weight training, strength and endurance programs, and running in the pre-season. Members of these teams will budget their time to participate in many meets while still meeting all classroom requirements. Goal setting is introduced on opening night and members will receive mental training on competitive sports throughout the entire season. Team members are taught correlation between practice effort and race performance and will be pushed at workouts.

# Coaches

Name	Team	Cell phone	email
Karen Miller	White/Gold	937-508-8298	kmillerswim@gmail.com
Brittany Braun	Silver 1	513-508-4740	brittany.huntebrinker@yahoo.com
Jim Williams	Silver 2	937-475-0563	linewilli1188@gmail.com
Mary Jannides	Black	937-638-7584	mkjannides@embarqmail.com

## **Coaches' Responsibilities**

- To conduct all workouts so the athletes might reach their full potential in accordance to the principles and philosophy of YMCA competition.
- To treat everyone fairly regardless of race, sex, age, or religion
- To set an example of good behavior and sportsmanship for all athletes at all times.
- To give athletes an opportunity to develop skills and to promote their involvement as part of a team as well as an individual.
- To evaluate each swimmer's ability, progress and performance continuously.
- To monitor attendance and conduct during workouts and meets.
- To enforce and abide by the Youth Sport Policy and Youth Abuse Protection Policy set by the Sidney Shelby County YMCA

# Practice Schedule

The 2022-2023 season begins October 4th and ends approximately mid-March, depending on the Championship meet that the swimmer qualifies. National qualifiers will practice through mid-April.

	White	Gold	Silver 1	Silver 2	Black
Monday	X	D: 5:45-6:15 6:30-7:15	DL: 5:45-6:15 6:30-7:30	DL 6:30-7:00 W 7:15-8:30	DL 6:30-7:00 W 7:15-8:30
Tuesday	5:30-6:15	6:30-7:15	6:30-7:30	6:30-7:30	6:30-8:00
Wednesday	X	6:30-7:15	6:30-7:30	6:30-8:00	6:30-8:00
Thursday	5:30-6:15	6:30-7:15	6:30-7:30	6:30-7:30	6:30-8:00
Sunday	N/A	N/A	6:00-7:00	6:00-7:00	6:00-7:00

## Fee Structure

Fees associated with the swim team are broken into 3 pieces:

- YMCA Membership- Please contact the YMCA to discuss various options for membership.
- Season/Team fee- The seasonal fee is determined by the assigned practice group based on the quantity and length of practices available to the swimmers
- Invitational fee - these are fees associated with swimming in Invitational and Championship meets. These fees have been estimated and included in the monthly bank draft schedule. Fees can be paid in full at the beginning of the season, or through scheduled bank draft for convenience. It is the responsibility of the family to settle this balance throughout the season. Any balance or refund will be settled at the end of the season.

You may pay your fees at the YMCA front desk or online, using the YMCA website. In either case, obtain 2 receipts, one for you and the other is to be deposited into the “swim team” mailbox. You may ask the front desk employee to deposit this document for you. This second receipt is for the team treasurer to help keep an accurate record of your account.

It is particularly important that the financial requirements are met. If fees remain unpaid, or membership lapses, the team member(s) will be unable to participate in the team activities, including practices. If there are circumstances which prevent payment, please contact the Executive Director, David O’Leary.

# Swim Parent Advisory Committee (SwimPAC)

SwimPAC officers include First Chair, Second Chair, Treasurer, Secretary, and a YMCA staff member. The terms of these officers are usually for 2 years. The terms overlap in order to help preserve continuity of leadership.

The SwimPAC officers communicate with each other between parent meetings as necessary. Any concerns that you may have are best brought to the attention of any SwimPAC officer as soon as possible. Please do not wait for meeting time. In this manner, discussions and solutions may occur prior to the meeting, thus allowing the parent meeting to be as efficient as possible.

