

OPRF



Oak Park & River Forest High School
Boys' Swim | Dive 2019-20
hammerdownoprff.weebly.com

OPRF Boys Swim Schedule – First Two Weeks

Monday and Tuesday, 11/25 and 11/26

All: 3:30 – 5:30 pm East Pool, Tryouts

To join REMIND:

Wednesday, 11/27

All: 12:00 – 2:00 pm East Pool, Tryouts

Thursday, 11/28

All: off – Thanksgiving Day!

Friday and Saturday, 11/29 and 11/30

Varsity: 7am – 9am West Pool, swim only

Junior Varsity: 7am – 9am East Pool, swim only

Monday, 12/02/19

Varsity: 6am – 7:15 am dryland

All: Warm Up pickup 3:15 in the Fieldhouse

All: Team Mtg. and 3:30 pm-5:30 pm swim only

All: Mandatory Parent and Athlete Meeting 6:00 pm in the Staff Café

Tuesday, 12/03/19

JV: 6am – 7:15 am dryland

All: Team Pictures – Fieldhouse; Wear your team warm-up.

All: 3:30 – 5:30 pm, Swim; JV – East Pool, V – West Pool

Wednesday, 12/04/19

Varsity: 6am – 7:15 am dryland

All: 3:30 – 5:30 pm, Swim; JV – East Pool, V – West Pool

Thursday, 12/05/19

JV: 6am – 7:15 am dryland

All: 3:30 – 5:30 pm, Swim; JV – East Pool, V – West Pool

Friday, 12/06/19

All: 3:30 – 5:30 pm, Swim; JV – East Pool, V – West Pool

WSC - THIRST Project = 6,600 yards = 3.75 miles

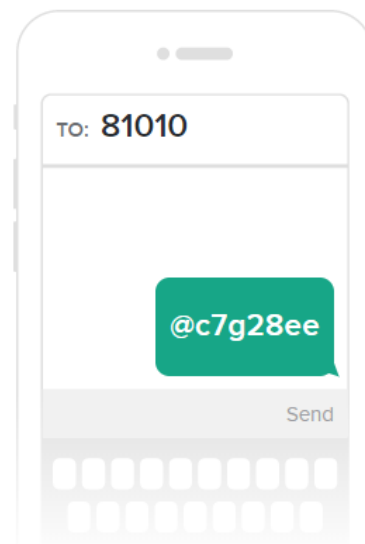
Saturday, 12/07/19

All: Hinsdale South Tri-Meet – Meet for the bus @ 8:17 am.

If for any reason you cannot make a practice, please notify

Clyde Lundgren – clundgren@oprfs.org or

Jim Geovanes – jgeovanes@oprfs.org



2019-2020 Varsity Schedule						
Date	Day	Event	H/A	Bus	Game	Location
12/10/2019	Tue	vs. FENWICK	H		5:00 PM	EAST POOL
12/13/2019	Fri	@ LYONS TOWNSHIP	A		5:00 PM	LYONS TOWNSHIP
12/20/2019	Fri	vs. YORK	H		5:00 PM	POOL
12/21/2019	Sat	@ INVITATIONAL	A		10:00 AM	DOWNERS GROVE SOUTH
01/10/2020	Fri	@ DOWNERS GROVE NORTH	A		5:00 PM	DOWNERS GROVE NORTH
01/11/2020	Sat	@ INVITATIONAL	A		9:00 AM	RIVERSIDE BROOKFIELD
01/17/2020	Fri	vs. GLENBARD WEST	H		5:00 PM	POOL
01/21/2020	Tue	@ RIVERSIDE BROOKFIELD	A		5:00 PM	RIVERSIDE BROOKFIELD
01/24/2020	Fri	vs. HINSDALE CENTRAL	H		5:00 PM	POOL
02/01/2020	Sat	@ INVITATIONAL	A		10:00 AM	LYONS SOUTH
02/07/2020*	Fri	@ WSC - Silver Diving	A		5:00 PM	WSC
02/08/2020*	Sat	@ WSC - Silver Swimming	A		TBA	WSC
02/22/2020*	Sat	@ IHSA - Sectionals	A		TBA	IHSA
02/28/2020*	Fri	@ IHSA - State Finals	A		TBA	EVANSTON TOWNSHIP
02/29/2020*	Sat	@ IHSA - State Finals	A		TBA	EVANSTON TOWNSHIP

2019-2020 Freshman Schedule						
Date	Day	Event	H/A	Bus	Game	Location
01/11/2020	Sat	@ INVITATIONAL	A		10:00 AM	HINSDALE CENTRAL

2019-2020 Sophomore Schedule						
Date	Day	Event	H/A	Bus	Game	Location
12/10/2019	Tue	vs. FENWICK	H		5:00 PM	EAST POOL
12/13/2019	Fri	@ LYONS TOWNSHIP	A		5:00 PM	LYONS TOWNSHIP
12/20/2019	Fri	vs. YORK	H		5:00 PM	POOL
01/10/2020	Fri	@ DOWNERS GROVE NORTH	A		5:00 PM	DOWNERS GROVE NORTH
01/17/2020	Fri	vs. GLENBARD WEST	H		5:00 PM	POOL
01/21/2020	Tue	@ RIVERSIDE BROOKFIELD	A		5:00 PM	RIVERSIDE BROOKFIELD
01/24/2020	Fri	vs. HINSDALE CENTRAL	H		5:00 PM	POOL
01/25/2020	Sat	@ INVITATIONAL	A		10:00 AM	FENWICK
02/01/2020	Sat	@ INVITATIONAL	A		10:00 AM	LYONS SOUTH

12-27-19 Feed My Starving Children – Schaumburg, IL

2:30 – 4:30 p.m.

Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.

John Wooden

Champions of Character

Five Core Values

Servant Leadership ~ Integrity ~ Respect ~ Responsibility ~ Sportsmanship

FIVE CORE VALUES:

SERVANT LEADERSHIP – Serving the greater good

Servant leadership encourages individuals to serve others while staying focused on achieving results in line with the organization's values. This core value demonstrates both internal and external character. In an athletic setting a team's chances for success are increased when its members become servant-leaders. A team made up of servant-leaders trusts their coach to make the best decision for the team. Whether you are the star of the team or the person that makes the star better each and every day in practice your role is important. Understanding the role you play on the team and accepting that role demonstrates servant-leadership.

Core value traits include but are not limited to the following:

LEADERSHIP:

Steers others toward a positive conclusion

SERVANTHOOD:

Cares for and meets the needs of others before caring for self.

