

2011
Centennial Cougar

Swimming and Diving

Policy and Procedure Manual



Pride

Discipline

Courage

Perseverance

SPECIAL TRAINING CONSIDERATIONS FOR FEMALE SWIMMERS

Although the volume and intensity of training should be similar for both sexes, women must contend with certain unique physiological responses that may require special adjustments. Among these is menstruation. Furthermore, conditions such as osteoporosis, anemia, anorexia, and bulimia are much more prevalent among women than among men.

Menstruation The major issues concern the effects of training on the beginning of menstruation, missed menstrual periods, painful menstruation, and the effect of menstruation on performance.

Menstruation and performance Female athletes frequently want to know if they should train and compete when they are menstruating. That should also be the personal choice of each female athlete. No known dangers to health or safety are associated with training and competing during menstruation, although some athletes may experience discomfort when they do so. Another question that is often asked concerns whether or not female athletes can swim faster during certain times of the menstrual cycle than others. Research shows a very small improvement of performance for about 15 days during the postmenstrual period (Hall-Jurkowski, Jones, Toews, & Sutton, 1981). The difference is so slight, however, that the effect on performance could easily be nullified by motivation or several of the other myriad factors involved in performing well. Training is another factor that can reduce the variability in performance between the different stages of the menstrual cycle because it seems to reduce reactions to the hormonal fluctuations associated with those stages (Clement et al., 1985). Interestingly, women have set world records during every stage of the menstrual cycle (Brooks & Fahey, 1984). *Source: Maglischo, Ernest W. (1993). Swimming Even Faster, The serious swimmer's standard reference. Training. Female Swimmers and Masters Swimmers, 277, 280.*

It is up to the individual to have the necessary products available for them to practice and compete when is the time for their menstrual cycle. Since there are no inherent dangers in practicing or competing at anytime during the menstrual cycle the athletes are expected to train and compete regardless of where they are in their personal cycle.

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Why Be a Part of Centennial Swimming?

Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians and pediatricians. Why do doctors like it so much?

- Swimming develops high quality **aerobic endurance**, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. High School swimming teams use every precious minute of practice time developing fitness and teaching skills.
- Swimming does a better job in **proportional muscular development** by using all the body's major muscle groups. No other sport does this as well.
- Swimming enhances children's **natural flexibility** (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.
- Swimming helps develop superior **coordination** because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.
- Swimming is the most **injury-free** of all children's sports.
- Swimming is a sport that will bring kids **fitness and enjoyment for life**. Participants in Master's Swimming programs are still training and racing well into their 80's.

In addition to physical development, children can develop greater **intellectual competence** by participating in a guided program of physical activity. Learning and using swimming skills engages the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self-expression can be just as much physical as intellectual. Finally their accomplishments in learning and using new skills contribute to a stronger **self image**.

The Centennial Cougars' staff does not see the first place person as the only winner. We'd rather look to see who behaves like a winner. There are certain characteristics of a winner, and every swimmer, no matter where they place, has the opportunity to emulate those characteristics: concentration, listening skills, and working toward goals.

Sport is not an end in itself, but a vehicle we use to teach children life skills and how to reach their potential. We use sport as organized play to demonstrate and measure one's abilities. Seen in that light, winning without learning is not the desired intention. In competition, the important measure is not who collected the most medals, or even who improved the most seconds. The real critical measure is who learned the most from the competitive experience.

Swimmers quickly forget the medals, records, and other material benefits. They will, however, remember the development of interpersonal skills, discipline, listening skills, time management, goal setting, and enhanced self-image. These are the things that make the swimmer a more successful person with a better chance of living a life closer to their peak potential, and to contribute to the world in which they live.

TEAM PHILOSOPHY

The Centennial Swimming and Diving team is a competitive swimming and diving program. Athletes are taught the basics of competitive swimming or diving. At the same time, the coaches strive to make the swimming and diving fun. The student athletes are given the opportunity to grow as individuals and members of a team, by setting and achieving personal goals. The coaches work with the athletes to help develop well-rounded individuals who enjoy the water and the activities associated with competitive swimming and diving. As the athletes develop, the coaching staff helps each athlete compete at their highest possible level.

The key to success in any endeavor is to practice the skills and to practice the skills consistently. All students are expected to Attend all practices scheduled for their group. Once all of the paperwork is completed and on file with the school the athlete will Bring the slip showing their eligibility to practice to the coaching staff. From that point until the last meet of the season for that Individual the athlete is expected to participate in all practices. Athletes with five unexcused or any combination of excused and unexcused absences that total ten will be terminated from the team.

The divers all work together to improve their diving skills. They learn how to put together six-dive and eleven-dive lists. As their Skills develop, the athletes are given the opportunity to compete using their six or eleven-dive list. Divers who are still developing a six-dive list are given opportunities during meets to perform some of the dives they have learned in an exhibition capacity.

The swimmers are divided into groups based on ability. The practice groups are dynamic; one's ability to handle the situations presented in practice will determine in the group one swims. The team has six practice groups: Rookie, Junior Varsity (JV), Varsity, Distance, Sectional, and State. Practice times are determined by the athlete's ability.

The Rookie group focuses on learning the basic concepts of the four racing strokes (Crawl/Freestyle, Backstroke, Breaststroke, and Butterfly). The Rookies also learn how to execute proper turns, proper racing starts, and proper finishes. The Rookie group, when deemed ready by the coaching staff, will be given opportunities to compete on the Junior Varsity or exhibition level.

The JV group are the athletes who have the basics of the four competitive strokes to a point where they can compete in all the possible races in a swimming meet, but don't yet have the endurance to handle the Varsity workout. The JV swimmers compete in meets during the season mainly on the JV level, but when situations present themselves, they also may find themselves competing on the Varsity level.

The Varsity, Distance, Sectional, and State groups are the top practice groups. The athletes have the basic skills covered, are able to handle an increased workload, and work on refining their skills to compete at the highest level. These athletes work on explosive starts, streamlining, perfect quick and powerful turns, race strategy, mental preparation for meets, and endurance. The members of the Distance practice group is selected on the basis of the evaluation of the athletes through time trial performances, actual meet performances during the season, and desire by the individuals to swim Distance practice. The Sectional practice group members join this group by achieving the standards set up by the captains and coaching staff. The members of the Sectional Team will be determined by meet performance. Athletes not achieving the Sectional standards will participate in the JV Championships. Divers on the team must have achieved the diving standard and have a legitimate 11 Dive list to be considered for the Sectional Team.

The State practice group consists of swimmers who through meet performance demonstrate the ability to compete at a level faster than the State Qualification standards.

All athletes, when deemed ready for competition by the coaching staff, will be eligible to participate in all dual meets. There are some meets specifically for the non-Varsity athletes who are in 7th or 8th grade. These meets will only have 7th and 8th grade participants who don't fit into a Varsity role on the team. The 7th and 8th graders will swim against other 7th and 8th graders. Some of the schools that Centennial swims against don't sponsor swimming on the Varsity level for the 7th and 8th grade athletes. In these circumstances our "non-Varsity" athletes may find themselves competing against athletes who could possibly compete as a Junior Varsity or Varsity if their school permitted 7th or 8th grade students to participate on the varsity program. During the season there are several weekend meets where only the best possible line-up will be entered. All Varsity and Invitational meets are entered based on previous performances in meets and time trials. If you are one of the top five individuals on the team in your particular event, you will have opportunities during the season to swim your specialty during the Varsity and Invitational meets. All athletes who are not qualified for the Sectional Championships will be entered in the JV Championships at the end of the season. All the swimmers will be taken through all the stages of training: establish a base, improve their strokes and techniques, build endurance, prepare for taper, and taper and shave for the big meet at the end of the season. The coaching staff hopes the swimmers and divers find the swimming and diving team a fun and rewarding activity.

HOW TO BE A MEMBER OF OUR TEAM

Who can be a member of the Centennial Swimming and Diving Team?

Any female student in the Centennial School District who is in 7th to 12th grade. The athletes will tryout for the team.

What do I need to do to be a member?

Pick up the Minnesota State High School League Athletic information packet from the Middle School Office, or the Athletic Office in the Senior High White Building. Complete the information in the packet, get a physical (forms in the packet) once every three years, and turn in the completed forms along with the necessary Activity Fee to the Cashier's Office in the Senior High White building. For more information contact the Activities Office at the Senior High White Building 763 792-5017.

What equipment do I need to participate with the team?

Swimmers and divers will need to have a swimming suit (\$30 - \$350). It is recommended that the athletes who desire to swim should have swimming goggles (\$5 - \$50) and a swimming cap (\$2 - \$6). Individuals desiring to swim may also consider having hand paddles (\$20), Zoomers (\$40), and fins (\$30). Individuals desiring to dive may wish to have a chamois (\$12 - \$15) for drying off between dives in practice and meets.