## **2021-2022 SwimPAC officers:**

First Chair: Jessica Hull

Second Chair: Cheryl McAlexander

Treasurer: Aditya Sadhalkar

Secretary: Britnie Middleton

Every swimmer should have a parent or guardian present at the monthly SwimPAC meeting. Be sure to check the team website or meeting minutes for specific dates. There are several committees that are available for volunteer parents. These committees include:

- Pentathlon (mandatory participation)
- Fundraisers
- Apparel/Team suits
- Awards/Banquets
- Volunteers- making sure our volunteer assignments are filled at home and invitational meets
- Social- team photos, Social Media pages, bulletin board, press releases, team brochure

## Your commitment as a Swimmer

Being a member of the Sidney-Shelby County YMCA Stingray Swim Team, brings certain responsibilities and obligations. The swimmer should budget and plan his/her time accordingly. It should be remembered that schoolwork comes first. We want you to be a team member that excels in the pool and in the classroom. A stingray swimmer has the following responsibilities as appropriate to their age and maturity levels:

- To be caring, honest, respectful and responsible in all that I do and say with coaches, officials, swimmers, parents, and other competitors. We encourage our swimmers to follow this important statement. However, if there is a discipline problem, the following will occur:
  - 1st time--Sit out of practice and a talk with their coach. Parents are called.
  - 2nd time--Sit out of practice and a talk with the head coach. Parents are called.
  - 3rd time--Suspension. (Coaches will determine the length of time). Parents are called.
- To have fun
- To abide by the signed team Code of Conduct
- To know my schedule, arrive on time and ready to practice.

- To represent myself, family, team and YMCA in such a way that all can be proud. Wear my team swim cap to all swim meets.
- To pay attention and listen to my coach
- To abide by team and YMCA rules and regulations
- To work hard to improve my skills, to compete to the very best of my abilities and to strive to achieve personal bests
- To support my team and celebrate the accomplishments of others, even when they are my opponents
- To accept the rulings of officials and to leave any disputes regarding rulings to the determination of meet officials and my coach.
- To realize that my online behavior using social media is just as important as my behavior in or around the pool.
- To refrain at all times from the use of tobacco, alcohol and drugs and to encourage others to do the same.
- To thank my parents, my coaches and all of the many volunteers for making it possible for there to be a swim team at my Y and for the privilege I have of being a member of it.

## Your Commitment as a Parent

The parents/guardians of young athletes in the program are invited to participate as vital stakeholders in the following ways:

- By requiring my young athlete to treat other swimmers, coaches, fans and officials with respect and without regard to gender, race, religion, culture or ability.
- By encouraging and demonstrating individual character and good sportsmanship while giving positive verbal support to swimmers, coaches, volunteers and officials at every practice, meet or other event.
- By supporting and assisting the swim team experience however I can by volunteering to serve on a parent committee, by helping with meet/event set-up and clean-up and by providing transportation to and from events. **You will be required to volunteer for at least 2 dual meets and 1 invitational (in addition to Pentathlon which is mandatory for each family to have at least 1 volunteer.)**
- By supporting coaches and officials by monitoring the behavior of my child in order to encourage a positive and enjoyable experience for all
- By understanding that coaching decisions are in the best interest of the team and athletes and should therefore be supported
- By being a parent and not trying to be a coach to my child or any other, perhaps by limiting my comments before practices and meets to something like the following "I love you, have fun. I am looking forward to watching you swim!" And after a practice or meet "I really enjoyed watching you swim. I love you, what would you like to eat?"
- By keeping in mind always that the program exists for the benefit of all of the kids and families involved and that every effort is made to align the program to an established set of values, beliefs and goals.
- By monitoring the behavior of the coaching staff and bringing any inconsistencies with the coach's Rule of Play to the attention of YMCA leaders
- By refraining from the use of tobacco, alcohol and drugs at all swim practices and events while encouraging others to do so as well.

# Swim Team Terms and Definitions

**Bullpen:** the area where young swimmers report before each event for help finding their lane assignments. This is usually only offered at invitational meets.

**DQ:** disqualification resulting from a technically incorrect stroke, turn, start or finish. The swimmer's time for the event does not count.