INITIATIVE:

Recognizes and does what needs to be done before he/she is asked to do it.

SELFLESS:

Gives without expectations of personal glory.

DECISIVE:

Learns to finalize difficult decisions on the basis of what is right, not popular or tempting.

FIVE CORE VALUES:

INTEGRITY – Internal traits that guide behavior

Integrity is structural in nature. It is a combination of all inward traits that build upon one another to determine who you are. Just like a ship the structural integrity of an individual depends upon the material used to build it and the people who guide its construction. Linked to moral character integrity might be described as an individual's inside identity.

Core value traits include but are not limited to the following:

HONESTY:

Proclaims the truth.

POISE:

Demonstrates calmness and self-control in the face of adversity.

PATIENCE:

Exercises inward strength in the face of adversity without demanding a deadline to remove it.

DETERMINATION:

Diligently works to reach goals regardless of the obstacles.

PASSION:

Has an intense emotion and feelings towards their sport and improving their performance.

FIVE CORE VALUES:

RESPECT – Treating others the way you want to be treated.

Respect is social character in action as it is given and received in public. Respect is valuing the person that stands before you. In an athletic setting the person standing before you could be the coach, a teammate, an opponent, an official or a spectator.

Core value traits include but are not limited to the following:

HONOR:

Values the cost of those that lead or provide.

(ex: coach, official, opponent, fan, managers)

ATTENTIVENESS:

Demonstrates the worth of a person by giving them undivided attention.

TEACHABILITY:

Has a desire to learn without any reservations.

TOLERANCE:

Learns to accept others regardless of social, economic or race differences.

DISCRETION:

Recognizes and avoids words, actions and attitudes which could result in undesirable consequences.

FIVE CORE VALUES:

RESPONSIBILITY – The social force that binds me to the group

Responsibility is a social contract among a group's members to act in a manner that leads to greater group success. All great teams throughout history have had one thing in common: Unity of purpose.

Core value traits include but are not limited to the following:

COMMITMENT:

Dedicates self to following up on his/her words with action even if it means unexpected sacrifice.

LOYALTY:

Uses times of adversity to demonstrate his/her commitment to others.

CONSISTENCY:

Stays true in principle in all circumstances.

CANDOR:

Speaks the truth at the time when the truth should be spoken.

ALERTNESS:

Keenly aware of the events taking place around him/her so that they can have the right responses to them.

FIVE CORE VALUES:

SPORTSMANSHIP – Following the rules, spirit, and etiquette of athletic competition

Sportsmanship demonstrates both internal and external character. Sportsmanship is both a product of internal traits such as fairness and external traits such as hospitality.

Sportsmanship is following the rules of a contest and demonstrating a concern about the spirit and etiquette of how the contest is played or administered.

Core value traits include but are not limited to the following:

OBEDIENCE:

Fulfills instructions and rules.

FAIRNESS:

Looks at a decision from multiple viewpoints.

JUSTICE:

Takes personal responsibility to uphold what is pure, right and true.

HOSPITALITY:

Shares cheerfully with those whom he/she come in contact.

HUMILITY:

Sees the contrast between what is perfect and self-evaluation.

The Little Book of Talent

Week #1

- To learn a new move exaggerate it
- Give a new skill a minimum of eight weeks
- Be willing to be stupid

Week #2

- Embrace repetition
- Have a blue-collar mindset
- “Think like a gardener, work like a carpenter”

Week #3

- Stare at who you want to become
- Steal without apology
- Don’t fall for the prodigy myth

Week #4

- Make positive reaches

Week #5

- Pay attention immediately after you make a mistake
- Practice immediately after performance

Week #6

- Break every move down into chunks

Week #7

- Embrace struggle
- Cultivate your grit

Week #8

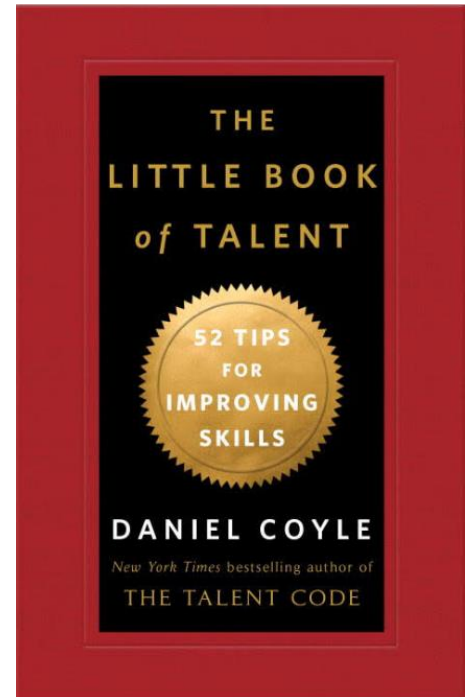
- Take a nap
- Just before sleep, watch a mental movie

Week #9

- Honor the hard skills

Week #10

- Keep your big goals secret



The Foundations of a Total Athlete



Hi swimmers! Josh Davis here. I share my *7 Habits of Highly Effective Athletes* at Mutual of Omaha BREAKout! Swim Clinics. I talk about how athletes at any age can integrate the mind, body, spirit and heart for peak performance in and out of the pool.

Because you're a BREAKout! Swim Clinic participant, I encourage you to apply what you learn from your clinicians and the ideas in this brochure. Together, they'll help you become the best you can be.

For more information, go to breakoutswimclinic.com and click on the Swim Families page. You'll find more ideas and tools to help you balance your commitment to excellence and your focus on family.

7 Habits

1. Finesse

- = the habit of striving for ultimate technique
- = the power of perfect hydrodynamics

Emphasis: *How is my technique?*

If you don't have it: Change your angles; fix head, shoulder, elbow and hip position

Take action: Do drills and watch video feedback

**BODY
MOVEMENT
physical**

2. Fitness

- = the Habit of Strengthening your Engine
- = the Power of Persevering thru Pain Barriers

Emphasis: *How is my work ethic?*

If you don't have it: Change your anatomy; improve strength and endurance

Take action: Do doubles, lift weights, run and jump

**OUTER
ANATOMY
physical**

3. Flexibility

- = the habit of stretching your muscles
- = the power of potential range of motion

Emphasis: *How is my stretching time?*

If you don't have it: Change your anatomy; free up muscles and tendons

Take action: Stretch after practice when warm

**MIDDLE
ANATOMY
physical**

4. Fueling

- = the habit of sustaining optimal energy
- = the power of preparing for peak performance

