



Quick Tips and Prevention Aides for Our Athletes

Extending the life of your swim cap – At home after practice, you should dry your swim cap both inside and out. Then sprinkle a little bit of cornstarch or talcum-free powder inside and swish it around to coat the inside lightly. You can turn the cap inside out and do the same for the outside. It doesn't need to be a lot of cornstarch or powder.

Swimmer's Ear Prevention – You can always purchase instant dry drops from your local convenience store. You can also make your own solution by mixing 1 part rubbing alcohol with equal parts white vinegar. It's that simple. Then anytime you're in a body of water (the Plunge, LASC, meet pool, the ocean, a neighbor's pool, hotel pool, etc.), apply the drops after. Keep the drops in the ear for a few seconds before letting it run out or blotting with a tissue. If it hurts to touch your ear, see a doctor. You may need medicated drops.

Sickness Prevention – At school, wash your hands before you eat and after you use the restroom or a water fountain. Bring your own full water bottles to school before having to use the water fountain. Use antibacterial wipes or sanitizer on your desk with a tissue before class begins, especially if someone else sat at your desk the period prior. Cough and sneeze into your elbow, not your hand. Definitely don't share water bottles at practices; bring your own. This should go without saying, but avoid taking mouthfuls of pool water, especially to spray on teammates. If you have a sick family member, avoid them to keep from catching it yourself.

Dress Appropriately – Wear closed-toe shoes with socks before and after practice. Have a parka or jacket for after practice. Bring pants and hats/beanies when the weather starts getting colder. Take care of yourself so you can continue to attend practices so you are not behind.

Hydration – Sip your water bottle every 10-15 minutes during practices and dryland. You should be constantly drinking throughout the day. If you cannot in your classes, you have time in between classes. Being a good athlete is a 24/7/365 process, not just during practice.

Meals – During the day, you should see at least 10 colors going into your body. Colors come from fruits and vegetables, not from M&Ms and Cheetos. This is a great general rule of thumb that is given to us by USA Swimming from a USOC Nutritionist.

Sleep – This is just as important as practice and nutrition. Getting 8-9.5 hours of sleep is recommended for young people, especially athletes. Not only does it affect performance in school, but also at practices. This is one of the reasons why time management is so important.

****The above tips are recommendations from the coaching staff. While they are based off of research and experience, they are not professional opinions from certified doctors. If you are uncomfortable with these recommendations, please seek a medical professional.****