What other expenses may be encountered besides the activity fee?

The swimming and diving team selects a team suit each season. This is a suit that is used only at swimming and diving meets. The team suit after being used for one season generally becomes a good practice suit for the following season. Team swim caps may also be purchased. Between the team suits and caps one can quickly identify the Centennial team members both on deck and in the water. There are some activities that may require some monetary input. Usually at the intra-squad meet there is an ice cream social following the conclusion of the meet with a cost of \$1 per dish. At one of the last home meets of the season there is Parents Night. The swimmers and divers usually buy flowers for their parents that they present to their parents prior to the start of

the meet. To cover capital expenses and fund some fun activities and acquire necessary equipment a suggested donation to the swim team of \$20 - \$25 will be solicited.

What can I do to prepare for the season?

Swim or dive on your own during open swim. Join a swimming or diving team. Possible swimming opportunities may be found at the Centennial Pool, check with the Lifeguards about the Great Wolf Swim Club, North Suburban Aquatics Swim Club, or check with other USA Swimming clubs --FASTJETS Swim Team, Twin Cities Swim Club, or others, or check with the YMCA to see if they have a competitive swimming program. Diving opportunities may be found at the University of Minnesota (Minnesota Diving Club) or ABC Diving (practices at the Centennial High School Pool). or Centennial Pool diving opportunities. There are other programs also available you just have to look to find the program that fits your needs.

Where do we practice?

The athletes practice at the Centennial Senior High Red Building in the pool. The pool is located next to the Centennial Arena. The pool area has two separate tanks. The main competition pool is a 6 lane 25 yard course. The main pool is 5 feet 3 inches deep at the starting end and 3 feet 6 inches deep in the shallow end. A separate diving well with 2-1 meter diving standards is used by the diving team. The diving well is 13 feet deep under the diving boards and is 10 feet deep on the end away from the boards.

When is the Swimming and Diving season?

The 2011 Girls Swimming and Diving season starts on August 15 and the season concludes on November 19. Not all athletes will compete through the November 19 date. Many athletes will complete their season at the JV Championships on October 30. The athletes who qualify for the Sectional Championships will compete through November 14th. Any State qualifiers have the opportunity to compete until November 19th.

How does the swimming and diving program work?

The swimmers and divers are in a participative sport. Check the team philosophy page for more compete details.

Where can I get more information?

You can call the Activities Office 763 792-5017 for more information or you can go to our Internet site

Visit us at; <http://www.centennialswimdive.shutterfly.com>

e-mail: cougarswimdive@gmail.com

or call the head coach Chip Fechter @ 612-414-7773

Centennial Cougars' Top 22 Laws

1. **Three of the most important components of swimming are: technique, technique, technique.**
2. **Strive for optimum, not maximum, performance.**
3. **Learn to balance, align and stabilize your body first. Everything else will become easier.**
4. **Seek the path of least resistance.**
5. **Find the path of most resistance.**
6. **To become effortless requires great effort.**
7. **Listen to the water, feel the water, be one with the water. Swim quietly.**
8. **The mind leads the body. Attitude is everything.**
9. **The harder you work, the harder you can play.**
10. **Practice does not make perfect. Perfect practice makes perfect. What you do in practice will determine what you do in meets.**
11. **The fastest swimmers are the ones who slow down the least.**
12. **The fastest you ever travel is when you dive off the blocks and push off the wall.**
13. **Slice through the water, don't plow. Make your middle name "Streamline".**

14. **Don't think of pulling the water. Learn to anchor your hands, wrists and forearms, and hold onto the water. Move your body past your hands. Learn to use your legs for balance and body stabilization.**
15. **Power is generated from your hips and torso. Use your shoulders for your recovery and to generate additional arm speed.**
16. **Relax from the inside out.**
17. **Never look back.**
18. **Attack your race. Attack your opponent.**
19. **Embrace your opponents. They make you a faster, better swimmer.**
20. **Use visual and mental imagery of yourself achieving and surpassing your goals.**
21. **Swim smart. Use your head and keep your head still.**
22. **Streamline is "Free time".**

TEAM RULES

GENERAL

1. NO DRUGS, TOBACCO, or ALCOHOL. Violation will result in your suspension/dismissal from the team. An appeal process through Mr. Hegseth may be pursued.
2. No harassment (sexual, cultural, religious, etc.) will be tolerated. Violations will result in your dismissal from the team. An appeal process through Mr. Hegseth may be pursued. Violations are also punishable by the High School League. Please reference the High School League Packet and the High School League web site for more specific details. The web site is at www.MSHSL.org.
3. School policy on class attendance governs whether you may practice or compete in a meet (no class attendance, no practice/meet).
4. From first to the last day of the season the only items that may excuse you from practice are family, religion, and class work. Other activities (dance, softball, gymnastics, piano, basketball, work, etc.) will not preempt swimming/diving practice/meets, no exceptions.
5. You are representing yourself, your parents/guardians, coaches, and Centennial. Conduct yourself in a manner that will not cause you or those you represent embarrassment.
6. Have a positive attitude, respect yourself and all other members of our team, coaches, managers be supportive of each other at all times, have fun. NO SWEARING or excessive whining. You're attitude affects others.....make it a positive one.
7. **Any individual accumulating 5 unexcused absences or any combination of unexcused and excused absences totaling 10 will be terminated from the team.**
8. We have several Saturday meets. You should be home by 10:30 on Friday to be able to perform at your best at these special meets.
9. Arrive early or on time for all practices, warm-ups before home meets, and bus transportation for away meets. If you are late for the bus to an away meet it will leave without you and you will not participate in the meet.
10. Please keep track of your belongings. School books, clothing, swimming equipment can be retrieved through contact with the other schools if you forget something, however it may take several days to several weeks before the belongings may be returned through the schools in the conference. Forgetting may result in a long drive for YOU to recover your stuff.
11. If you choose to terminate your participation with the swimming and diving team please speak directly with the coaching staff of your intention to cease your participation. Presenting a note would also be appreciated.

PRACTICE PROTOCOL

12. The coach must be informed in writing or by telephone from the parent or guardian, beforehand or within 24 hours of the absence, that a swimming/diving team member will miss practice. **Unexcused absences will result in a loss of 1 letter point per unexcused absence.** Three times late for practice equals one unexcused absence. . Unexcused early exit from practice equals an unexcused absence.
13. If you are a member of the first group to practice on a particular day get all the necessary equipment out and set-up. Put away all equipment that was brought out for your practice or warm-up when your time is up, unless informed otherwise by a coach. If you don't feel it is important to fulfill your set-up or tear-down duties you will not participate in coming meets.
14. Follow directions from coaches and captains. Not following directions, not swimming assigned workouts, or horseplay will result in consequences.

15. Practice habits are meet habits. Practicing doing things wrong will cost you in the end. **FINISH EVERYTHING YOU START.**
16. Complete all practices that you start. If you must leave early from practice, a note from your parents/guardians must be given to the coach to grant such a release. Incomplete or unexcused practices will result in disciplinary action. **All athletes must swim a minimum of 1/2 of practice the day before a meet to be eligible for the meet, regardless of the reason. The final decision is at the discretion of the head coach.**

MEET PROTOCOL

17. Missing practice the day before a meet, excused or unexcused, will result in the athlete not being eligible for participation in the meet. Three unexcused absences will result in the athlete not being eligible for participation in the next meet.
18. All athletes must remain on deck throughout the entire meet, unless you need to use the bathroom. This is a team sport and your teammates deserve the same support they gave you when you were doing your event. Athletes leaving early will be face disciplinary action.
19. All athletes are expected to be on deck to participate in the meet. There will be NO homework on deck during the meet. If you are behind on your studies request to not be included in the current meet so you can get your studies current.
20. **No cell phones will be allowed at the meet.** You may have them in your possession, but their use is banned in the locker-room and the pool deck.
21. All athletes are responsible for knowing which events they are participating in and when their event is. Missing your event can jeopardize your team's chance for success and the results of the meet. Missing your event disqualifies you from your remaining scheduled events and impacts your teammates.
22. Be aware of all the rules regarding swimming and diving competition. In a close meet a disqualification can change the winner of the meet. No jewelry may be worn during the competition.
23. Cheer for your teammates. Congratulate them after their events, regardless of the result and what they may feel about their performance.
24. Show good sportsmanship. Congratulate your competition following your event. Sportsmanship is a key to success.
25. Prior to your swim, check in with the coaches to review your race plan for that event. At the conclusion of your swim check in with the coaches for any comments or observations they may have on your performance. Immediate feedback or comments regarding what may be expected of you in the next event can have a major impact on your performance and how the team may fare in the meet.
26. **If you are to leave with your parents following an away meet you must provide a written note signed by your parents following your cool down after the meet Any forged notes will result in meet suspension. The coaches are responsible for you and your safety. Don't put yourself in a compromising position.**
27. All swimmers and divers should be dressed to meet the dress code determined for that day's meet, usually either in team apparel or neatly in street clothes (**no jeans or tennis shoes - shirts must be tucked in**). Individuals who don't follow this recommendation may be dropped from an event in the next meet. Dress-up the day of the meet.
28. Rowdy, disruptive behavior on the bus is not allowed. Concentrate on the meet or use your time wisely.
29. Leave the pool area, locker-rooms and the bus cleaner than when you got there. You are responsible
30. All swimmers are expected to wear team suits and team caps at all meets. Caps are provided by the school so there should be no reason to not race without a cap identifying members as Centennial.

