



2015-2016 Lynchburg YMCA Team Handbook

Welcome to the Lynchburg YMCA Swim Team. This Team Handbook is a guide to help provide you with information pertinent to year-round swimming and to our team in particular. For the first time, we are presenting this handbook in a digital format to be more cost-efficient and so that you can look at it whenever you wish via our website. Please take a moment to note the generous sponsors who have donated money to our program and let them know you appreciate their support.

This year represents the 55th year of competitive swimming for the Lynchburg YMCA team. We hope to continue to build on our tradition of excellence while we reach for new heights individually and as a team.

LY is a full program of the YMCA of Central Virginia. All the coaches are employees of the YMCA. Our team's relationship with the YMCA, as a program of the YMCA, only makes us stronger and more stable, now and for the long-term. We will continue to count on the support of our many parent volunteers to help us run meets and raise funds in order to keep our dues affordable for all our families.

Swimming is a unique sport. It recognizes and rewards both individual and team achievement. Its exercise and conditioning value is second to none. It teaches self-discipline, delayed gratification, goal setting, friendly competition, and teamwork. It provides a significant opportunity for development of social skills. Early learning of time management and focused effort are required by this sport. Year in and year out, swimmers rank consistently among the top students

At LY, our coaching staff works to provide the opportunity for each swimmer to be the best swimmer and the best person that they can. We teach the skills necessary to successfully compete in a healthy and respectful way, recognizing that winning is not everything and the process is as important as the outcome. We emphasize the responsibility of attendance and effort and promote the benefits of long course training in the summer. Our emphasis is on long-term development with the focus on the individual.

Regular information will generally be communicated via e-mail and through our website at lyswimming.org. We encourage you all to get to know the sport of swimming. If you have any questions, please don't hesitate to ask. The coaching staff wants to help you feel comfortable and understand our program so that you can provide your child with the full support that they need

Welcome to LY swimming! May you have a successful and rewarding year!

COACH
RYAN



Honesty, Service,
World Class Printing.

Practice Groups

Our team is divided into practice groups. This allows to train each athlete at his or her own level alongside peers of similar age and ability. The following table explains how our groups are constructed. Please remember that athlete group assignments are solely determined by the coaching staff and are never automatic (e.g. turning a certain age or attaining a certain time). The coaches take into account meet and practice performance, physical and social maturity, age, commitment, attendance, and overall preparedness for the next group before promoting a swimmer.

[Please see our Practice Schedule page for the current schedule for all groups.](#)

Group	Practices/Wk	Length of Practice	Primary Location	Core Age Range**	Notes
Bronze	2	45 min*	Jamerson YMCA	10 & Under	Formerly the Blue group. Bronze is split into Bronze 1 and Bronze 2 to keep a lower athlete:coach ratio.
Silver	3	1 hour*	Jamerson YMCA	9-11	Formerly the Gold group
Gold	5	1 hour, 30 min*	Jamerson YMCA	10-14	Formerly "Platinum" & "Upper Gold"
Varsity	6	1 hour, 45 min*	Jamerson YMCA	13-16	
National	7	2 hrs, 15min+ dryland	Downtown YMCA	14-18	

* = Practice is currently swimming-only but may include dryland in the future.

**= Core age range will be the age of MOST swimmers in the group. Athletes develop at individually different rates and make different levels of commitment and thus may be slightly older (particularly if they are new to the sport) or younger than the ages listed.