**Dual meet:** two teams competing at one location. The meet is usually completed in 1 day (usually Saturday 1:00- 5:00). There is no charge for swimmers or viewers. Parents of the participating teams are the officials and timers. An individual swimmer may swim three (3) individual and two (2) relay events.

**Event:** the specific type of race in which a swimmer will participate

**False start:** when a swimmer leaves the starting block/wall before the officials signal

**Heat:** a race within a single event. Some events have more swimmers entered than there are lanes available in the pool so there will be more than one heat (race) of the same event.

**Heat Sheet:** a list of all swimmers by event, heat, and lane assignments. Lane assignments are often determined according to submitted best times. They are available for sale at invitational meets. Coaches may also receive heat sheets 1 day prior to the meet- these will be posted on our team website.

**Invitational:** large meets involving several teams. They are hosted by and used as fundraisers for individual teams. Our Invitational meet in the Pentathlon in November. Invitational meets can last all day or be broken into morning and afternoon sessions by age groups that span two (2) or three (3) days. (Fri. evening, Saturday-Sunday). You can choose to commit to the entire weekend or only a portion. There is a fee associated with swimming at an Invitational meet; typically \$3-5 per event.

**Individual Medley (IM):** one swimmer swims all four competitive strokes (in order of Butterfly, backstroke, breaststroke, freestyle)

**Official:** observes swimmers during various parts of their event ensuring swimmers have a legal start, stroke, turn, and finish. There are several officials at a meet each responsible for their zone.

**Referee:** the head official at a meet; responsible for enforcing the rules, settling disputes between coaches and other officials and calling swimmers to their respective blocks.

**Scratch:** when a swimmer/relay who is scheduled for an event is removed by their coach from competition in an event. If your swimmer is sick the day of a meet, they will be scratched from their events and still be charged a fee if one was required.



**Virtual Meet:** allow teams to compete against each other but swim locally at their respective team locations. Competing teams send their results to the “hosting” team who merges them to compile final results. All meet regulations are still required.

**YMCA Championships:** Each swimmer is given the opportunity to compete at his/her ability level. There are 4 levels to championships- A, AA, Zone, and Nationals. Qualifying times for each level are set by the league to determine participation. At the first level (A championships) swimmers may compete in any event in which they have a legal time. To swim at AA, Zone, or Nationals swimmers will need to meet or beat the qualifying time requirement.

## Safe Sport

On February 14th, 2018, the Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017 was enacted by Congress and became federal law. It is more commonly referred to as the SafeSport Act. (S.534)

Go to: <https://safesport.org/files/details/78> for the U.S. Center for SafeSport's fact sheet about the legislation.

Who is the U.S. Center of Safe Sport: “The U.S. Center for SafeSport is an independent nonprofit committed to ending all forms of abuse in sport. This includes bullying, harassment, hazing, physical abuse, emotional abuse, and sexual misconduct and abuse. The Center is the first and only national organization of its kind. The Center provides services to sport entities on abuse prevention techniques, policies and programs and provides a safe, professional and confidential place for individuals to report sexual abuse within the U.S. Olympic and Paralympic Movements” <https://safesport.org/who-we-are>

The U.S. Center of SafeSport is committed to building a sport community where participants can work and learn together in an atmosphere free of emotional, physical, and sexual misconduct.

On our [www.sidneyswimming.org](http://www.sidneyswimming.org) website, you may access additional information, links, parent toolkit, contact information for SAFESPORT.

### REQUIRED PREVENTION POLICIES

Covered Organizations are required to implement the following athlete prevention policies by June 23, 2019:

1. One-on-One Interactions, including meetings and individual training sessions
2. Massages and rubdowns/athletic training modalities
3. Locker rooms and changing areas
4. Social media and electronic communications
5. Local travel
6. Team travel.

The Sidney-Shelby County YMCA provides our youth with the highest quality of services available. We are committed to creating an environment for youth that is safe, nurturing, empowering, and that promotes growth and success. No form of abuse will be tolerated, and confirmed abuse will result in immediate dismissal from our organization. All reports of suspicious or inappropriate behavior with youth or allegations of abuse will be taken seriously. Our organization will fully operate with authorities if allegations of abuse are made that require investigation.