OVERNIGHT STAYS

31. If an athlete damages a room where we stay their parents will be responsible for paying for the damages to the room.
32. An athlete is responsible for damaging a room their parents will be contacted and the parents will have to come and pick up the athlete. The athlete will be removed from the meet.

CAPTAINS

The position of Captain is an elected position. At the end of the previous year Juniors who are interested in being captain will write up why they wish to be captain of the team. Each individual will present their written answer to the team. The individuals on the team will vote on who they feel will be a good captain for the following season based on the presentation of the juniors. The position of Captain is an honor and privilege and NOT a right.

The Captains are the student leaders of the team. They are expected to lead the team, be there to support the other team members and be a liaison between the athletes and the coaching staff. The captains pick the team suits, set the pace, lead by example, are responsible for team morale, are the last ones out of the locker room after an away meet, and may organize "fun" events for the team to participate in. The need for additional support individuals for the team such as managers and backup timers can be recruited by the captains. Some of the fun activities that the captains have done in the past include: a trip to the Bunker Hills wave pool, team lunch at Pizza Hut during early season training, and pick out team apparel.

The captains may be the first line of communication for the athletes. If issues come up the captains may be the first ones to be aware of the issues. They may choose to address the situation and attempt to resolve the issue. If they are not comfortable with dealing with the issue or feel input from the coaching staff is needed they will bring the issue to the coaching staff for addressing. One key area for the student athletes is to have someone to talk to about sensitive issues that on first blush may not be something that an athlete may wish to talk to the coaching staff about.

Being the individuals who are to set the pace and be the leaders they are expected to have exemplary behavior. If one or more of the captains exhibit behavior that the administration or coaching staff deems as inappropriate behavior for a captain the penalties can range from meet suspension to as high as removal from the team.

The captains are expected to know all the members of the team and are there for each and every member of the team. The coaches rely on the captains for information on morale, general issues with individuals or the team, who may be injured, and any other items of importance to the betterment of the team.

Captains may have information for special events that they have planned or other items of interest. We will do our best to have times where all members of the team are together to pass that information out. In some cases the information may be given workout group by workout group to best serve all members.

COMMUNICATION & ISSUES

The coaching staff does its best job in getting information into athlete and parents hands, eyes, or ears. This pamphlet, the web site, pool board, weekly flyers, meetings after home meets, and phone numbers are available to help get the word out about the team and the processes. The coaching staff does its best to put line-ups out so the athletes may have more time to mentally prepare for their events in meets. The team also has lists of performances within the team and within the conference so people may compare how they fare within the team and within the competition we face. If the athletes or parents have issues or concerns please contact the coaching staff so that we may address these situations. If the coaching staff is not contacted about issues or situations then the coaching staff will have to operate under the belief that there are no problems or concerns. The coaching staff will not initiate communication unless there is a situation that they observe to get an understanding of what is happening.

FEEDBACK TO THE ATHLETES

In order to maximize the athlete's performances feedback is vital for the athletes. To do this the coaching staff will make comments on an as needed basis. The ratio of athletes to coaches on the deck will have an impact on how many things the coaching staff has the opportunity to observe and then give feedback. The divers will get feedback in the judge's awards on each dive along with comments from the coach or other divers during meets. The swimmers will get comments from the coaching staff, when the staff has the opportunity to get a specific look at an individual, along with the splits for each length or lap of the race along with the final time.

Divers need to be evaluated in the following areas: approach, hurdle, flight, position, and entry. Swimmers need to be evaluated in the following areas: start, entry, streamline out of start, start breakout, stroke mechanics, turns, streamline out of turn, breakout of turn, race pacing, and finish.

PRACTICE GROUPS

Practice groups are dynamic and subject to the evaluation of the athletes by the coaching staff as to what work load the athletes are able to handle. Some athletes due the experience they have may be ready for the most challenging workouts the team has to offer, even if they are a first year athlete on the team. Other athletes due to physical abilities may, despite years of being members of the team may be challenged by the lower end workouts. The judgment of the coaching staff is final. Athletes and parents may feel that they are not being placed in the proper training group, but in the interest of safety and making sure that the experience is a positive one, athletes may be moved up or back depending on how they handle the challenges that each practice group may put on the athlete.

Rookie - Swim practice group whose emphasis is on building basic competitive swimming techniques. This group will work on refining the basics of the strokes, turns, and starts. Basic skills like reading a pace clock, leaving with proper spacing interval, making sure the order in which athletes are swimming in the lane will allow athletes to perform the set without running over others or holding others up in the set. Once the basic skills are taught the athletes will start on working on aerobic, anaerobic, and speed training.

JV - Athletes have a good basic skill understanding and demonstration of the skills. These athletes work on improving their skills and swimming more challenging sets and workouts than the Rookie group. These athletes will have longer practices than the Rookie group to enhance their personal abilities.

Varsity - Athletes who are more likely to be swimming Varsity events in a meet. The workouts are more advanced and the athletes work on race strategy, and perfecting their stroke, turn, and start mechanics to allow them to advance toward the highest level in the High School meet schedule.

Distance - Athletes who are the faster swimmers on the team in the 200 and 500 Freestyle events. Training is geared to maximize the abilities of the athlete to swim fast in the two longest events in the High School Schedule. Technically the 200 and 500 Freestyle are Sprint events, but at the paces that the athletes swim, a middle-distance training process is more effective in allowing the athletes to minimize their times in these two events.

Sectional - Athletes who have achieved the sectional qualification standards. The workouts are more advanced and the focus will be on performing at their best at the Sectional Championships with the possibility of achieving the State Meet Standards and advancing to the State AA Championships.

State - Athletes who have clearly demonstrated their ability to make the State Meet Time Standards before the Sectional Championships. Those who make such demonstrations, will have training geared to swim well enough at the Sectional Championships to advance to the State Championships and maximize their performances at the State Championships.

Consequences

At times disciplinary action may need to be taken with an athlete(s). A violation of team rules, conduct detrimental to the team, attitude, and behavior towards teammates, coaches, officials, spectators or opposing team may all be grounds for disciplinary action.

Discipline may include any of the following and may not follow a progression

- Meeting with athlete and coaches
- Meeting with athlete / parent / coaches
- Removal from practice / meet
- Suspension from practice / meet
- Termination from team

TECHNICAL SWIMMING TERMS

Freestyle - usually called Free - can be any stroke or group of strokes, to go fastest Front Crawl is usually swum

Backstroke - usually called Back - anything swim on your back, to go fastest Back Crawl is usually swum

Breaststroke - usually called Breast - a stroke where the legs move with a frog-type kick and the hands move together and the hand recovery is underwater or right at the surface

Butterfly - usually called Fly - a stroke where a dolphin kick is used and the hands move together and then must recover over the surface of the water

Individual Medley - usually called IM - a race using the 4 competitive strokes where each stroke is swum for 1/4th of the distance in the order: Fly, Back, Breast, and Crawl

Medley Relay - usually called Medley - a race with 4 swimmers swimming consecutively each swimmer swims 1 stroke. The first does Back, second Breast, third Fly, and 4th Crawl

Freestyle Relay - usually called Free Relay - 4 swimmers consecutively 1/4 the distance of the race Free

Dual Meet - a meet between 2 teams

Double Dual meet - a meet with 3 teams where one team competes against two other teams, but the two other teams don't compete against each other. A vs. B and A vs. C teams B and C don't score against each other. All three teams will race at the same time and the scoring of the meet will result from the times reported in each heat. Lane assignments in a 6 lane pool will be, 1 & 4, 2 & 5, and 3 & 6.

Invitational meet - a meet with many teams

Championship meet - a culminating meet that is either a final meet for an athlete or a meet to advance to a higher level meet.

Varsity events - The set of events during a dual meet where the best swimmers and divers from a team compete against each other scoring points for their respective teams to determine which team will win.

Junior Varsity (JV) events - The set of events during a dual meet where the swimmers and divers from each team who are not participating in Varsity events may participate. Note: some athletes may swim both Varsity and JV events in the same meet. The decision as to who does which events is determined by the relative abilities of the athletes on the team in the various events and the level of the competition posed by the opposing team. See "Individual entries" below for the maximum number of events that any individual may participate in a given meet. This includes both Varsity and JV events in the meet.