WRAPS & SANDWICHES

Sandwiches

- Chicken Fillet
- Barbecue
- Fish Sandwich
- Chicken Salad



**LET CHARLIE'S
CATER YOUR
NEXT EVENT!**

Contact Phyllis Brown
434-942-9543

**We'll provide everything
or just chicken!**

Available:

- Chicken
- Chicken/Tenders
- Fish
- Potato Salad, Macaroni Salad
- Baked Beans
- Variety Vegetables
- Casseroles
- Corn Pudding
- Rice Pudding
- Macaroni and Cheese

Dessert:

- Sweet Potato Pies
- Pineapple Chess
- Coconut Pie
- Brown Sugar Pie
- Southern Bell Pecan Pie

CHARLIE'S CHICKEN

2 LOCATIONS

434.616.6787
8004 Timberlake Road, Lynchburg, VA 24502

434-946-5595
127 West Courthouse, Albemarle, VA 24521

Lynchburg YMCA Coaching Staff



Ryan Woodruff, Head Coach

Coach Ryan became the Head Coach of the Lynchburg YMCA in August of 2015. With 15 years of coaching experience at a variety of club and collegiate positions, Ryan is a veteran coach known for his challenging yet interesting approach to training.

Prior to coming to LY, Ryan was the Head Coach of the Parkland Aquatic Club in Allentown, PA. There, he mentored many Olympic Trials, National, and Jr National qualifiers and guided dozens of swimmers who went on to swim collegiately. In 2014, he was named to the USA Swimming National Junior Team coaches' list for coaching one swimmer to a Jr National title in the 1500 free. Parkland swimmers were among the best in the Middle Atlantic LSC, winning 5 Senior Championship team titles, and consistently leading the LSC in USA Swimming Scholastic All-American awardees. Ryan's swimmers won 5 individual high school state championships and PAAC twice achieved both Silver and Bronze Medal designations in USA Swimming's Club Excellence Program.

At the North Carolina Aquatic Club in Chapel Hill, NC, Ryan guided his swimmers to many state championships including the team's first LSC title in 2008. NCAC produced many Jr National qualifiers, an Olympic Trials qualifier, Scholastic All-Americans, and during Ryan's tenure and was repeatedly awarded the Silver Medal for Club Excellence. Ryan also served as an assistant coach at the University of North Carolina, helping the team to multiple ACC team runner-up finishes and NCAA All-American honors.

Ryan began his career at the University of Florida, where he was mentored by 2012 Olympic Head Coach Gregg Troy and the Gator Staff. He coached with the Gator Swim Club while working toward his degree in Exercise Physiology and training for open water swims. While at Florida, Ryan had the good fortune to work with many Olympians in the Gator program and working at the Florida Swim Camp each summer. Staying at UF after completing his bachelor's degree, Ryan earned his Master's degree in Biomechanics in 2007.

In his spare time, Ryan enjoys running and reading. He and his wife Abby (LY Assistant Director of Competitive Aquatics) have three children and live in Lynchburg.



Hank Reed, Assistant Coach – Silver and Bronze

Coach Hank will also be returning to coach with LY and we look forward to having his years of experience on deck and at meets with the LY Piranhas. Hank's experience covers swimmers of all ages, from first grade to high schoolers. Hank works primarily with the Blue group and his expertise and enthusiasm mesh well with these new young swimmers. Hank has been the head coach of the Hill City Dolphins for many years. Both Hank's daughters have swum for LY and the oldest continued swimming at the collegiate level at UNC Wilmington.



Priscilla Bettis, Assistant Coach - Varsity

Coach Priscilla continues with the LY coaching staff this year. Priscilla brings over 30 years of coaching experience to the team. She grew up in Alaska but thawed out after several years of living in the South. Priscilla is a former age group, college, and Masters swimmer. Priscilla holds a Bachelor of Science Degree in Engineering Physics from the University of Oklahoma and is able to apply her understanding of wave mechanics and fluid dynamics when teaching stroke technique. She has coached swimmers of all ages and abilities including age group, junior high school, Special Olympics, summer league, and Masters. Priscilla enjoys motivating young athletes and promoting the great sport of swimming.