Emphasis: *How is my nutrition?*

If you don't have it: Change you anatomy; improve quality of cell regeneration

Take action: Eat right and sleep a lot

**INNER
ANATOMY
physical**

5. Fun and Focus

- = the habit of smiling and seeing the positive
- = the power of purposeful thoughts

Emphasis: *How is my attitude?*

If you don't have it: Change your attitude; have an attitude of gratitude

Take action: Set goals, read inspiration and be thankful

**MIND
mental**

6. Family and Friends

- = the habit of serving others
- = the power of personal relationships

Emphasis: *How is my time with people?*

If you don't have it: Change your affections; lower stress thru healthy relationships

Take action: Choose friends carefully and seek purity

**WILL &
EMOTIONS
emotional**

7. Faith

- = the habit of seeking truth

Emphasis: *What do I believe?*

If you don't have it: Change your allegiance

Take action: Strive to put your faith in the most reliable idea you can find that helps you reach your full potential

**SPIRIT
spiritual**

STRENGTH

MIND

SOUL

HEART

My Finesse Tips for Fast and Easy Swimming

Finesse = the Habit of Striving for Ultimate Technique



The Strokes

Freestyle

The goal is stay as long as you can, as fast as you can, as easy as you can. Find the line! Your power comes from the hips and body's core.

Tips:

- Thumb by thigh
- Elbows high
- Glidin' on my side
- Streamline makes you fly!

Drills

- Zipper
- Fist
- Catch-up
- Combo
- Tarzan – yell and coach yourself
- Swimming “golf”

Backstroke

5 S's to Perfect Backstroke

1. Still head
2. Straight elbows
3. See the shoulders
4. Spin the arms
5. Super dolphin kick



Drills

- Double-arm drill
- Soldier, see-saw, switch-a-roo drill
- Spin drill

Breaststroke

The hardest stroke, breaststroke takes timing, strength, coordination and ankle flexibility.

Tips:

- Be aggressive on the pull down – shrug shoulders with a little dolphin kick, keep body stiff and straight
- Scoop and shoot on the pull – (1) scoop to the mouth and (2) shoot through the air
- Knees slightly together on kick – heels to behind and forcefully push the water back with feet
- Dive forward on the glide – like a freaky dolphin, get back to the good position; be the cone

Butterfly

5 S's to perfect butterfly—don't fight the water, the water is your friend!

1. Straight and gentle arms
2. Shallow pull
3. Sweep out the back
4. Sneak the breath
5. Super dolphin kick

Drills

- 2, 2, 2
- Butterfly thumb drag with free kick

The Turns

Freestyle Flip Turns

1. Tuck your body and flip the legs over fast
2. Be in the streamline when your feet hit the wall
3. Push off as hard as you can on your back
4. Streamline on your side with some dolphin kicks
5. Start swimming freestyle side to side so that you're never too flat on your belly

Backstroke Flip Turns

1. Know where the flags and wall are and speed up into the turn
2. Flip the legs straight over
3. Push off as hard as you can on your back
4. Streamline with dolphin kicks on your back, looking slightly behind you

Two-handed Turns

For fly and breaststroke – always touch with two hands. Pretend the wall is a hot stove!

1. Slice – as soon as your hands touch, slice the elbow back
2. Ceiling – the only thing you should see is the ceiling as you throw your head straight back
3. Slick – bring the hand right by the ear as if you're slicking your hair back
4. Push off as hard as you can and streamline!

STREAMLINE

Why You Should Train at Race Pace

By Brad Burget, swimmingfaster.com

The purpose of this article is to elicit thought. There are many quotes that I feel best explain my readings of all the studies I am sharing with you. Our goal is to become better coaches!

Below are a few concepts to consider while planning your workouts.

Swim Techniques at Race Pace

1. Stroke efficiency is developed for the pace at which training is performed as discussed in previous newsletters. To improve race performances, stroke efficiency must be improved and swum at race pace to achieve the best training effect.

2. Stroke rates at practice must match stroke rates needed to achieve race pace times in a meet.

"Hard extended swimming that accumulates lactate does not accommodate the learning of the skilled movement patterns associated with the effort's velocity."

3. Race Pace training will have the greatest relevance for singular competitive swimming performances at all levels. For example slow kicking does not train anything related to racing but would be a great recovery activity. Training that is not race pace (irrelevant training) has one use, recovery activities between and after race pace sets.

Ultra Short Training at Race Pace.

1. Please plan short rest intervals as work intervals that are too long result in the accumulation of lactic acid.

2. Consistent ultra short training at race pace produces race pace performances that sustain fast twitch fiber use with greater amounts of oxygen thus increasing aerobic conditioning. This extends the ability to sustain a swimming velocity with good mechanical function as long as the athlete maintains desired speeds.

3. The athlete will improve the most with race pace/high intensity speed which enables all necessary energy systems with the proper neuromuscular patterns.

Specific Race Pace Training

The best way to help a swimmer who is plateauing is to increase high intensity (race pace) training. Usually a swimmer in this situation has years of swimming at

slower speeds. They are in really great shape from all the unnecessary over training. You can't swim a meet at race pace if you don't train at race pace. This applies to all athletes and their training as this improves both aerobic and anaerobic factors.

What to consider while planning sets:

1. Make sure all swimmers understand the speed (race pace/goal time) you are asking them to swim.

2. Keep your rest intervals :10-:30 seconds.

"One reason short intervals "work" is that when a high intensity repetition is completed, the aerobic system continues to function fully paying back any accumulated oxygen debt developed in the repetition. If the next repetition commences before the aerobic system begins to abate, the demand on the cardio respiratory system is continuous although the exercise is intermittent. For the whole set, the aerobic system works maximally just as it would in a race. If the rest period is too long, the aerobic demand in the rest period decreases."

3. Race pace sets can last an hour. Distances will increase as swimmers improve. For example, 20 x 25's on :40 alternating 2 x 25's holding 100 race pace for the first 50, then 2 x 25's holding race pace for the second 50.

2:00 min rest

20 x 25's on :30 as above

Repeat as needed, adjust send off's as needed. Swimmers have to swim at race pace always.

4. The Fasterswimming 23 week and 14 week programs are designed to decrease the rest intervals for race pace while increasing the distances of race pace repeats over the course of the season.

We as coaches really need to incorporate race pace (high intensity) training and understanding of the concepts mentioned in this article. Please do your research and use your experience to develop your swimmers! All feedback is welcome.

It was Larry Craft, a backstroker from Houston, who fueled my desire to implement a training philosophy that I maintained at LSU. His comments were totally out of character for him because he never appeared to care; he was just a very mellow kind of guy.