Meet Event order: 200 Medley, 200 Free, 200 IM, 50 Free, 1 Meter Diving (6 dives for dual meets or 11 dives for Championship Meets), 100 Fly, 100 Free, 500 Free, 200 Free Relay, 100 Back, 100 Breast, 400 Free Relay.

Individual entries - Each athlete may participate in a maximum of 4 events, no more than 2 events may be individual events, and may only participate once per event.

Meet Scoring - See letter point page for breakdown.

VARSITY LETTER REQUIREMENTS

1. Earn 55 points in Varsity competition during dual meets, invitational, or championship meets (Section and State True Team points do not count towards an athletes point total) or;
2. Participate as a member of the Varsity squad, swimming or diving in at least 1 individual event in 65% of the meets over a 2 year period or;
3. Achieve one of the following lettering times during the High School season.
 - 50 Freestyle 27.99
 - 100 Freestyle 1:00.79
 - 200 Freestyle 2:10.39
 - 500 Freestyle 5:47.39
 - 100 Backstroke 1:06.59
 - 100 Breaststroke 1:15.69
 - 100 Butterfly 1:06.29
 - 200 Ind. Med. 2:26.99
4. Place in an Individual Event in the top 16 at the MSHSL Section 4AA Meet or;
5. A diver scoring 150 points or more three times during the season. The dive list must be a legal, competitive 6 dive list or;
6. Have swum a time or dove a score which places you in the all-time top 5 times or scores in an individual event in Centennial Girls Swimming and Diving history or;
7. Been a member of the Centennial Swimming and Diving team for 4 years and;
8. Return all equipment that has been checked out to the athlete or paid for lost equipment and;
9. Have achieved one of the above standards and have the recommendation of the head coach.

TEAM EXPENSES, FUNDS, AND FUND RAISING

The school has limited funds to spread between academics and athletics. There are some items that we requested in capital outlay that are needed for either practice or meets that were not approved. In order to get those items we will do a combination of requesting a \$20 to \$25 donation or fundraising. Donations for these items can be made by check, please make the check payable to: **Water Buffaloes**. The monies raised are for a combination of fun things for the athletes and equipment. The items we need to raise funds for are listed below.

Pasta Feeds - \$400

Banquet - \$300

Upgrade bus for sectional team from School Bus to a Motor Coach - \$500

Senior Night Awards - \$350

Season Awards - \$100

Compensation for additional coaching staff beyond what the school has budgeted (3 coaches)

AWARDS

- The Minnesota State High School League issues Gold and Silver Academic Certificates. An athlete must be a Freshman, Sophomore, Junior, or Senior to be eligible. Silver Certificates are awarded to athletes who have a cumulative 3.0-3.59 GPA and the appropriate number of Varsity meets. Gold Certificates are awarded to athletes who have a cumulative 3.6-4.0 GPA and the appropriate number of Varsity meets.
- Athletic All-America - swim a time that is under the Automatic All-America time in individual or relay event. Divers must achieve a specific score and then submit the score sheet and a video tape of their performance so that the athletes who have achieved the score may be compared to determine the All-America honorees. An athlete may also achieve All-America status by achieving a Consideration Standard, but the chances of earning the honor by making the Consideration Standard is extremely thin. The coach must be a member of NISCA for the athlete(s) to be eligible.
- Academic All-America - an athlete must be a Senior, have lettered twice with one of the lettering years being as a Senior. The athletes cumulative GPA must be 3.75 or higher. The coach must be a member of NISCA for the athlete to be eligible or pay a per application fee for each submission.
- All-State - An athlete placing in the top 8 individual or relay at State.
- All-Conference – Top 30 athletes based on NISCA Power point total.
- All-Conference Honorable Mention – Selected by coaches as athletes that were close to qualifying as All-Conference.
- Most Valuable Athlete - Award voted on by the members of the team.
- Most Improved New Athlete - Individual who is on the team for the first time who demonstrates the greatest improvement in their events. The award is voted on by the members of the team.
- Most Improved Returning Athlete - Individuals who were members of the team in previous years who demonstrate the greatest improvement in their abilities. The award is voted on by the members of the team.
- Hardest Worker - The individual on the team who others feel worked the hardest during the season. The award is voted on by the members of the team.

LETTER POINT SUMMARY

<p>Dual Meet (8 Lanes)</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Relay</th> <th style="width: 50%;">Individual</th> </tr> </thead> <tbody> <tr><td>10</td><td></td></tr> <tr><td>5</td><td>1st - 8</td></tr> <tr><td>3</td><td>2nd - 6</td></tr> <tr><td>0</td><td>3rd - 5</td></tr> <tr><td>0</td><td>4th - 4</td></tr> <tr><td>0</td><td>5th - 3</td></tr> <tr><td>0</td><td>6th - 2</td></tr> <tr><td>0</td><td>7th - 1</td></tr> <tr><td>8th - 0</td><td></td></tr> </tbody> </table>	Relay	Individual	10		5	1st - 8	3	2nd - 6	0	3rd - 5	0	4th - 4	0	5th - 3	0	6th - 2	0	7th - 1	8th - 0		<p>Dual Meet (6 Lanes)</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Relay</th> <th style="width: 50%;">Individual</th> </tr> </thead> <tbody> <tr><td>8</td><td>1st - 6</td></tr> <tr><td>4</td><td>2nd - 4</td></tr> <tr><td>2</td><td>3rd - 3</td></tr> <tr><td>0</td><td>4th - 2</td></tr> <tr><td>0</td><td>5th - 1</td></tr> <tr><td>0</td><td>6th - 0</td></tr> </tbody> </table>	Relay	Individual	8	1st - 6	4	2nd - 4	2	3rd - 3	0	4th - 2	0	5th - 1	0	6th - 0																								
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Note: There may be limits placed on the number of relays that may enter or score points for a team in Invitational or Championship meets. *Note: Relay points are divided by the number of athletes on the relay.*

NUTRITION

Nutrition and its effect on energy: After heredity and training, the factor of nutrition plays the largest role in the quality of a swimmers performance. Most every person involved in competitive swimming knows that nutrition is important. Very few do anything about that need. Poor dietary habits are widespread among the US population, and swimmers are not remarkably different than their non-swimming peers. In some cases, reliance is placed solely on special diets, supplements and fads. The fact is that certain supplements can assist in completing dietary needs, but they cannot replace the simple need for good food. Energy is supplied by carbohydrates, fats and proteins. They are the fuel that we burn in exercise. It is necessary to have an adequate supply of fuel in order to function efficiently.

Carbohydrates: Swimmers get most of their fuel from carbohydrates. Certain foods such as breads, cereals, pasta, fruits and vegetables, are excellent sources of carbohydrates.

Fats: Fats are also a source of fuel for swimmers. However, it takes 20-30 minutes from the time the athlete begins to exercise for fat to be available to help fuel the muscles. The average American diet is considerably too high in fats, and too low in carbohydrates. This means that we store a great deal of fat that is difficult to get to use.

Proteins: Proteins are found throughout the body and are a necessity to build all body cells. Only during severe malnutrition or starvation does the body use protein for energy.

Calories: We measure energy in calories. It has been repeatedly shown that swimmers in training need more calories than the ordinary population, and that these calories should come from carbohydrates. A swimmers diet should contain: 30% protein, 30% fat, and 40% carbohydrate.

Vitamins: Vitamins control the growth of body tissue. They are essential for good growth, and cannot be manufactured inside the body (in most cases). Eating a good diet as, above, will generally ensure an adequate vitamin supply. A wide variety of foods in the diet is important in vitamin supply.

Minerals: Minerals are also important in doing some jobs in the body, such as building cells, and controlling processes. In some cases, specific swimmers may require specific minerals such as calcium, iodine, iron, and phosphorous if their diet is deficient in those areas.

Fast Facts to Remember:

- Consuming excess protein will not build muscle faster. A normal diet gives you plenty of protein.
- Sugar is a poor substitute for carbohydrate, and will cause a decrease in energy and performance if taken shortly before an event. **Athletes should avoid sugar.**
- Energy for specific events is provided by foods eaten several days before competitions, not in the minutes just before a race.
- Drinking adequate water is vital to nutrition and performance. This is especially so in hot, humid environments.
- Pre-competition meals should be low in fat, high in carbohydrate.
- Most fast-food menus provide the exact opposite of the above.
- Foods that are mainly carbohydrates take the least time to be digested and leave the stomach, making them ideal pre-competition choices.