The Sidney-Shelby County YMCA will not tolerate the mistreatment or abuse of one youth by another youth. In addition, our organization will not tolerate any behavior that is classified under the definition of bullying and to the extent that such actions are disruptive, we will take steps needed to eliminate such behavior.

**Bullying** is an aggressive behavior that is intentional, is repeated over time, and involves an imbalance of power or strength. Bullying can take various forms, including:

- A. Physical bullying- when one person engages in physical force against another person, such as by hitting, punching, pushing, kicking, pinching, or restraining another.
- B. Verbal bullying- when someone uses their words to hurt another, such as belittling or calling another hurtful names
- C. Nonverbal or relational bullying- when one person manipulates a relationship or desired relationship to harm another person. This includes social exclusion, friendship manipulation, or gossip. This type of bullying also includes intimidating another person by using gestures.
- D. Cyberbullying- the intentional and overt act of aggression toward another person by way of any technological tool, such as email, instant messages, text messages, digital pictures or images, or website postings (including blogs). Cyberbullying can involve:
  - a. Sending mean, vulgar, or threatening messages or images.
  - b. Posting sensitive, private information about another person.
  - c. Pretending to be someone else in order to make that person look bad.
  - d. Intentionally excluding someone from an online group.
  - e. Hazing- an activity expected of someone joining or participating in a group that humiliates, degrades, abuses, or endangers that person regardless of that person's willingness to participate.
  - f. Sexualized bullying- when bullying involves behaviors that are sexual in nature. Examples of sexualized bullying behaviors including sexting, bullying that involves exposures of private body parts, and verbal bullying involving sexualized language or innuendos.

*Anyone who sees an act of bullying, and who then encourages it, is engaging in bullying. This policy applies to all youth, staff and volunteers.*

### **Background Check:**

Background Checks along with Athlete Protection Training (APT) are already required for all Coaches and Officials.

Swimmers 18 years of age and older are now required to complete Athlete Protection Training (ATP).

Currently, Background Checks and Athlete Protection Training (APT) are not required for other volunteer positions such as timers, marshalls, concession workers, etc.

The following subsections have been taken from the Sidney-Shelby County YMCA Youth Abuse Prevention Policy and expanded upon as related to competitive swimming.

## **One-on-One Interactions**

I. Observable and Interruptible One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor's legal guardian) must occur at an observable and interruptible distance from another adult

II. Additional guidelines:

- Avoid physical affection that can be misinterpreted. Limit affection to pats on the shoulder, high-fives, and handshakes.
- If meeting in a room or office, leave the door open or move to an area that can be easily observed by others passing by.
- Document and immediately report any unusual incidents, including disclosures of abuse or maltreatment, behavior problems and how they were handled, injuries, or any interactions that might be misinterpreted.

III. Individual Training Sessions Individual training sessions outside of the regular course of training and practice between Applicable Adults and minor athletes are permitted if the training session is observable and interruptible by another adult. Coaching sessions may not occur outside of the organization. Legal guardians must be allowed to observe the training session. Supervisors must keep a schedule of private coaching sessions, which includes times, youth involved, and location of sessions.

## **Massages and athletic training modalities**

Our team does not have any activities or modalities associated with our program. If we do incorporate any particular modalities, then these rules apply

I. Definition: In this section, the term "Massage" refers to any massage, rubdown, athletic training modality including physical modalities (e.g., stretching, physical manipulation, injury rehabilitation, etc.) and electronic or instrument assisted modalities (e.g., stim treatment, dry needling, cupping, etc.).

II. General Requirement Any Massage performed on an athlete must be conducted in an open and interruptible location and must be performed by a licensed massage therapist or other certified professional. However, even if a coach is a licensed massage therapist, the coach must not perform a rubdown or massage of an athlete under any circumstance.

III. Additional Minor Athlete Requirements

1. Written consent by a legal guardian must be obtained in advance by the licensed massage therapist or other certified professional, with a copy provided to the club.
2. Legal guardians must be allowed to observe the Massage.
3. Any Massage of a minor athlete must be done with at least one other adult present and must never be done with only the minor athlete and the person performing the Massage in the room.