"I'm afraid you just don't get it," he said. "Swimming isn't all about training, it's about racing. That's why I'm at Arkansas. It's the only school I know that puts a premium on racing. Except most of you have not figured it out. You have to train to be able to give 100% when you race. Giving your all has to be practiced, and when Coach says "hammer down," it should mean just that. When you learn how to do that, you'll get a lot of confidence. It takes guts! Most of you will never experience what I'm talking about," and he shut up.

What he said really hit home. As an athlete, I was trained to be controlled during racing, so I think I only went 95% at best. Negative splitting mentally had to be the worst influence on any coach's sprinting psyche, and, believe me, it is still the basis for far too much thought.

There was an 800-meter Cuban track runner whom I always admired. He was a world-class 400-meter runner and decided to be the best in the 800 meter. I remember one of his early races when he was nearly 30 meters in the lead. The commentator said, "What is he doing? He can't do that!" At 600 meters "the piano fell on his back," and he placed 5th or 6th in the race.

In the next race I saw that he did exactly the same thing: this time doing the first 400 meters in 46+ but lasting 700 meters and dropping in 3rd, however, lowering his time substantially. Anyway, the idea is that this guy ran "lights out" as far as he could, and much to the surprise of the track community, he blew away the world mark some two and one-half years after first developing this training and running philosophy.

What did Larry Craft and that runner have in common? They both knew what it meant to give 100%. Most athletes are taught to hold back literally or subliminally. These guys did not. Secondly, they were accustomed to pain. It hurts when you give it your all. Most athletes will not even attempt to create that much pain for themselves.

Oak Park – River Forest Swimming and Diving

Practice Attendance

West Pool: Varsity

Afternoon Practice:

Monday through Friday, 3:20 p.m. on deck, 3:30 p.m. in the water – 5:30 p.m.
Saturdays 7 – 9:30 a.m. if there is no Invitational.

Morning Practice:

Monday, 6:00 a.m. – 7:15 a.m. – Dryland
Wednesday, 6:00 a.m. – 7:15 a.m. – Dryland
Friday, 6:30 am – 7:15 am. – TBD

East Pool: Junior Varsity

Afternoon Practice:

Mon, through Friday 3:20 p.m. on deck, 3:30 p.m. in the water – 5:30 p.m.
Saturdays are on a TBA basis.

Morning Practice:

Tuesday, 6:00 a.m. – 7:15 a.m. – Dryland
Thursday, 6:00 a.m. – 7:15 a.m. – Dryland

You must be in the building no later than 10 minutes before practice by way of the Scoville entrance.

Must be in school 5 periods in order to practice.

Attendance Policy

As coaches, we believe in the “Three Immutable Laws” of swimming:

1. Show up.
2. Honor your teammates with your hard work.
3. Do things correctly.

The goal is to provide athletes with the opportunity to perform to the best of their abilities. With that in mind, if a swimmer misses 3 practices coaches may contact parent to discuss athlete’s status on the team. **After a total of 5 absences a swimmer may be dismissed from the team.**

Meet Attendance

You will swim in every dual meet, provided that practice expectations have been met and you are academically eligible. ***If you are not competing in a Saturday meet, expect to have practice.***

Procedure for Reporting Absences

You are either present or accounted for!!

Please make contact with the coach of your level if you are going to miss a practice or meet.

If you miss for unforeseen reason please bring a note explaining your absence when you return.

Clyde Lundgren: 434-3616 office, clundgren@oprfs.org or 708-214-6115 mobile

Mark Pappalardo: 434-3273 office, mpappalardo@oprfs.org or 708-704-8909 mobile

Jim Geovanes: jgeovanes@oprfs.org

Matt Kudo: mkudo1@hotmail.com or 708-334-9051 mobile

East Pool office: 434-3055

West Pool office: 434-3056

Old fashioned hand written notes are still the best!

OAK PARK AND RIVER FOREST HIGH SCHOOL

201 NORTH SCOVILLE AVENUE • OAK PARK, IL 60302-2296

August 21, 2014

To whom it may concern,

Team policy states that a swimmer can be dismissed from the team because of poor attendance (5 missed practices). I am writing to inform you that your daughter has missed 3 practices (excused or unexcused). As a result, if she misses 2 more practices during the remainder of the season, for ANY reason, she will be dismissed from the team. In addition, if she continues to display habits of tardiness she will be dismissed from the team. We define tardiness as not being ready to swim at the start of practice. To show that you are aware of the situation and terms of the attendance policy, we ask that you sign both copies of this letter and return one to one of the coaches listed below. Failure to do so will result in immediate dismissal from the team. If necessary, we will be available to discuss in person, by appointment or by telephone. Thank you in advance for your cooperation and continued support of the OPRF Girls Swimming and Diving Team.

Sincerely,

Clyde O. Lundgren

708.434.3056 West Pool

708-434-3616 Office

708.214.6115 Mobile

Cc: John Stelzer, Athletic Director

Swim Meet Guidelines

Home Dual Meets

1. In general these meets start at 5pm depending on the promptness of the opposing team.
2. At home meets diving is conducted at the opponents site. It is up to the host team for away meets as to when diving takes place.
3. Please be ready to go at 3:30 for warm-ups. This leaves you half an hour to relax, get something to eat or help out setting up the pool. We highly recommend that you bring something to eat (sandwich, bagels, fruit, etc.). Be smart about what you put in your body. (Hidden Training)
4. You are responsible for having your team suit, cap, goggles, warm-ups. When you are not competing, we want you dressed in your warm-ups or OPRF swimming and diving apparel.
5. You are not allowed in the stands or out in the hallway to talk with friends or family. If it is an emergency, etc., please ask a coach. We don't want anyone missing an event.
6. You are not allowed to do homework on deck.
7. If you are not swimming, we expect you to be at the meet.
8. The meet is over when the coaching staff dismisses you. Remain in your warm-ups until after the conclusion of the meet. Please help with cleanup of trash, chairs, lane lines, etc. after meets.
9. No 'icing down' on deck during the meet. If you must, do so in the locker room.
10. For relays go behind the blocks together, stand after you swim, cheer for each other and then leave together after the last person has exited the pool.

Away Dual Meets

1. The bus leaves promptly at 3:30pm
2. Make sure you have all your equipment.
3. We highly recommend that you bring something to eat (sandwich, bagels, fruit, etc.). Plan ahead for meet days so you are putting some fuel in. (Hidden Training)
4. If you are not swimming, we expect you to be at the meet.
5. The norm is to travel home with the team. However, for extreme cases a permission slip must be signed for before riding home with your parents.