Source: ASCA Level 3 Physiology School, pg. 38-39

It is no secret that a high carbohydrate diet is best for optimal swimming performances. Athletes in general and swimmers specifically, get most of their energy for workouts and competition from carbohydrates. Every swimmer's diet should consist of at least 40 percent carbohydrates everyday. Unfortunately, many swimmers do not know what foods are high in carbohydrates and thus are unable to meet this goal. Foods that are high in carbohydrates include fruits, vegetables, breads, cereals, pasta, potatoes, bagels, and muffins. Swimmers who travel away to meets or rush from school to practice may have trouble finding wholesome foods that are rich in carbohydrates. Fast foods that conveniently beckon to hungry swimmers, unfortunately, are often high in fat and low in carbohydrates.

SNACK HINTS

The following snacks could be packed easily for traveling or an all day meet:

- Bread, bagels, muffins or banana bread
- Fruit juice packs or cans of V-8 juice
- Whole wheat crackers or pretzels
- Individual boxes of breakfast cereal (no pre-sugared Fig newtons or oatmeal raisin cookies cereals!)
- Granola bars
- Dried or fresh fruits
- Suggested Snack Menus: CARBOHYDRATES CALORIES
- (Grams) (Kcal)

WHAT YOU NEED TO EAT ... WHY ... WHERE

May cause deficiency symptoms. Aluminum Chromium

Arsenic Cobalt

Boron Copper

Cadmium

TRACE ELEMENTS:

Salt, preservatives. Balances fluid in cells.

Better action in blood.

Prevents excessive loss of water from tissue.

SODIUM

Bananas, dried fruit and juices, cantaloupe potatoes,

tomatoes, lima beans, meat.

Maintains water balance.

Needed to balance with calcium for heart muscle and nerve impulse conduction.

POTASSIUM

Meat and milk Needed with calcium for bones and teeth.

Needed for energy metabolism and regulates the balance between acids and bases in the body.

PHOSPHOROUS

Legumes and milk. Maintains water balance, activates enzymes, controls muscular activity, nerve stability and bone and teeth integrity.

MAGNESIUM

Seafood, Iodized salt. Necessary for development and functioning of the thyroid gland

which aids in regulating the basal metabolic rate.

IODINE

Liver, dry beans and peas, meat, raisins, dry apricots,

dark green leafy vegetables.

Combines with protein to make hemoglobin for red blood cells.

Prevents nutritional anemia.

Increases resistance to infection.

IRON

Milk, cheese, ice cream, turnip and mustard greens,

collards, kale, broccoli, sardines, salmon.

Helps build bones, teeth.

Helps blood to clot.

Helps muscle function - contraction, relaxation and nerve transmission.

CALCIUM

MINERALS

Vegetable oils, margarine, wheat germ, lettuce beans,

eggs, liver, vegetables.

Antioxidant - prevents oxygen from destroying other substances. VITAMIN E

Fish, liver, oil, fortified milk, sunshine. Essential for calcium and phosphorous metabolism.

Needed for bone and teeth development.

VITAMIN D

Oranges, grapefruit, strawberries, broccoli, green

peppers, tomatoes, melons, dark green leafy vegetables,

cabbage, potatoes.

Makes cementing material to hold cells together.

Makes blood vessels firm.

Helps in healing and resistance to infection.

Necessary for hormone synthesis.

VITAMIN C

(Ascorbic Acid)

Green vegetables, whole grains, dry beans, organ Helps enzymes and other

biochemical systems function normally. FOLACIN

Liver, fish, poultry, lamb, veal, pork, peanut butter,

cereals.

Needed for nervous system, skin and digestion.

Helps in energy utilization and fat synthesis.

Appetite regulator.

NIACIN

Milk, cheese, eggs, and meats Forms red blood cells in bone marrow.

Builds new proteins and necessary for nervous tissue functioning.

Prevents pernicious anemia.

B₁₂

Meats, potatoes, dark green leafy vegetables, whole grains, and dry beans.

Needed for protein metabolism and normal tissue growth and repair.

Prevents certain anemia's through copper and iron utilization.

PYRIDOXINE (B₆)

Liver, poultry, milk, beef, oysters, fish, cottage cheese. Metabolizes protein, fats and carbohydrates.

Maintains healthy skin.

RIBOFLAVIN (B₂)

Nuts, peas, dry beans, liver, lamb, veal, pork. Proper carbohydrate metabolism and growth.

Maintains healthy nervous system.

Keeps appetite and digestion normal.

THIAMIN (B₁)

Liver, sweet potatoes, carrots, peas, endive. Peppers

(red), pumpkin, spinach, brussels sprouts, mustard

greens, kale, winter squash, summer squash, tomatoes,

tomato juice, turnip greens, cantaloupe, apricots,

peaches, cheddar cheese, fortified milk products

Promotes growth of healthy teeth, bones, skin

Helps resist infection.

Maintains good vision, especially in dim light.

VITAMIN A

VITAMINS

Water, beverages, soups, fruit juices. Needed for all digestion.

Carries waste out.

Regulates body temperature.

WATER

Butter, margarine, shortening, cream, oils, salad

dressing, nuts, fat meats.

Supply a large amount of energy in a small amount of food.

Provide fat soluble vitamins (A, D, E, K).

Protect vital organs, help maintain body temperature,

Keep skin smooth, healthy

FATS

Breads, cereal, potatoes, peas, dry beans, fruit sugar,

syrup, jam, jelly.

Supply energy.

Provide bulk and fiber.

CARBOHYDRATES

Meal, fish, poultry, milk, cheeses, eggs, soy beans,

chickpeas, dry beans, nuts.

Build and repair tissues.

Form antibodies to fight infection.

Supply energy, if eaten in excess of need.

Build enzymes to run body processes.

PROTEIN

FOOD SOURCE WHY YOU NEED IT NUTRIENT

Source: ASCA Level 3 Physiology School, pg. 40

SHOULDER OVERUSE INJURIES

REHABILITATION AND PREVENTION

One of the injuries most common to swimmers is the overuse injury of the shoulder known as the rotator cuff impingement syndrome. It is the most common cause of chronic pain in the shoulder. The rotator cuff is actually a set of 4 muscles that help hold the ball of the upper arm bone into the socket of the shoulder blade. They are relatively small muscles, but as some of you know by now, are pretty important. The impingement syndrome of the rotator cuff is common to athletes who do throwing and racket sports, swimming, rowing and weight lifting. Therefore, those athletes who do more than one of these sports (i.e. swimming and softball) are particularly susceptible to this problem. Rotator cuff impingement syndrome is caused by the muscles and tendons of the rotator cuff, catching repeatedly on a notch in the shoulder. The main reason for developing the impingement syndrome is because the anterior muscles of the rotator cuff get stronger than the posterior muscles of the rotator cuff.

HOW DO YOU KNOW IF YOU HAVE IMPINGEMENT SYNDROME?

1. If you have pain while holding your arm straight out to your side, while trying to move your arm in a circle, you may have impingement syndrome.
2. If you have pain in your shoulder while you hold your arm out to your side with your fingers pointed toward the floor, and bring your arm up like you're looking at your watch, then you may have impingement syndrome.
3. If the pain in your shoulder worsens at night you may have impingement syndrome.
4. If the front part of your upper arm bone is tender and you have pain in your shoulder caused by number 1, 2, or 3 above then you may have impingement syndrome.

REHABILITATION OF ROTATOR CUFF IMPINGEMENT SYNDROME

If you are experiencing pain in your shoulder or feel it catch when you are swimming, talk to your coaches. **DON'T WAIT UNTIL YOU ARE IN SO MUCH PAIN THAT YOU CAN'T SWIM.** This type of injury is easily rehabilitated if it is caught early and you may not even miss any pool time if rehabilitation is begun early enough.

If you develop rotator cuff impingement syndrome, your rehabilitation program will look like this:

1. ice the shoulder when pain is first noticed, 20 min. on 20 min. off, repeat
2. take anti-inflammatories, such as ibuprofen or aspirin, to reduce the inflammation in the shoulder,
3. begin a program to strengthen the weak muscles of the rotator cuff.

ROTATOR CUFF STRENGTHENING EXERCISES

1. The muscles of the rotator cuff can be strengthened through careful and routine use of strengthening exercises with weights.
2. In the beginning, even the well-trained athlete should use relatively light weights for these exercises. Ideally, weights of 1 to 1.5 pounds should be used for the first month. After that, heavier weights up to 3 pounds can be used.
3. The exercises should be performed for both shoulders, even if your other one doesn't hurt.
4. Two basic exercises are employed to strengthen the rotator cuff. Both of these exercises use dumbbells. The first is the **DUMBBELL CURL**. The starting position should be lying on your back. Hold the dumbbell up in the air with your elbow at your side and at a 90 degree angle. Slowly lower the dumbbell to the floor and raise it back up to the starting position. Repeat this 20 to 25 times or less if any pain is experienced.
5. The second exercise is the **DUMBBELL RAISE**. This exercise is the most beneficial for swimmers. Starting position is lying on your side with your elbow at a 90 degree angle, close to your side, and holding the dumbbell down to the ground. Slowly lift the dumbbell until your arm is parallel to the ground and lower it back to the starting position. Repeat this exercise 20 to 25 times or fewer, if any pain is experienced in the shoulder.
6. You should begin your rotator cuff strengthening program by performing 2 sets of these exercises once per day for the first week. Twice per day for the second week through fourth weeks, after which time you can begin adding weight and increasing your number of sets, up to four sets.
7. **ALWAYS STRETCH BEFORE YOU START YOUR WORK OUT.** The three basic stretches for the rotator cuff are described on the next page.