Elisa Morton, Assistant Coach – Gold

Coach Elisa grew up in Florida and began swimming competitively at the age of 10. She carried on her love of swimming as a graduate student at Central Connecticut State University, where she was awarded a Graduate Assistant Scholarship to teach beginning and intermediate swimming. Elisa continued her career in fitness by becoming a kickboxing instructor. She then went on to become a certified personal trainer and managed two gyms. After moving to Lynchburg in 2006, Elisa became the Assistant Coach for Jefferson Forest High School. Then, as Head Coach for Jefferson Forest, Elisa was voted Seminole District Girls & Boys Coach of the Year for the 2008-09 Season. That same year, she began her LY career but had to step down when her husband took an assignment in Europe. After a four year hiatus, Elisa re-joined the LY family in 2014.



Amy Gordon, Assistant Coach – Bronze and Silver

Amy was born and raised in Lancaster County, Pennsylvania where she started swimming at the age of 8 and continued through high school. She swam for Lancaster Aquatic Club in Lancaster, PA during the winter and for the New Holland Dolphins Swim Team during the summer. She had a successful career as a backstroke, fly, and IM swimmer, but a shoulder injury prevented her from swimming at the collegiate level. She started teaching swimming lessons and lifeguarding at 15 years old, and continued to teach lessons when she came to Liberty University in 2013. Amy has taught children as young as 2 years old up to age 12. She also has experience teaching special education students. She is currently an elementary education major at Liberty University with a double minor in psychology and youth ministries. She absolutely loves working with children and watching them grow and learn.



Amanda Naylor, Assistant Coach - Gold

Amanda was born and raised in Lynchburg, Virginia where she began swimming at the age of 7 as a summer league swimmer. She is a senior at Brookville High School and also attends the Central Virginia Governor's School. She joined the Lynchburg Y Program at the age of 11 and became a National swimmer at the age of 12. Her best events were the distance freestyle and the IMs. Due to shoulder and knee injuries she stopped doing year round but kept swimming for her high school and summer league teams. She has been coaching since she was 13. She loves working with kids and is excited to be a part of the LY family again.



Abby Woodruff, Assistant Director of Competitive Aquatics

Coach Abby returned to LY in August 2015. As Abby Clark, she got her first taste of swimming at age 7 at Falling River Country Club and joined the YMCA swim team that fall. Abby was an excellent LY and E.C. Glass swimmer and holds a couple of records around the area. She continued her career at Davidson College where she was part of the school record-setting 800 free relay and a conference meet finalist on multiple occasions.

Abby started her coaching career in 1995 at the Peakland Pool teaching swimming lessons and eventually becoming Head Coach. She later coached with the famed Mecklenburg Aquatic Club (MAC) during the summer and earned a Bachelor's degree in Psychology from Davidson College in 2001.

Moving to the University of Florida in 2004, she worked as the manager for the UF swim team, taught swim lessons, and became the Head Age Group Coach, Head Masters Coach, and Business Manager of Gator Swim Club. She earned her Master's degree in Sport Management from UF in 2006.

In 2007 Abby and Coach Ryan moved to the North Carolina Aquatic Club in Chapel Hill, NC. Abby served as the Head Age Group Coach and business manager of the club until the summer of 2009 when she made the decision to stay at home with her first child.

Abby spent the past six years as a full-time mom to three children and is thrilled to be getting back into the “swim of things” now at home with LY. She is currently Assistant Director of Competitive Aquatics and plans to be back on the pool deck more and more over the next few years. Abby firmly believes that there is no greater sport than swimming, and she loves sharing her passion for the sport with young swimmers! Most of her free time is spent shuttling her kids around to various activities, but she still enjoys swimming, running, reading, movies, and having new adventures with her family.



COMPLETE YOUR EDUCATION WHILE PURSUING YOUR PASSION

.....

“Being able to attend high school in a virtual setting that offers a Bible-based curriculum with incredible flexibility is really liberating. I can take school with me wherever I am. Liberty University Online Academy offers a quality education in a format that fits my lifestyle, so I have the ability to pursue my God-given talents.”



MICHAEL ANDREW
YOUNGEST PROFESSIONAL SWIMMER
IN U.S. HISTORY AND LUOA STUDENT

LIBERTY UNIVERSITY
Online Academy

www.Liberty.edu/OnlineAcademy | (866) 418-8741



Photo by Mike Lewis

Liberty University Online Academy — an extension of Liberty University, the nation's largest private, nonprofit university — provides spiritual and academic development through an individualized online homeschool experience.