Saturday Invitationals

1. Buses generally leave mid-morning and we return @ 5 pm.
2. Be sure to have something to eat and properly hydrate yourself. (Hidden Training)
3. If you are not swimming, attendance is not required but expect to have practice.
4. You are responsible for your equipment.
5. Entries to these meets are limited. Not everyone is likely to swim.

Please note:

- ***We will post meet line-ups as soon we get them done. You will swim the events that the coaches put you in. We encourage you to tell us what you want to swim.***
- ***All of you will be issued warm-ups. Please, please, please...take care of your uniform. That means knowing what number you have and not leaving it on the deck at meets. If you can't keep track of your uniform, you will lose the privilege of having the uniform for the remainder of the season.***

PARENT INVOLVEMENT

AT MEETS:

Wear your Spirit Wear, come, watch, and cheer as much as possible.

Senior Night: January 24th

SPORTSMANSHIP-AN OPRF & IHSA PRIORITY

1. It is important that everyone involved in boys swimming and diving programs work together to teach, demonstrate, promote, and support good sportsmanship among the student-athletes, coaches, officials, athletic administrators, school administrators, and spectators.
2. Showing support and cheering for your own team, as well as showing appreciation for the good performance of your opponent(s), does much to promote good sportsmanship.
“Win with dignity, and lose with respect.”

AWARDS CRITERIA

Major Letter:

Participate in sectionals and/or varsity conference meets, or is a 4-year participant in the program.

Minor Letter:

Minimum 2-year participant on the team with exemplary participation and attendance.

Numerals:

1st year award with exemplary participation and attendance.

Participation Certificate:

Awarded when the above criteria is not fulfilled.

WSC All-Academic Team

Senior participant with a minimum 3.0 GPA

WSC All-Conference Team

Individual finishing in the top 4 at WSC Championships

Relay finishing in the top 3 at WSC Championships

TOP NUTRITION RESOLUTIONS FOR SWIMMERS

12/21/2011

BY CHRIS ROSENBLOOM, PHD, RD, CSSD

Half of Americans make New Year's resolutions and the key to success is making your resolutions real and measureable. Swimmers are good at setting training and performance goals, so why not make some nutrition goals that support your training and competition? When I work with athletes I use the **SMART** goal approach; that is, set a goal that is **S**pecific, **M**easureable, **A**ttainable, **R**ealistic and **T**ime-Limited. Here are some nutrition New Year's resolutions that can help boost your energy for training and keep you strong all season long. So, for 2012, resolve to improve what you put in your body.

1. **Pack snacks.** Swim practices are long and grueling. Stay fueled by packing snacks before you leave the house each morning to help fight fatigue and replenish your energy reserves. Choose snacks that are portable, tasty and nutrient-rich. Good choices include peanut butter on crackers, 100% fruit juice or vegetable juices, trail mix, nuts, whole grain bagels with almond butter, raisin oatmeal cookies, fig bars, and dried or fresh fruit. Try freezing a bottle of sports drinks and using it as an ice pack to keep low-fat string cheese, cottage cheese, or yogurt cold for a mid-day snack. Wash it down with the thawed sports drink.
2. **Don't train hungry.** Early morning pool workouts make it hard to eat breakfast but training on an empty stomach makes high intensity workouts more difficult. Your liver stores of glycogen (carbohydrate) can be depleted after an overnight fast and muscle can be broken down for needed fuel. Try eating a hard-boiled egg or a cup of instant oatmeal (stir in a tablespoon of peanut butter) in the morning before you dive into the water.
3. **Recover your losses.** After a hard workout for more than 90 minutes or when competing in multiple events at a swim meet you need to replace lost glycogen. And, most athletes don't drink enough fluids during exercise so at the end of activity they are often hypo-hydrated if not outright dehydrated. As soon as training or your first event is over, eat and/or drink a carbohydrate-rich snack to start replacing glycogen. Your muscles are very receptive to replenishing lost fuel right after exercise, so don't wait until the end of the day to eat. A carbohydrate-rich beverage can replace both glycogen and fluids.
4. **Break out of a food rut.** Make this the year to try new food once a week...most of us eat the same foods day in and day out, but you might be surprised that you like tangerines if you've never tried one. Try different fruits, vegetables, grains and lean proteins. Try quinoa or couscous instead of rice, broccoli instead of corn, or lean pork loin instead of chicken breast. If you don't like it, that's OK, at least you tried.

TOP QUESTIONS ON NUTRITION AND SWIMMING

3/26/2012

BY CHRIS ROSENBLOOM, PHD, RD, CSSD

Here are some of the top questions I've gotten from my readers.

Question: Is fruit juice a good beverage for a young swimmer who is trying to gain weight?

Answer: Fruit juice is a good carbohydrate source and a high calorie drink, so it is good for swimmers who are trying to gain weight. Look for 100% fruit juice and not fruit drinks which contain added sugars. Real fruit juice has simple carbohydrates (natural sugar) and vitamins and minerals so it is a nutrient-rich beverage. Fruit juices with the highest calories include grape juice and pineapple juice (152 and 132 calories per cup of unsweetened, natural juice) while orange and apple juice contain less calories (114 and 115 calories per cup, respectively). Fruit juice is best used as a recovery beverage or with meals. Some people don't recommend drinking a high glycemic index carbohydrate (like fruit juice) right before a workout because it might raise blood sugar and insulin levels which might affect performance. However, as a post-workout beverage, it could help the muscles restore glycogen rapidly to get ready for the next day's workout.

You might also try some of newer fruit juice blends (cran-grape, berry-orange, etc.), but read the nutrition facts panel to find a juice without added sugars. You can always make your own juice with a home blender. Toss in strawberries, apple slices, bananas, or orange sections and find a favorite mix for homemade juice.

Question: My son has tried two different recovery products for after swim practice, and we are trying to figure out which one is the best for him. One is a chocolate milk product and the other a fruit smoothie with protein. Is there an ideal carbohydrate-to-protein ratio that we should use to evaluate products?

Answer: I don't look at a specific carb-to-protein ratio because the science isn't that clear cut, but what is pretty well established is that the protein sources of whey and casein appear to be best for muscle repair and growth. So, I would give the edge to the chocolate milk product containing both whey and casein; the juice has slightly more protein but its source soy. Whey protein seems to have the edge for muscle protein synthesis because it is rich in the amino acid leucine, which may be a trigger for muscle protein growth (soy isn't bad; it might just take longer to achieve results compared to whey). Research also shows that 20 grams of protein is probably the maximum needed for muscle recovery so assuming your son drinks the entire bottle of chocolate milk recovery product (the label shows that 8 ounces is a serving, but the bottle contains 2 servings) he will get 20 grams of high quality protein.