PREVENTING ROTATOR CUFF IMPINGEMENT SYNDROME

Even for swimmers who have not yet experienced the rotator cuff impingement syndrome, you are still highly susceptible to develop this injury. In order to prevent developing the rotator cuff impingement syndrome, it is recommended that a preventative strengthening and flexibility program be started as soon as possible. This can be accomplished by performing the strengthening exercises described above. It is also advisable that the exercise be continued throughout your swimming career. Stretching the rotator cuff In general, stretching should be performed

before exercise begins. Stretching does 2 things:

1. it allows the muscle fiber to lengthen so that when they begin to exercise, everything works the way it's supposed to, and all of your ligaments and tendons track where they are supposed to.
2. it warms the muscles up, allowing increased blood flow and more oxygen into your muscles.
3. Stretching should be performed slowly. BE PATIENT. Either stretch at home before your workout or get to practice early enough to allow at least 5 (preferably 10) minutes to stretch.

Three stretches are important to prevent injury in the rotator cuff:

1. The triceps stretch - raise your arm, bend your elbow and touch your opposite shoulder behind your head. With your free hand gently pull the elbow toward the midline of your body. Either do once and hold for 60 seconds or do this stretch twice, holding it for 30 seconds. Repeat it for the other arm.
2. Front Cuff Stretch - Clasp your fingers together behind your back and slowly lift your arms up. Either do once and hold for 60 seconds or do this stretch twice, holding it for 30 seconds.
3. Back Cuff Stretch - Reach across and rest your hand on the opposite shoulder. With your free hand, grab your elbow and gently pull it across your chest. Either do once and hold for 60 seconds or do this stretch twice, holding it for 30 seconds.

CHAMPIONSHIP MEET QUALIFICATION PROCEDURES

For athletes to qualify for the Sectional Championships, the athletes must achieve the Automatic Sectional Qualification Standard twice during dual or invitational meets. The team is permitted 4 entrants per each event as long as all 4 athletes have achieved the Automatic Qualification Standard. If the team doesn't have two Automatic Qualifiers then the team may have 2 athletes who achieved the Consideration Standard.

To qualify for the State Championships the first 4 places in the 1 meter Diving advance to the State Meet. For the swimming events the first two places automatically qualify and any other athlete who achieves the State Qualification in the Swimming Finals. Swimming performances performed in prelims will not qualify the athlete for State. However, if the athlete qualifies for the State Meet in Sectional Finals, they may use their time from Prelims if the performance is faster than their final time. Qualification times are posted on the team website.

Parent Coach Swimmer/Diver Triangle

To have a successful program there must be understanding and cooperation among parents, swimmers/divers, and coaches. The progress your athlete makes depends to a great extent on this triangular relationship. It is with this in mind that we ask you to consider this section as you join Centennial Swimming and Diving and reacquaint yourself with this section if you are a returning Cougar parent.

You have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the model you have been. Human nature, however, is such that a parent loses some of his/her ability to remain detached and objective in matters concerning his/hers children's athletics. The following guidelines will help you keep your child's development in the proper perspective and help your child reach her full potential as an athlete.

The coach is the Coach! We want your swimmer/diver to relate to her coach as soon as possible concerning swimming/diving matters. This relationship between coach and swimmer/diver produces best results. When parents don't interfere with opinions as to how the swimmer should swim/dive or train, it causes considerable, and oftentimes insurmountable, confusion as to whom the swimmer/diver should listen to. If you have a problem, concern, or complaint, please contact the coach.

Best kind of parent: The coach's job is to motivate and constructively criticize the swimmer's/diver's performance. It is the parent's job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives her the confidence to perform well in competition.

Not every time: Even the very best swimmer/diver will have meets where they do not do their best times or scores. These "plateaus" are a normal part of swimming and diving. Over the course of a season times or scores should improve. Please be supportive of these "poor" meets. The older swimmers/divers may have only two or three meets a year for which they will be rested and tapered.

Fat cats don't fight: Swimmers are expected to keep an optimum body weight and percent of body fat. Physiologists have found that female swimmers should be 10-18% and males should maintain 4-12% body fat for optimum performance. Parents should contribute to the education of proper nutrition and eating habits (see the section on nutrition in this handbook).

Please make every effort to have your swimmer/diver at practice on time. Realize that your child is working hard and give all the support you can. Encourage good diet and sleeping habits. They will serve your children well.

The greatest contribution you can make to your swimmer's progress is to be a loving, supportive parent. In this handbook is a reprint of an article called, "The Ten Commandments for Parents of Athletic Children". It offers some very useful and sound advice on communicating with your swimmer/diver.

One of the traditional swim/dive team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only is the problem never resolved that way, but in fact this approach often results in new problems being created. Listed below are some guidelines for a parent raising some difficult issues with a coach:

- Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
- Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size from 6-60 members. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for occasional short term inconvenience.
- If your child swims for an assistant coach, always discuss the matter first with that coach, following the same guidelines and preconceptions noted above. If the assistant coach cannot satisfactorily resolve your concern, then ask that the head coach join the dialogue as a third party.
- If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.

"The Ten Commandments for Parents of Athletic Children"

Reprinted from The Young Athlete by Bill Burgess

I

Make sure your child knows that-win or lose, scared or heroic-you love him/her, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.

II

Try your best to be completely honest about your child's athletic ability, his/hers competitive attitude, their sportsmanship, and their actual skill level.

III

Be helpful, but don't coach him/her on the way to the pool or on the way back, or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.

IV

Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve his/her swimming skills and attitudes. Help him/her to develop the feel for competing, for trying hard, for having fun.

V

Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at times, you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, sensitive

free spirit out there in that uniform who needs a lot of understanding, especially when his world turns bad. If he/she is comfortable with you-win or lose-he/she is on their way to maximum achievement and enjoyment.

VI

Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.

VII

Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his/her hearing.

VIII

Get to know the coach so that you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.

IX

Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.

X

Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear of discomfort.

Parent Expectations

Parents are expected to be positive in all aspects of the swimming and diving program. This is a competitive activity and we expect that all athletes are constantly doing their best to improve themselves and improve the team. Competition is a healthy thing and the athletes have the opportunity to make each other better as they work to improve their own personal skills. Parents are expected to come and watch, cheer, and support their daughter and the other daughters on the team at home and away meet. Negative or derogatory comments on the other athletes on the Centennial team or the opposing team(s) reflect badly on the individual making the comments and shows extremely bad sportsmanship. Those who can only find negative things to say are not welcome.

If parents have concerns about their daughter, the coaching staff welcomes your comments. The deck is open to only the coaching staff and athletes during practice times and meets. The coaches may be spoken with via phone or after practice. Due to the limited resources we have coaching duties will take priority. If for any reason a parent needs to be on deck state health code regulations require that all individuals have bare feet or shoes which are only used in the pool environment.

Parents are expected to pick up their daughters promptly after a swim meet, whether the meet is home or away. The coaching staff accepts the personal responsibility for the safety of your daughter. Please be considerate of your daughter and your coaches' time by picking up your daughter immediately after the meet. If a parent desires to drive their daughter home from an away meet it is imperative that a handwritten note be given to the coaching staff so that we can appropriately account for all athletes before leaving a site. Athletes not notifying the coaching staff have resulted in delays of up to an hour as the coaching staff spent a great deal of time attempting to determine what the status of the missing athlete.

Parents who desire to promote additional activities for the swimming and diving team are encouraged to do so. These activities are the responsibilities of the parent and any expenses associated with the activities cannot be borne by the school. The school cannot accept any responsibility for injuries or illnesses resulting from parent sponsored activities.

Parents who desire to raise funds for the program should check with the Activities Director, Brian Hegseth, on procedures and protocol. There are limits to the funds available to athletic programs and if the team doesn't have everything that it needs one method of affording the things that cannot be budgeted is to perform fund raising functions for the swimming and diving team.

To facilitate better use of the facility and the staff it would be much appreciated if the parents could assist in setting up the chairs, timing system, etc. before home meets so the coaching staff can focus on coaching the team rather than trying to make sure that every aspect of the pool is ready before focusing on making sure all the athletes are in the facility and the line-up is updated for any individuals who are missing.