Mister Goodies



Good Luck!
See You After The Meet.

MEET ENTRY PROCEDURES

Step 1: COACHES will post the meet schedule and sign-up deadlines to lyswimming.org. The meet schedule will be posted under the “Meets” tab and also listed in the events in the lower-right portion of the home page.

Step 2: PARENTS and/or SWIMMERS will log on to lyswimming.org and state their commitment or non-commitment to the meets on schedule by the deadline for each individual meet. If a swimmer can only attend certain days of the meet, these should be noted in the available text box on the commitment page. Please pay attention to USA Swimming-only meets as your swimmer must be USA Swimming-registered to compete.

Step 3: Once the deadline has passed, COACHES will take a few days to select the committed swimmers’ events and times and will post these entries to the website. COACHES will not enter swimmers who have said they cannot attend or those that have made no commitment.

Step 4: When the entries have been posted, HEAD COACH will send an e-mail to entered swimmers asking them to make a final check of these entries before the entries are submitted. A final deadline (typically 4-7 days from posting) will be included in that e-mail. SWIMMERS/PARENTS must check these entries and e-mail their coach prior to the final deadline with any comments or questions. Parents and swimmers need to check events, days, and entry times (entries must be swimmers’ best times). SWIMMERS who previously had not stated a commitment or a stated a negative commitment but wish to be added to the entries must email their coach prior to this final deadline.

Step 5: When the final deadline has passed, COACHES will make the necessary changes from Step 4 and the entries will be submitted to the host team. At this time LY will pay the host club for entries and families will be responsible for paying entry fees, even if they later choose not to attend or are unable to attend for any reason.

Step 6: Families will be billed for entries. Meet entry fees will be drafted unless other arrangements have been made with Abby.

Step 7: Go to the meet and have fun swimming fast!

STEPS TO CHECK YOUR SWIMMER'S MEET ENTRIES

1. Log in to lyswimming.org
2. Scroll to the bottom of the page and click on the pink "Edit commitment" button next to the name of the meet you want to check.
3. This should bring you to a screen that shows your athlete's name and events he or she is currently entered in. If you see something like (d1s1), this indicates that a particular event is on Day 1 and in Session 1 of the meet.
4. Please check your athlete's entries for the following:
 - That your swimmer is indeed entered in the meet and is entered in the days that he or she is available.
 - Examine the events selected. If your swimmer would like to change events or has a question about an event, **please e-mail your swimmer's coach before the deadline.** Coaches have the final responsibility for choosing athlete events but are open to having a dialogue about these choices.
 - Make sure that the swimmers' entry times are his or her actual best times.

TEAM ATTIRE POLICY

As coaches, we pride ourselves on carefully considering all aspects of swimming regarding the competitive development of our athletes. Our team culture has an enormous impact on our swimmers' success. The aim of the policies outlined below is to define that culture in order to (1) improve our unity as a team and (2) ensure that our attire at meets and practice is consistent with our philosophy. Please read all four parts of this team attire policy outlined below and direct any questions to me at ryan.d.woodruff@gmail.com.

Sincerely,
Ryan Woodruff
Head Coach & Director of Competitive Aquatics

1) Tech Suits

"Tech suits" include the Fastskin, FS2, FS3, the Lzr, Lzr Pro, FSPro, and the Aquablade, etc. These suits are engineered to reduce a swimmer's drag in the water, artificially enhancing performance. We believe that this is not appropriate for younger swimmers to use a swimsuit to this effect. We want our developing swimmers to value hard work, skill, and technique as the means to improvement. We feel that "tech suits" undermine these values. We will save the boost from a "fast suit" for when our swimmers are older.