## **Locker Rooms**

I. Requirement to Use Locker Room or Changing Area: The designated locker room or changing area must be used when an athlete or Applicable Adult changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).

II. Use of Recording Devices Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces by a minor athlete or an Applicable Adult is prohibited.

III. Monitoring The club must regularly and randomly monitor the use of locker rooms and changing areas to ensure compliance with this Policy. Locker rooms and changing areas may be monitored by use of the following methods:

1. Conducting a sweep of the locker room or changing area before athletes arrive;
2. Posting staff within earshot of the locker room or changing area during periods of use;
3. Making occasional sweeps of the locker rooms or changing areas with women checking on female locker rooms and men checking on male locker rooms.
4. Discouraging the use of locker rooms by youth of different ages at the same time. Adults must use adult locker rooms; youth must use youth locker rooms. Parents of young swimmers that need assistance may choose to utilize the family locker rooms.
5. Prohibit the use of locker room horseplay such as towel snapping, etc.
- 6.. Every effort must be made to recognize when a minor athlete goes to the locker room or changing area during practice and competition, and, if the minor athlete does not return in a timely fashion, to check on the minor athlete's whereabouts.

IV. Legal Guardians in Locker Rooms or Changing Areas: Legal guardians are discouraged from entering locker rooms and changing areas. If a legal guardian does enter a locker room or changing area, it must only be a same-sex legal guardian and the legal guardian should notify a coach or administrator in advance.

**Our Athletes are not to take more than 15 minutes when changing in the locker rooms. Athletes are supposed to change and exit area quickly**

## **Social Media**

I. Content: All electronic communication from Applicable Adults to minor athletes must be professional in nature.

II. Appropriate Electronic Communication:

- A. If an Applicable Adult with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), the minor athlete's legal guardian must be copied. If a minor athlete communicates to the Applicable Adult (with authority over the minor athlete) privately first, said Applicable Adult must copy the minor athlete's legal guardian on any electronic communication response to the minor athlete.
- B. Communicate through "organization group pages" on Facebook or other approved public forums.

III. Hours: Electronic communications must only be sent between the hours of 8:00 a.m. and 8:00 p.m., unless emergency circumstances exist, or during competition travel.

IV. Prohibited Electronic Communication:

- A. Applicable Adults with authority over minor athletes are not permitted to maintain private social media connections with unrelated minor athletes and such
- B. Applicable Adults are not permitted to accept new personal page requests on social media platforms from minor athletes, unless the Applicable Adult has a fan page, or the contact is deemed as celebrity contact as opposed to regular contact. Existing social media connections with minor athletes must be discontinued. Minor athletes may "friend" the club and/or LSC's official page.

- C. Applicable Adults with authority over minor athletes must not send private, instant or direct messages to a minor athlete through social media platforms.

FYI: Sidney Shelby County YMCA Swim Team's Social Media Accounts:

- Facebook Sidney Stingrays

(Twitter, Instagram, and YouTube accounts may be created in the future)

## **Travel**

Local and team travel occur frequently in our sport and presents a series of unique risk factors. The Sidney-Shelby County YMCA prohibits youth in Y programs from traveling in staff and volunteer personal vehicles to and from Y related program activities. If the circumstances arise where this is unavoidable, the following guidelines apply:

1. Administrators must be notified of all transportation activities
2. Require written parental permission from all youth on the trip. Staff must take these forms and medical releases with them on the trip.
3. Use the "rule of three" - 2 adults must transport a single youth, or at least 2 youth must be present if transported by a single adult.
4. No unauthorized stops may be made.
5. Document beginning and ending times, mileage, name of youth and other staff and volunteers who are involved in transportation, purpose of the transportation and destination.

I. Team Travel: Team travel is travel to a competition or other team activity that the organization plans and supervises. Parents are encouraged to attend all away meets and book their own hotel rooms. When parents are not able to attend away meets, please refer to the Sidney-Shelby County YMCA Youth Abuse Prevention Policy for Overnights Away from the facility guidelines.