If the athletes have a meet where there is an overnight stay in a hotel and there is damage done to a room the coaching staff will do its best to determine who was responsible for the damage. If no one individual can be isolated all the athletes in the room will be deemed responsible. The parent or parents of the responsible individuals will be responsible for paying for the repair of the damages made to the accommodations. If there is damage to overnight accommodations the athletes responsible will be removed from the meet and their parents will have to come and pick up the athlete and take them home.

To be able to give appropriate feedback splits and final times are taken on each race and scores are recorded on each divers dives.

To ensure that we have all information properly recorded parents may be asked to help write down splits, write down diving judge scores, calculate diving scores, or act as back-up timers on deck. The rule book requires that a back-up system be used to ensure correct times are recorded for each race.

PARENTAL SUPPORT GROUP

The key to have a successful season is assistance from the parents. Things that parents can assist with are coming to all meets to support your daughter(s), selling concessions, helping with timing, helping with meet result processing, setting up the pool, tearing down the pool, coordinating outside activities, hosting a party after a meet, car pooling athletes to share the load getting to and from practice, assist in fund raising, be a contact as an experienced parent for parents new to the program, assist with end of year banquet, help with special meets and Fighting Tuna Invitational, stay positive, and help with other special events.

The parents who wish to be involved in this group may meet on their own to plan and assist the team and coaches in day to day operations or special events. The group meets about once a month with the coaching staff to make sure everything is moving along and that we are meeting everyone's needs. If we aren't covering all the bases we will look at how we may better serve each other.

One item we are looking at is making sure we have all the equipment we need some fund raising or a donation of money to the team will cover expenses or capital items that the school is unable to budget for. Projected expenses and capital items that are not covered by the school budget will amount to approximately \$900 for the 2011 season. Reference Team Expenses, Funds, and Fund Raising for more detail.

If you have questions about this group contact any of the coaching staff or any of the following parents: Chris Growe, Chris Wendt, Cathy Wereley or Gina Chapman.

SWIMMING AND DIVING LINE-UP POLICY

When creating a line-up for a meet there are several items the coaching staff keeps in mind. First, put the best line-up together that will allow us to win the meet. Second, when the opportunity presents itself, swim athletes in events where they may be able to help the team in future meets by covering a hole in our line-up or exploiting a hole in the other teams line-up. Finally, give as many of the athletes a chance to participate in the meet as possible. Each individual on the team is permitted to participate in a maximum of 4 different events in a meet. Of those 4 events no individual may participate in more than 2 individual events. The team will swim and dive the best athletes in the varsity competition. This doesn't mean that the three fastest individuals in an individual swimming event will always swim that event. However, if one is one of the three fastest individuals in an event they have a better chance of swimming that particular event. Generally if an individual is one of the ten fastest swimmers on the team in an individual event, they may have a pretty good chance of swimming those particular events some time during the season. However, it must be recognized that to best compete, the team needs to be spread in the most advantageous manner across all the events.

According to the NWSC conference rules, the teams share meet information on conference dual meets. This allows the teams to hopefully have better matched meets. There are situations where there is a huge disparity between two teams. Without sharing information, the superior team may come into the meet and completely wipe out the other team. With shared information, the coaches may be able to make a competitive meet out of a meet which would normally be a blow-out.

Dual meets in a 6 lane pool permit the coaching staff to enter up to 3 individuals in each Varsity individual event and up to 3 relays in each Varsity relay event. The home team has the choice of what JV and exhibition events to stage. Generally the JV events will cover all the Varsity events. At the option of the home team, exhibition heats of some events may be added to the list of JV events. In the JV events the team may enter up to 3 individuals per heat in individual JV events and up to 3 relays in each heat of JV relays. In pools with less than 6 lanes the coaches are limited to 2 individuals or relays per event. The process of trying to map the most advantageous line-up when we have information on the opposition, will take the coaching staff 2 to 3 hours to create the best Varsity line-up and then fill in the heats and lanes for the JV events. When the coaching staff doesn't have information on the opposition the creation of a line-up may take 4 or 5 hours. When a swimmer is unable to participate after a line-up has been written, there will be an impact on one or more events and one or more individuals as the coaching staff attempts to redistribute the athletes to keep the most competitive line-up.

Invitational meets have different entry procedures. The number of entrants per event will be deemed by the host institution. The coaching staff submits a line-up to the meet director approximately 1 week before the meet. If an athlete is unable to participate after the line-up has been submitted, the team may only substitute athletes who are in the submitted line-up that have splashes still available.

JV Championships are for the athletes who are not participating in the Sectional Championships. Swimmers and divers who are not qualified for the Sectional team will use this as their final competition. All athletes will participate in individual events and

the two fastest relays that can be created from the athletes participating in the meet will be entered in the relay events.

Championship meets allow a maximum of four athletes per event. The athletes who qualify for the Championship meets will participate in a preliminary round which will reduce the number of athletes to a maximum of two times the number of lanes in the facility for a finals round. We will only take the four highest scoring divers and the four fastest swimmers in each event of those athletes who have made the qualification standard. The best posted performances in meet competition will determine who will participate in the championships.

SWIMMING AND DIVING HAZARDS

The coaching staff will do their best to minimize the possibilities of injury to the athletes. It is a rare instance that will result in a severe injury, but swimming and diving do have the possibility of serious injury or death. The staff will not push an athlete to perform an activity that they don't feel comfortable with. We will use a progression of steps when introducing a new skill to minimize the chance of injury.

The rules associated with swimming and diving are designed to minimize possible injuries to the athletes. Contact sports such as hockey and football are viewed as being more likely to result in serious injury. However, swimming and diving have some aspects that pose a potential hazard if not taken seriously and proper techniques are not taught to avoid such incidents. The places of greatest concern for swimming are on starts, turns, and finishes. Head and neck injuries are possible on starts. When executing turns possible injuries are foot, ankle, knee, hand, wrist, elbow, shoulder, head, or neck. At the finish, hand, wrist, elbow, shoulder, head, or neck injuries are possible.

The places of greatest concern for diving are related to contacting the board or the landing in the water. If a diver contacts the board, they are most likely to hit their hands or feet on the board, but contact with the head is also possible. Generally, hitting the water will not result in a major injury, but one possible injury from hitting the water could be a ruptured ear drum from hitting the water on a twisting dive.

HIGH SCHOOL SWIM MEET INFORMATION

There are four strokes involved in a swimming meet: Backstroke, Breaststroke, Butterfly, and Freestyle.

- A. Backstroke events - swimmer must remain on their back while swimming. On turns you do not need to touch the wall with your hand, but some part of your body must touch the wall before you push off.
- B. Breaststroke and butterfly events - strokes must be simultaneous and symmetrical (both arms and legs working together and on the same plane.) Two-hand touch on all turns and finish.
- C. Freestyle events - can use any stroke. Most swimmers use the "American Crawl." On turns you do not need to touch the wall with your hand, but some part of your body must touch the wall before you push off.

Relays:

- A. Medley relay - Four swimmers, each swimming 50 yards of the pool. Each swimmer swims a different stroke and the strokes appear in the following order: 1 - Backstroke, 2 - Breaststroke, 3 - Butterfly, 4 - Freestyle.
- B. Freestyle relays - Four swimmers each swimming 1/4 of the distance of the relay.

Relay Starts:

The preceding swimmer's hands must touch the wall before the next swimmer's feet leave the starting blocks or the entire relay team is disqualified and no points are awarded.

Individual Medley:

One individual swims the race where 1/4 the distance is swum in a different style. The order of the strokes is as follows: 1 - Butterfly, 2 - Backstroke, 3 - Breaststroke, 4 - Freestyle.

Role of the Officials:

1. See that each event is fairly started. Any individual or relay gaining an unfair advantage at the start is disqualified.
2. Observe that all strokes are legally performed.
3. Insure that all turns are legally executed.
4. Watch for proper exchanges by all relay participants.
5. Observe and record order of finish. If a dispute arises the officials judgment is final.

DIVING

There are five categories of dives: 1 - Forward, 2 - Back, 3 - Reverse, 4 - Inward, 5 - Twist. The diver must perform six different dives. The first dive is the voluntary dive. Each week one of the categories is selected as the voluntary dive category. The diver selects one dive from that group and performs it first. The degree of difficulty (DD) assigned to that dive will not exceed 1.8. The remaining five dives must come from four of the five groups. Each dive is assigned a DD from 1.2 to 3.2. The DD is a value which rates how difficult the dive is to perform in relation to the other legal dives in the dive table. The DD is multiplied by the sum of the diving judges scores to get the total award; therefore, the harder the dive that a diver can do **fairly well**, the higher the potential score she can receive. The judge will award points from 0 - 10 depending on how well the dive was performed. The diving judge looks for the following items when scoring a dive:

1. The approach
2. The takeoff
3. The technique and grace of the dive during the passage through the air
4. The entry into the water

Dives may be performed in any of the following positions.