Our team policy effective immediately is that all LY swimmers 12 years old & under are not permitted wear a "tech suit" at practice or in competition in any USA Swimming meet. This includes a swimmer who is training with LY but competing unattached. This policy applies to prelims, finals, and relays at both in-season and championship meets. Swimmers who are 13 years or older on the first day of the meet in question may wear a FINA-approved tech suit at championship meets ONLY or with the Head Coach's permission. Championship meets are defined as those end-of-season meets where a swimmer is shaved and rested and focused on a peak performance. The preferred tech suit color for LY swimmers is BLACK.

Tech suits for 13 years and older swimmers are not required. Swimmers are encouraged to use a Speedo brand suit.

2) Team Suits

At meets, we want to make our presence known as a club. We are proud to swim for LY and dressing uniformly is a way for us to unite as a club.

Our team policy is that for all YMCA and USA Swimming meets (other than when a swimmer wears a tech suit in compliance with the policy above) all LY swimmers are required to wear a team suit. Our team vendor is Swim and Tri. You may call them to order any of the above equipment listed above at 1-877-SWIM-TRI or order online from our team portal at

http://www.swimandtri.com/Scripts/TeamView_LynchburgYMCAswimming.aspx.

We have selected the following options for our team suits:

For Girls:

<p>Lynchburg YMCA Female Suit poly flyback training suit w/logo-sapphire</p>  <p>Price: \$51.00 List Price: \$69.00</p>	<p>Lynchburg YMCA Female Suit Thin Strap (Open Back) Polyester W/Logo-Sapphire</p>  <p>Price: \$59.40 List Price: \$66.00</p>	<p>Lynchburg YMCA Female poly thick strap w/logo-sapphire</p>  <p>Price: \$51.00 List Price: \$74.00</p>
--	--	---

For Boys:

<p>Lynchburg Male Team Suit-poly jammer w/logo-sapphire</p>  <p>Price: \$39.00 List Price: \$63.00</p>	<p>Lynchburg YMCA Male brief -poly brief w/logo-sapphire</p>  <p>Price: \$32.00 List Price: \$44.00</p>
---	--

Any LY swimmer who is present at a meet without a team suit will be restricted from competition, regardless of the meet’s importance or distance from home. **DO NOT LEAVE HOME WITHOUT YOUR TEAM SUIT.** Often, team vendors are at meets, but please do not depend on them being there or having your size in stock.

It is permissible for swimmers to have a sapphire (royal blue) suit like these above that does not have the Y logo.

3) Practice Suits

Swimmers are not required to wear a team suit during practice. Girls may not wear two-piece suits at practice. Any other swimming suit that meets the common standards of decency and does not interfere with a swimmer’s ability to use proper technique is permitted to be worn at practice.

4) Swim Caps

Most girls and many boys wear caps in order to contain their hair and to allow them to use proper technique. If your swimmer chooses to wear a cap at practice and/or meets, it must be a team LY cap. Having all of our swimmers wearing the same cap encourages team unity and enables our coaches to easily spot our swimmers in the pool. Our coaches will make every effort to have extra caps available at meets and practice, but please do not depend on this in order to comply with the swim cap policy.

Equipment

We use several different pieces of equipment at practice. At both the Jamerson Y and the Downtown Y, we have kick boards and pull buoys available for swimmers to borrow. Goggles are a must for all swimmers. Here is the other equipment that swimmers should have on hand for every practice, based on their practice groups.

Group	Short Fins	Snorkels	Paddles
National	x	x	x
Varsity	x	x	x
Gold	x	x	
Silver	x		
Bronze	x		

Our team vendor is Swim and Tri. You may call them to order any of the above equipment listed above at 1-877-SWIM-TRI or order online from our [team portal here](#).

Good Luck to all Swimmers!

from



- Dine-In
- Delivery
- Take-Out

434-237-4321 - Wyndhurst

434-534-6860 - Forest (221)

Lynchburg YMCA Swim Team Advertising Contract

I agree to purchase an ad appearing in the Lynchburg YMCA Swim Team Handbook and/or meet heat sheets for the current season.