**Stingray Swim Team Guidelines When Traveling** Overnight travel is sometimes required for away meets. This is a great opportunity for the team to get together and socialize. For those meets, it is important that we respect the other guests and recognize some of our swimmers need to get to the pool early for warm-ups. A good night's sleep is required when competing. These rules shall be in effect for Stingrays when staying in a hotel:

- Curfew of 10 p.m. All swimmers must be in their rooms by 10 p.m.
- Do not slam doors. Door slamming results in complaint to hotel staff. Shut doors quietly.
- Do not run or horseplay in the hallways.
- Follow the hotel's rules regarding the pool area
- Display good conduct during your stay. Your conduct is a reflection of your family, your team and our YMCA, even when the meet is over. Remember, be courteous of others! You are a representative of the Sidney-Shelby County YMCA

# Nutrition

Athletes need a diet that provides enough energy in the form of carbohydrates and fats as well as essential protein, vitamins and minerals. This means a diet containing 55-60 percent of calories from carbohydrates (10-15% from sugars and the rest from starches), no more than 30% of calories from fat and the remaining 10-15% from protein. That translates into eating a variety of foods every day- grains, vegetables, fruits, beans, lean meat, and low-fat dairy products. The base of the diet should come from carbohydrates in the form of starches and sugars. Fluids, especially water, are also important to the winning combination.

## Key Points:

- Drink WATER - body weight (BW) / 2 = #ounces of water needed per day + 16 ounces after workout
- Eliminate soda
- Variety is key- eat a variety of grains, vegetables, fruits, beans, lean meats and low-fat dairy
- Try to choose the least processed foods possible
- A swimmers diet should contain 50-60% of calories from carbohydrates, 30% from fat and the remaining amount from protein
- Carbohydrates = energy (breads, cereals, pasta, rice, beans, grains, fruits, and vegetables)
  - 2-4 grams per pound of body weight needed per day
- Target .8-1 gram of protein per pound of body weight per day
- Allow sufficient time between meals and workout/competition
  - 3-4 hours for large meals
  - 2-3 hours for small meals
  - ½ to 2 hours for liquids
- Avoid the following during training/competition
  - Unfamiliar foods
  - Foods high in fiber
  - Fatty foods
  - Sugary foods (refined carbs)- can lead to severe drop in blood sugar during performance
- Avoid protein supplements with 100% whey protein. Instead choose a protein supplement that includes a substantial amount of casein.
- Pre and Post workout nutrition is critical to success

	Pre	Post
Grams of Carbohydrates	BW x .25	BW/2.2 x .8
Grams of protein	BW x .25/2	BW/2.2 x .4
BW x .25/2	BW/2.2 x .4	

[https://schoolnutritionandfitness.com/data/pdf/Winning\\_Nutrition\\_for\\_Athletes.pdf](https://schoolnutritionandfitness.com/data/pdf/Winning_Nutrition_for_Athletes.pdf)

## **Carbohydrates**

Carbohydrates provide glucose to the body for energy, both before and after workouts or competition. They also assist in storing energy for future activity after exertion.

Carbohydrates control the level of sugar in the blood. When the athlete experiences a drop in blood sugar, they feel fatigued, sluggish and irritable. This is obviously a situation the athlete needs to avoid in order to perform at peak levels during training or competition. The athlete must avoid the urge to quickly recover through sugary foods such as soda and candy, as the large amount of simple sugars is introduced into the body, insulin is released, This causes a flood of sugar into the cells and as a results, the insulin causes all of the blood sugar to be removed from the blood and the swimmer “hits a wall”

## **Protein**

Proteins are critical in building, maintaining, and repairing muscular tissue in the body. Swimmers need more protein than a person that is less active. Protein requirements vary for each person based on their activity and size. The human body can only consume so much (1 gram per pound of body weight) protein before the excess is converted and stored as fat. Consuming too much protein can cause problems with the liver and kidneys as well as causing dehydration.