STRAIGHT - The body is not bent at the hips or knees, feet together, and toes pointed.

PIKE - The body shall be bent at the hips but the knees are kept straight, feet together and toes pointed.

TUCK - The body shall be bent at the hips and knees, with knees together and toes pointed.

FREE - A combination of positions, noted above, which are used on twisting dives.

* A member of a team may participate in four events. No individual may participate in more than two individual events. This includes diving.

SHAVING

The swimmers on the team are expected to not shave their legs during the swimming season. The purpose of doing this is to maximize performance at the end of the season. When the athlete is at the end of the season they will go through a resting phase known as taper. When the athlete gets to the meet they are targeting they will “shave down.” Shaving down consists of shaving the hair off the legs, arms, and other exposed surfaces where there would be drag caused by the hair. Swimmers in the backstroke and Individual Medley events usually shave their backs to eliminate any drag that may be caused by any little hair on their backs. A secondary effect of shaving is the removal of the top layer of skin which gives the athlete a better “feel” for the water.

Shaving should be done at home the night before the meet. Rules prohibit on-site shaving down due to health concerns related to blood born pathogens. Shaving isn't a race, do it well so you don't add extra resistance of scabs due to big cuts. Sharp and Costill (1989) have presented evidence suggesting that shaving down does reduce frictional drag. They tested a group of swimmers with identically paced sub maximum swims before and after shaving. There were nine days intervening between test periods. When shaved, the swimmers completed their paced swims with significantly lower blood lactate values and greater stroke lengths, indicating that they used less effort to complete the swims after shaving down. The average blood lactate values for the group were 8.48 mmol/l before and 6.74 mmol/l after shaving. Their average stroke length increased from 2.07 m per stroke cycle before shaving to 2.31 m per stroke cycle afterward. The control group did not improve on either measure.

As part of this study, Sharp and Costill (1989) also measured the rate of deceleration following a push-off before and after shaving down. . . . The rate of decline was measured between velocities of 2 m/sec and 1 m/sec, which is the usual range of swimming speeds in races. The rate of decline was significantly less rapid after shaving, causing the authors to speculate that frictional drag had been reduced by shaving down.”

Source: **Maglischo, Ernest W. (1993).** *Swimming Even Faster*, The serious swimmer's standard reference. Stroke Mechanics. Resistance, 311.

SPORTSMANSHIP

A critical part of competitive programs is understanding and demonstrating fair competition. It is important that the athletes show good sportsmanship in all aspects of the program. One needs to be supportive of all athletes in the program regardless of their physical capabilities and abilities. We all have to remember that we all were at a beginning or intermediate level at some point in time. If we can't remember where we came from, then we will never be able to move forward and improve as an individual and a team.

At meets we have to accept our performance in an event. If you have a poor performance and can't handle it, move it off deck. We are on public display whether we like it or not in all cases. Regardless of whether you are first or last make sure you congratulate the other competitors in your event. Everyone, hopefully, has given their best effort and there is nothing to be gained by snubbing someone who you are beaten by or have defeated. Every event has a winner and many non-winners. Every meet has a winning team and one or more non-winning teams.

When you are winning, enjoy it. When you are not winning see what you can learn by not winning, rather than blaming this, that, or the third thing for not winning. Look for what was good in your performance, use that again in your future competition. Look for what needed to be improved. What can you do to make those things better? Make changes and do better next time. You will make yourself and your competition better if you can have a positive outlook regardless of the actual outcome of your event or the meet. We want all Centennial athletes to win with class and lose with dignity.

It is expected that all Centennial Swimmers remain in the water after their Individual race until all swimmers in the heat have finished.

Please congratulate your competition after the race.

All Centennial Divers will congratulate their competition after the diving portion of a meet has concluded.

Relay members are expected to stay at the block until all relay members have finished and exited the water.

Equipment

For the swimming and diving season the athletes require various pieces of equipment. Some of the equipment is supplied by the school and other is supplied by either the school or the athlete.

SCHOOL OR INDIVIDUAL SUPPLIED EQUIPMENT

Zoomers/Fins

Pull Buoys

Kick Boards

Pull Tubes

Paddles

EQUIPMENT ORDERED BY TEAM AND PURCHASED BY ATHLETES

Team Suits

Team Caps

* Individuals purchasing team suits through the school will get caps from the school. Individuals purchasing their own suits will have to purchase team caps from the school.

INDIVIDUAL SUPPLIED EQUIPMENT

Practice swim suits

Goggles - swimmers

Swim Cap

Sammy - recommended for divers

Water Bottles

Equipment Bag

Towel

Lock

READ-ONLY / BOOKS on DIVING and SWIMMING

Hobie Billingsley's Diving Illustrated - Billingsley - 1990

Ron O'Brien's Diving for Gold: Basic to Advanced Springboard & Platform Skills - O'Brien - 1992

The Science of Swimming - Counsilman - 1968

The Complete Book of Swimming - Counsilman - 1977

The New Science of Swimming - Counsilman/Counsilman - 1994

Swimming Faster - Maglischo - 1982

Swimming Even Faster - Maglischo - 1993

Swimming Into the 21st Century - Colwin - 1992

Swimming Dynamics - Colwin - 1999

The Complete Book of Swimming - Whitten - 1994

Coaching Swimming Successfully - Hannula - 1995

Sprinting - A Coach's Challenge - Freas - 1995

Positive Coaching - Jim Thompson - 1995

COUGAR

GOAL SETTING WORKSHEET

MAKE A COMMITMENT

- Gain experience! Spend as much time as you can participating on a swim/dive team.
- Learn as much as you can about the sport through books, tapes, handouts, camps, and clinics.
- Associate yourself with people who commit to excellence.
- Never stop learning and growing, no matter what your level of expertise or experience.

SETTING REALISTIC GOALS

- Most people spend more time dreaming of success than they do planning for success. It is wonderful to have dreams, but dreams do not just happen. You have to make them happen! You have the power to make things happen by taking control, by making realistic goals, by planning and organizing, and by taking action! Bad planning, or lack of planning, becomes a habit and often condemns goals to failure. No one plans to fail. Most failures occur as a result of a failure to plan.

LONG-TERM GOALS

- Long-term goals would be those things you plan to accomplish over the next one to five years. This is considered long-range planning and should cover all aspects of your life.

SHORT-TERM GOALS

- Short-term goals should be specific and attainable within 12 months or less. Everything you do to accomplish these goals will put you that much closer to your long-term goals.

GOALS SHOULD BE WRITTEN AND FLEXIBLE

- When you write your short-term and long-term goals down on paper, you will find that you will become more accountable and responsible for them than if they were verbal. When you commit your goals to paper, date the paper and sign it, your degree of commitment will be increased. To increase your commitment even further, share your goals with someone you respect; someone who will react in a positive way to your ambitions. This represents symbolically “publishing” your goals and will deepen your commitment.
- Make certain your goals are not conflicting. Act consistent with your goals!
- Your goals should be flexible. If your goal is to achieve a Champ time in the 100 Freestyle by your first birthday in your age group and you find that you are not going to achieve that time, then adjust your goal accordingly. On the other hand, should you find that you are going to surpass your goal, revise it upwards. *“Reach out; keep striving and achieving. All of a sudden those things that were impossible to you at one time are next in line.”*
- Your goals should be measurable. A goal to swim fast in the 400IM or to work hard at practice is not measurable. A goal of 4:09.00 in the 400IM or D-Set 5 x 200 Fr, RB-5, 2:10.00 to 2:02:00 is measurable.

GOALS: FROM CONSCIOUS THOUGHT TO REFLEX ACTION

- If you do something over and over again it becomes habit. Most people refer to this as “automatic.” An act becomes a habit when it requires no thought: when it comes from the subconscious. Studies show that an act can move from the conscious to the subconscious mind in approximately 18 days, by repeating it repeatedly.
- This also applies to your goals. If you consciously review your goals and objectives repeatedly, in a short time they will become “automatic” because they have entered into the subconscious.
- When you get up in the morning, ask yourself; What am I going to do today to help me achieve my goals? At the end of the day, ask yourself; What did I do today to help me achieve my goals.

- Act consistent with your goals!

- List Four long-term goals, three for swimming and one for your personal life.

1. _____
2. _____
3. _____
4. _____

- List Four short-term goals, “Seasonal” three for swimming or diving and one for your personal life.

1. _____
: _____

Action plan

2. _____
: _____

Action Plan

3. _____
: _____

Action Plan

- 4 _____
: _____

Action Plan

Swimmer's/Diver's Signature: _____ Date: _____