The best answer is that both are good products, so switch it up and use both to help restore muscle glycogen (fruit smoothie) and milk product for muscle repair. By changing up the drink you can avoid "taste fatigue" by using only one recovery beverage. As with any commercial product, it is good to check the nutrition facts panel and check the ingredient list to make sure it doesn't contain any banned substances or an added protein source that may be from a banned substance. Products sold as dietary supplements, as opposed to foods, are riskier for athletes because they do not have any regulation from the Food and Drug Administration.

Question: I have a bet with my daughter. She says swimmers only sweat in land training, not when they are in the pool. I say she sweats in the pool but she might not notice it.

Answer: You are right. She does sweat during a long workout in the pool. When you add in the warm pool water and high humidity surrounding the pool water, she can sweat a lot in the pool. Hydrate to avoid more than a 1-2% loss of body weight during a workout to improve performance and stay healthy.

BEST PRE-WORKOUT FOODS

4/23/2012

BY CHRIS ROSENBLOOM, PHD, RD, CSSD

All kinds of pre-workout supplements are being marketed to athletes claiming to boost energy, enhance performance, and improve endurance. Do you need to eat before a workout? If so, what should you eat or drink? Let's look at who might need a pre-workout snack and the best choices.

If your workout lasts longer than 45 minutes (and what swimmer's workout doesn't?) you should fuel up before exercise. What you should eat and how much you should eat depends on how much time you have before a workout.

Ideally, you will have time for a healthy meal 3-4 hours before exercise, so that there is time for the food to be digested and absorbed. But when reality strikes and you don't have time to eat before swim practice, you should at least eat 30 grams of carbohydrate. Carbs that are easily digested and eaten 15 minutes before exercise can improve your performance when compared to exercising with no carbohydrate.

Here are my top picks for snacks with 30 grams of carbohydrate. These foods also provide other benefits, such as extra vitamins and minerals needed for optimum performance.

- 6-ounce container of low-fat fruit yogurt has 30 grams of carbs with the added benefit of calcium (as much as a glass of milk), protein, potassium, vitamin A and riboflavin.
- 2 mini-bagels with a piece of low-fat string cheese provide 30 grams of carbs, protein and B-vitamins needed for energy.
- 1 medium to large sized banana has 30 grams of carbs. A banana is the original fast food – easy to pack and eat, and requires no refrigeration. Bananas are also a powerhouse for potassium, an electrolyte lost in sweat.
- Banana-strawberry fruit smoothie (8-12 ounces depending on product). Liquids, like smoothies, are easy to digest and most contain calcium and vitamin C.
- 10 mini-pretzels and ½ cup apple juice contain easy to digest carbs along with some sodium for those who are salty sweaters.

Eating before a workout doesn't have to be complicated or expensive. All it takes is some planning to have nourishing snacks available to power you through a workout.

TOP 5 RECOVERY SNACKS

5/23/2012

BY CHRIS ROSENBLOOM, PHD, RD, CSSD

Recovery is a hot topic for swimmers and for good reason. A long pool and/or land workout burns muscle fuel and causes muscle protein breakdown. Eating a recovery snack within an hour of a workout speeds needed carbs and amino acids (the building blocks of protein that make up the protein-rich foods you eat) to replenish muscle glycogen and repair and build muscle tissue. Do you need to buy expensive protein shakes? No, because the same amino acids found in shakes can be found in food for less money and more taste. Here are recovery snacks that provide some carbohydrate and about 20 grams of high quality protein...the amount that most researchers agree is the optimal protein dose for recovery.

1. 2 cups of low-fat chocolate milk provides two important sources of protein: whey and casein. Chocolate milk may truly be nature's recovery beverage because in addition to high quality protein it contains the natural sugar lactose that stimulates insulin, a hormone that helps feed the amino acids into the muscle. Milk also contains as much calcium and 10 cups of spinach to keep your bones strong.
2. 1 cup low-fat cottage cheese with peaches, pears, or pineapple...or any fruit you like. Cottage cheese is rich the amino acid leucine which is thought to be the trigger for muscle protein synthesis. Although cottage cheese doesn't taste salty, it has a higher sodium content than other dairy foods and this might be a good thing if you are a salty sweater (if you see white, salty streaks on your clothing or cap after it dries, you are probably a salty sweater.)
3. 3-ounces of turkey breast on a wheat bagel. Meat and fish provide about 7 grams of protein per ounce, so a 3-ounce portion gets to the needed 20 grams of protein. A three-ounce portion of meat is about the size of a deck of playing cards or a computer mouse.
4. 4 Tablespoons peanut butter and strawberry jam on wheat bread. This is an especially good recovery snack for those who are trying to gain weight. Peanut butter is higher in fat than other protein foods so means higher calories, but not to worry, the fat is the heart-healthy kind of fat.
5. 7-ounces of Greek yogurt with granola or fruit. Greek yogurt is higher in protein than regular yogurt and has a thicker consistency. Because it tastes a bit more like sour cream, sweeten it up with fruit or granola to add the carbs. Greek yogurt also makes a great topping for baked potatoes or cheese nachos as a substitute for higher-fat, lower-protein sour cream. To get the most out of your training, practice good recovery by eating within the hour after exercise. You will be strong and ready to go for the next workout, which is most likely tomorrow!

TOP FIVE EASY-TO-MAKE SNACKS FOR SWIMMERS

6/21/2012

CHRIS ROSENBLOOM, PHD, RD, CSSD

If you are like most people, you like the convenience of canned foods* but don't think they are very nutritious. The truth is that many canned foods can be as nutritious as fresh food (unless you pick the vegetable from your garden). Many fruits and veggies travel great distances and sit in cold storage before getting to your grocery store shelves which can diminish the nutrient content. Swimmers are always hungry, and even a young swimmer can be taught to make an easy, healthy fourth meal with a simple can and a plan. Here are my top five easy-to-make snacks:

1. Open one can of vegetarian fat-free refried beans and place in microwave safe dish. Add salsa, stir and microwave for a minute or two. Serve with baked tortilla chips...or for the budding chef, toast or grill pita bread and cut into triangles. Beans are higher in protein than most veggies and protein can make you feel full in between meals.
2. Open a can of your favorite broth-based soup (chicken noodle, chicken and rice, vegetable, etc.) and raid the vegetable bin in the fridge. Broccoli, green beans, baby carrots, asparagus, spinach, or whatever is in the fridge can be washed and steamed in the microwave for a few minutes and then added to soup. Top with some Parmesan cheese for a filling snack.
3. Open a can of garbanzo beans (also known as chick peas or those round beige beans on the salad bar) and pour into a colander to drain; then rinse. Put the beans in a bowl and mash with a fork; drizzle some olive oil into the mashed beans and season with salt and pepper for a quick hummus. For the more adventurous chef, add chopped garlic or roasted red peppers. Spread hummus on crackers or use as a dip for veggies.
4. Open a can of tuna (try white, Albacore or light tuna canned in water) and make a healthy tuna salad with chopped celery and carrots and a touch of pickle relish. Mix with light mayonnaise and spread on a toasted mini-bagel. Tuna is a good source of healthy omega-3-fatty acids or "fish oil."
5. Open and drain a can of your favorite fruit (look for fruit canned in juice). Add fruit to cottage cheese, vanilla yogurt or Greek yogurt and top with chopped nuts for a sweet, healthy snack.

* There is some controversy around a chemical called BPA in some canned foods. The FDA has not banned it from food containers but there are many companies who use BPA-free cans. A search of a company's website can answer any questions you might have about BPA in canned foods.

Chris Rosenbloom is the sports dietitian for Georgia State University Athletic Department and is the editor of the American Dietetic Association's Sports Nutrition Manual, 5th edition, scheduled for publication in 2012.

FLUID FOR THOUGHT

3/14/2012

BY JILL CASTLE, REGISTERED DIETITIAN AND CHILD NUTRITION EXPERT

Do you ever wonder how much fluid is needed to prevent dehydration? If you've experienced dehydration, you know it derails swim performance and causes other effects such as tiredness, headaches and confusion or poor judgment.

Fluid is the overlooked "magic bullet" for swimmers and one of the best ways to optimize swim performance.

Not only is it important to drink, it's important to drink enough. Experts suggest that 2% dehydration (2 pounds weight loss in a 100-pound child) negatively impacts athletic performance.

According to the Institute of Medicine (IOM), young athlete's thirst should be the gauge or indicator for how much fluid to drink. Research also suggests, that if youth athletes are given the opportunity to drink during exercise, the thirst mechanism will allow for adequate fluid intake so they meet their hydration needs.

But if you want numbers, here are the latest recommendations for child athletes:

To prevent dehydration, child athletes should drink 6 ml per pound of body weight per hour (100# young swimmer needs 600 ml or 20 oz, per hour). Drink this amount 2-3 hours before jumping into the pool and during exercise. (1/2 your body weight in oz per day)

To replenish fluids after exercise, drink 2 ml per pound of body weight per hour (100-pound child swimmer needs 200 ml per hour or ~7 ounces, per hour). Drink this amount 1-2 hours after exercise—it promotes adequate hydration status for the next exercise session.

Water and other beverages can help satisfy the hydration needs of the swimmer. Many parents already know that it isn't wise to offer up sugar-sweetened beverages like soda and sugar-added fruit juices routinely throughout the day. These drinks may help keep swimmers hydrated, but they can have a negative impact on overall diet quality.

Most importantly, the choice of fluid should be something the swimmer likes to drink, as drinking adequate amounts is critical.

Sports drinks are perfect for the long workout (greater than 1 hour in duration), and provide sugar, fluid and electrolytes to help beat dehydration. And they are effective! Because they are flavored, they encourage drinking. It's best to keep their role limited to the pool, though.

Here are a few other beverage guidelines that will help prioritize the young swimmer's health and swim performance:

GOOD: 100% real fruit juice (maximum of 1 to 1 ½ cups per day). Infrequent use of sugar-sweetened beverages.

BETTER: Milk, or calcium/ Vitamin D- fortified milk substitutes (aim for 3 cups per day).

BEST: Drink water, more than you think! The bulk of beverages should be from water. Use Sports drinks wisely and target their usage around workouts and race day.

It's a mistake to think that just because swimmers are in the water, they get enough fluid. Coaches and parents have an opportunity to train young swimmers to drink regularly and make good choices. Good hydration habits are learned in and around the pool—maximize this asset for great performance!

HOW TO MANAGE EXTRA WEIGHT IN THE YOUNG SWIMMER

11/13/2012

BY JILL CASTLE, REGISTERED DIETITIAN AND CHILD NUTRITION EXPERT

There's no doubt that the sport of swimming can be an ally to the child who may be carrying extra weight. While swimming on a regular schedule will likely produce the benefits of greater physical endurance, fitness and self-esteem, and cement the cornerstones of a healthy lifestyle, it may not produce significant changes in weight status.

What many swimmers and parents don't realize is that it takes more than just swimming alone to battle the bulge.

Nutrition Habits

Young swimmers may carry extra weight for a variety of reasons. Make sure it is truly "extra" weight, and not normal variations associated with growing. The following nutrition habits may need improvement:

What is the swimmer eating?

Are meals balanced with lean meats, whole grains, fruits, vegetables and low fat dairy products? Do snacks contain a protein, whole grain, fruit or vegetable? Getting the right balance of nutritious foods (90%) and fun foods (10%) is essential. Aim for three "square" meals that contain most of the major food groups, and snacks that represent wholesome foods that satisfy the appetite. Be as scheduled with snacks as you are with meals. Watch out for too many sweets or packaged snacks as these can ramp up the extra calories quickly.

How is the swimmer eating?

Look at the eating habits of the swimmer and the whole family. Is the swimmer eating out more than five times per week? This frequency starts to push the calorie load into overdrive. If eating out, where is it occurring and can the swimmer make (or is the swimmer making) healthy choices? Does the swimmer snack for more than 15-20 minutes? Dining at fast food establishments and lengthy snack sessions are associated with high calorie intake.

Why is the swimmer eating?

Many swimmers eat due to hunger, which is a good reason. However, the swimmer can be overly hungry because the quality of meals and snacks are not nutritious or satisfying. This can lead to overeating.

Cultivate good eating habits, including mindfulness when eating. Identify physical hunger from eating out of boredom, pleasure or emotions. For the swimmer, the goal is mostly to eat for physical hunger or fuel.

Is Weight Loss OK?

A gradual weight loss of no more than 1.5% of body weight per week (for the 150-pound swimmer, no more than 1-2# per week) in the presence of a nutritious and adequate diet is acceptable.

Don't make the mistake of cutting out carbohydrates or protein—these are essential nutrients for active athletes. Instead, target fats. Keep the good fats such as olive and other plant oils, avocado and nuts in the diet, and cut out the unhealthy fats like fatty meats and dairy, fried foods and processed snacks.