Firm _____

Contact Person _____

Position _____

Mailing Address _____

		Handbook only or 1 Meet only	Handbook+ three Meets
Ad Size	¼ page	\$35.00 _____	\$100.00 _____
	½ Page	\$55.00 _____	\$180.00 _____
	Full Page	\$100.00 _____	\$250.00 _____
		Handbook + two Meets	
	¼ page	\$75 _____	
	½ page	\$125 _____	
	Full Page	\$200 _____	

Camera-ready copy must be attached along with check for payment.

Purchaser Signature _____ Date _____

Check # _____

Ad sold by _____

THE YMCA OF CENTRAL VIRGINIA IS NOW PART OF THE KROGER COMMUNITY REWARDS PROGRAM!

You can help us collect money from Kroger to support Y programming by registering your Kroger Plus Card online with the YMCA of Central Virginia.

If you already have an online account with Kroger, simply:

Log into your account at www.kroger.com

Click on **My Account**, click on **Community**

Click on **Community Rewards**

Click **Enroll**

Enter **YMCA** and then select the **YMCA of Central Virginia** from the list and click on **confirm**.

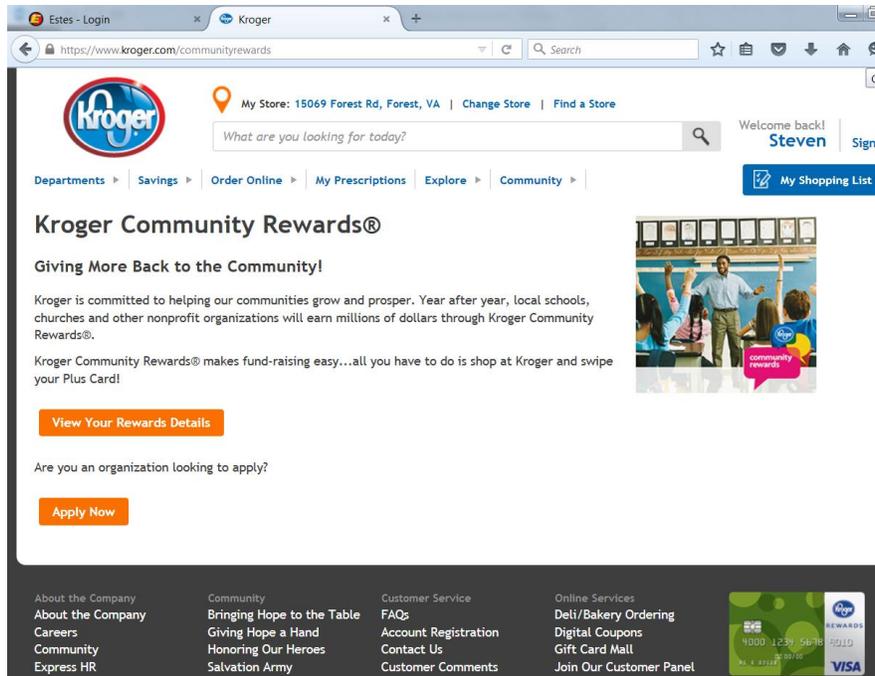
If you do NOT have an online account with Kroger, simply go to www.kroger.com and register your Kroger Plus card. Click on Register and then click on SIGN UP TODAY in the New Customer? box. Once you are registered simply follow the directions above. And then remember to always swipe your card at Kroger when you shop! You will get discounts and be able to download electronic coupons as well.

Thank you for helping us raise money for our fabulous YMCA programs!

MONEY YOU RAISE THROUGH THIS PROGRAM GOES TO YOUR SWIM TEAM FUNDRAISING COMMITMENT. IF YOU SIGNED UP LAST YEAR, PLEASE BE SURE TO UPDATE YOUR ENROLLMENT FOR THIS YEAR.

HOW TO GET YOUR KROGER REWARDS QUARTERLY STATEMENT

- Log in to your Kroger Rewards account at <https://www.kroger.com/communityrewards>
- The next screen will pop up with the Kroger logo at the top left and underneath that are six different tabs; click on the “Community” tab which is the last tab on the far right.



- Click on “Community Rewards” in the drop down menu.
- Click on “View Your Rewards Details”;
- The next screen should come up with “Account Summary” at the top and will have all your Kroger card/Community Reward details listed. At the bottom of that screen, it will show your **Last Quarter donation** amount;
- You should be able to print a PDF of this page. If printing a PDF file is not an option, you can print a copy from your printer, scan and e-mail. Or, if using a smartphone, take a screenshot of the info and e-mail.
- Send your pdf or screenshot to Coach Abby at abby2swim@gmail.com

Thank you to Sharon Orange for providing these helpful instructions.

Inclement Weather/Practice Cancellation Communication Policy

In the event that weather (or any other unforeseen event) forces us to cancel practice, we will take the following steps:

1. Send a text to the affected groups via our emergency texting system. See how you can sign up below.
2. Send an email to the affected groups. As a registered swimmer with LY, you are already on our email list.
3. Tweet the information at www.twitter.com/LynchburgYSwim. This will also display on the front page of our website.
4. We will post this information to our [facebook page](#).
5. We will post a brief news story to lyswimming.org.

In an inclement weather situation such as we may encounter this winter, we do not plan to post a notice affirming that practice IS being held. If no notice is posted, please assume that it is being held.

Emergency Texting Sign-Up Inst

We are now using a service called "Remind" that allows us to send mass text alerts. We plan to use this only in extremely urgent situations where e-mail simply isn't fast enough - like a practice cancellation due to weather or a pool outage. We won't be able to see your phone number and you won't be able to directly respond. We encourage parents AND swimmers 13 & over to sign up so that we can reach you quickly if absolutely necessary.

Sign-up is by group. Simply send a text to the number **81010** with the code for your swimmer's group as indicated below:

Group	Code
National	@lynational
Varsity	@lyvarsity
Gold	@lygold
Silver	@lysilver
Bronze	@lybronze

Explaining an A/BB/C Meet by Coach Ryan Woodruff

"...As a parent of a swimmer who is new to the larger meets (as opposed to the mini-meets), this is the first time I am seeing results by division. I was wondering if you could do a blog post on what the divisions mean in terms of the swimmer, the team, etc... What should we pay attention to and what shouldn't we pay attention to. (Our son) is the first swimmer in our family, so this is all new to us."

Our meet last weekend was in a format known as A/BB/C. The letters refer to the [USA Swimming Age Group Motivational Time Standards](#). These are published by our national governing body and are intended to be used as motivational targets for kids as well as a classification tool for meets like ours.

Within the [Virginia Swimming LSC](#) (swimming governance's version of a "state"), when swimmers enter meets they are required to use their best time. Based on this best time, before the races are swum, the meet computer classifies the swimmers into categories.

An "A" swimmer is one whose best time in a particular event meets or exceeds the A standard. A "BB" swimmer is one whose time meets or exceeds the "BB" standard but does not yet meet the "A" standard. A "C" swimmer (for this meet) is one whose time does not yet meet the BB standard. What an A/BB/C meet does is allow swimmers to compete against swimmers of similar times to win places in an event. So while a particular event may have 40 swimmers, a "C" swimmer can win a blue ribbon and first place by swimming faster than the 10 swimmers out of the 40 whose best time (before the meet) puts them in the C classification. Thus, in results, you might see three different swimmers listed as 1st place in a given event - one each for the A, BB, and C classifications.

A/BB/C meets are not typically scored for team points, and a swimmer may be in a different classification for each event that he or she swims at the meet.

A Big Small Thing: Choosing the Right Water Bottle by Coach Ryan Woodruff

It is often easiest to look for "big" things to improve upon. Those who seek excellence in their craft will also look for the "small" things to improve. Enough of the small things can add up to something big, particularly in our sport where success can be measured in fractions of a second.