A registered dietitian specializing in weight management or sports nutrition can help with healthy weight management in the growing swimmer.

Beware of the Risk Factors

Managing weight in the young swimmer means being aware of the unintended consequences that may occur, such as extreme dieting and growth disturbances. While dieting is associated with a risk of disordered eating and eating disorders, ignoring important nutrients like calcium, vitamin D and iron, and overall calories to maintain growth may spur other problems.

Bottom Line: Swimming is one of the best sports around for healthy weight management, but remember, exercise alone may not correct excess weight. Fine tune nutrition habits to get the most out of swimming and other forms of exercise.

TIPS FOR FEEDING THE THIN (AND GROWING) SWIMMER

8/15/2012

BY JILL CASTLE, REGISTERED DIETITIAN AND CHILD NUTRITION EXPERT

Can a growing swimmer be too thin?

In today's world, there is much ado about weight—too much weight. But a growing child who is too thin may be just as troublesome.

Most of the time, children are moving through the natural ups and downs of growth, and there's no cause for worry. But the growing swimmer has a delicate balance to strike—matching energy needs for growth while covering the nutritional demands of the sport.

Unmatched energy needs may stem from the rigors of regular training, high energy demands associated with growth spurts, poor eating, and/or a poor diet. If young swimmers are too thin and missing out on calories and nutrients, their performance in the water, their growth and overall health may suffer.

What's Normal, What's Not?

Both growth and swimming are calorie-hungry. Normal growth relies on eating enough food (and of good quality) to cover the energy and nutrient demands of swimming and growth.

For the school-age swimmer, normal eating is three meals and 2-3 snacks per day. Teens, particularly males, require more energy for the adolescent growth spurt, and may need 3-4 meals and 1-2 snacks per day.

Conversely, skipping meals or snacks, dieting for weight or fat loss, pushing nutrients for performance or body composition benefits, and losing or failing to gain weight is not normal.

Feeding the thin swimmer requires attention to food types, quantity and timing of eating. The goal is not to “fatten up” the swimmer, but to match his energy needs for growth and swimming, allowing his natural, healthy body to take shape.

Six tips for helping the thin swimmer boost nutrition:

Square Up Meals: Make sure to include a variety of food groups, aiming for at least 4-5 at main meals (protein, whole grains, dairy, fruit, vegetables and healthy fats). Scale back on dining out, especially fast food establishments.

Size Up Snacks: Offer 2-3 food groups, focusing on taste and nutrition. Cereal, fruit and milk, or nut butter, crackers and raisins are examples of a hearty, nutritious snack.

Drink with an Advantage: Water is great for everyone, but the thin swimmer should focus on drinks that offer calories and nutrition. Drinking milk or non-dairy substitutes, 100% juices, smoothies and breakfast drinks can be an easy way to down some extra calories and nutrients.

Pre-Bedtime Snacking: Eating something prior to bedtime can help the thin swimmer supply the body with extra calories that won't be burned off. Try peanut butter toast, instant pudding made with whole milk, or a milkshake.

Fat Padding: The addition of fat can boost calories, and ease the pressure and requirement for eating large quantities of food. Adding margarine, mayonnaise or avocado to sandwiches, “double-dressing” cooked pasta (toss in olive oil, then top with butter or olive-oil soft spread) or sprinkling cheese on entrees are just some examples of adding extra calories to food.

Time It: Staying on a structured approach with eating helps assure nutrition is on board, while helping build a rhythmic appetite for eating. School-age swimmers can eat every 3-4 hours, while teens can schedule meals and snacks every 3-5 hours.

FAST SWIMMING = PREMIUM FUEL & TAMING FUN FOODS

7/16/2012

BY JILL CASTLE, REGISTERED DIETITIAN AND CHILD NUTRITION EXPERT

Watching the U.S. Olympic Team Trials was an exciting kick-off to the summer. Training requires time, motivation, dedication and perseverance. As a parent of a swimmer myself, I can appreciate not only the time and effort of the swimmer, but that of the parent, too.

One of my favorite moments was Ryan Lochte's interview about how he prepared for this year's Trials.

He acknowledged several things like weight training and more time in the pool, but what struck me most was his comment about nutrition.

"The best thing I did was change my eating...no more fast food."

Ryan figured out that fast food doesn't make you fast.

Many swimmers are looking for that magical solution to faster times. But they fail to consider their fuel source.

And it may be as simple as that.

The key to fast swimming is 'premium fuel'—complex carbohydrates, protein and healthy fats, as well as enough fluids to stay hydrated. Macronutrients prime the muscles for work and help them recover. If these primary nutrients are thoughtfully chosen, they carry the added benefit of micronutrients that support overall health.

Simple – not easy.

Especially for the growing swimmer, who is naturally drawn to sweets and convenient items, making him more prone to eating them. Food preferences, taste, peer pressure and other developmental milestones make the young swimmer more susceptible to eating 'regular fuel,' which includes Fun Foods (foods high in fat, sugar and calories, and low in nutrients).

Fun Foods showcase fast food, soda, desserts, French fries, candy, chips and other similar foods. Fun Foods contribute ~40% of daily calorie intake in children and teens' diets. Translated: 'premium fuel' and its important nutrients are being crowded out by Fun Foods.

While these foods should be scaled back in the young swimmer's diet, they don't need to be eliminated. In fact, for active children and teens, Fun Foods can be a part of daily intake.

Take a look at the Fun Foods your swimmer eats routinely, and target an average of 1-2 Fun Foods per day.

Offer normal serving sizes (12 oz. soda, regular candy bar, small fries, etc.) rather than the distorted portions that promise cups of sugar, spoonfuls of fat and excess calories. These items can be spotted advertising words like Biggie, Super and Value size.

Last, remember to be flexible with Fun Foods. You don't want to overly control them (this makes kids want them more), nor do you want to allow them in an unlimited fashion. The reality is, on some days the swimmer may eat more (think parties), and other days they may have none. The goal is to strike a healthy balance so that Fun Foods don't rule the swimmer's diet, and 'premium fuel' is makes up most of what your young swimmer eats.

Jill Castle, MS, RD is a registered dietitian and child nutrition expert. She is the co-author of the upcoming book, [Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School](#) (2013), and creator of [Just The Right Byte](#), a child and family nutrition blog. She lives with her husband and four children (two swimmers!) in New Canaan, CT. Want to contact Jill? Email her at Jill@JillCastle.com.

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What we do
in life
echoes in eternity.

Maximus Decimus Meridius