Today's small thing is the type of water bottle you choose to bring to practice. We all have heard how important staying hydrated is. Consider this:

- If you begin a workout dehydrated, your performance will suffer. Your muscles and other systems need water to function optimally. Without water, you can't perform at your best!
- If you become dehydrated during a workout, your body will have difficulty adapting to the training you have done. You get physically stronger only when your body recovers after training. This means that all of the hard work you do won't be as effective at helping you improve if you get dehydrated during practice!
- If you are dehydrated after practice your recovery is affected and could impact your performance in the *next* workout. This begins a cycle of training and lack of recovery which is detrimental to your physiology.

So you can see the importance of being and staying hydrated. Now what you might not have considered is the impact that a small thing like the type of water bottle you use has on how much you drink.



This Gatorade bottle is commonly used at practice, yet it is less than ideal. It only contains 20 ounces of fluid, which is not nearly enough for practices that range from 90 minutes to 3 hours in duration. This means that for a swimmer to be optimally hydrated, he has to refill the bottle during practice. There may not be time for this in the workout, or a swimmer may not want to make the effort to refill it. Not only that, but it has a screw on lid, meaning a swimmer needs at least 30 seconds to take it off, take a sip, and screw it back on. In a distance set with many repeats on a tight interval, there may not be time to do this!



This green Gatorade bottle is much better for your typical swim practice for two reasons. First, it holds 32 ounces, which is a good rule-of-thumb minimum for swim practice. Second, it is a squeezable, allowing the swimmer to take in 3-4 ounces in a matter of seconds. Both of these qualities mean a busy, hard-training swimmer is much more likely to hydrate appropriately.

It seems like a small thing, but the water bottle you choose can have a significant impact on how well-hydrated you are. The amount of fluid you have available and the ease of getting it can make a huge difference. Do this "small thing" right to make your training pay off to the max!

How to End "Swimmer's Ear" by Coach Ryan Woodruff

Perhaps the most common medical issue afflicting swimmers is Swimmer's Ear, an outer ear infection. It is caused by excessive moisture in the outer ear, and can lead to a more serious inner ear infection and time away from practice if not treated.

The good news is that "Swimmer's Ear" can be prevented by using a simple solution I call "Ear Beer." Here is the recipe:



In a small dropper bottle like the one at left, mix equal parts rubbing alcohol and white vinegar. Shake. After each swim practice, place 2-3 drops in your ear, let sit for 10 seconds, and pour out on a paper towel. Then use a hair dryer or locker room hand dryer to dry out your ear. Repeat for the opposite ear.

Ear Beer is nearly 100% effective. Be sure to make some, stick it in your swim bag, and use it after every practice! Don't forget to take it to meets - you are at a higher risk for Swimmer's Ear when you swim in a different pool!

Why should you volunteer to help the swim team?

From usaswimming.org

The simplest reason why you should help is also the most powerful. You should help because your child benefits greatly from the program. The second reason is that most clubs cannot function without substantial volunteer help. The economics are not there for a full professional staff to do all the things that need doing.

Look at the finances of youth sports for a moment. Count up the hours that are available for your child to participate in your program. Divide your monthly fee by those hours, and you will come out with substantially less than you pay your baby sitter. Now imagine if you had to pay for all you get from your team. Teams can't do it without your help. Add to that the fact that few clubs have full time coaches, and even fewer have more than one full time coach, and you can begin to recognize the need for parental involvement.

In most volunteer organizations, including swim teams a very few people do a tremendous amount of work that benefits everyone. This is a bad deal for everyone. That person sooner or later burns out, leaving a big hole to fill. Meanwhile, that individual holds a great deal of power in the club, perhaps too much power.

If you find your lawn uncut, the dishes three days deep in the sink, your cat starving on the porch, and you have just driven home from the team leaving forgetting half of the carpool, you may be over committed. The club needs a little bit of time from everyone, a little more from some, and on occasion, a great deal from a few.

Adapted from "News for Swim Parents." Published by the American Swimming Coaches Association. www.swimmingcoach.org