

Chicago Park District

Swim Club



Handbook
For
Swimmers
And
Parents
2017

Welcome

Welcome to the Chicago Park District Swim Club. The coaching staff would like to welcome you and your family to the Club. The CPD Swim Club is a competitive team that specializes in advanced developmental training, structure, and conditioning.

MISSION

The Chicago Park District Swim Club is a competitive team specializing in the advanced development of the athletes within the physical, emotional, and mental realms of swimming. It is CPD Swim Club philosophy to provide swimmers with the building blocks of lifelong success. The CPD Swim Club seeks to promote the sport of swimming through safe practices, proper stroke technique, healthy lifestyle, sportsmanship, and dedication. The coaching staff is dedicated to developing and improving your children's swimming abilities to their maximum potential through hard work, commitment, and consistency. The coaching staff strives to instill swimmers with a passion for setting and achieving goals as a team.

AFFILIATION

The CPD Swim Club is a part of USA Swimming sanctioned through Illinois Swimming, Inc. The USA Swimming Organization is responsible for novice competitive swimming in the United States. Their membership ranges from age group level to the Olympic team.

USA Swimming is the National Governing Body for the sport of swimming. We administer competitive swimming in accordance with the Olympic & Amateur Sports Act. We provide programs and services for our members, supporters, affiliates and the interested public. We value these members of the swimming community, and the staff and volunteers who serve them. We are committed to excellence and the improvement of our sport. We are committed to providing a safe and positive environment for all members. – USA Swimming Mission

To read more about the, CPD Swim Club, Illinois Swimming Inc. or USA Swimming, please visit the following links.

<http://www.usaswimming.org>

<http://www.ilswim.org>

<http://www.cpdswimclub.com>

STAFF INFORMATION

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Aquatic Training Specialist – Swimming

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Contact information

CPD Swim Club:

CPDswimclub@chicagoparkdistrict.com

The Aquatics Unit:

773-363-2225

In Person:

Schedule an appointment with a coach before or after practice times.

BOOSTER INFORMATION

Booster Club

Email: cpdswimclubadvisory@gmail.com

Booster's Mission

The CPD Swim Club Boosters is an organization created by the parents of the CPD Swim Club. The purpose of the CPD Boosters is to provide financial support for the team, to enhance team spirit, and facilitate communication between the parents and coaches. In order to be successful it is very important that we have very strong parent participation. The Boosters are organized around three specific functional areas.

1. *Fund Raising* We can meet our fundraising challenge through a variety of efforts, which includes: Concession/apparel sales at meets, fun meets, and team fundraisers.
2. *Administration* The CPD Boosters handles many non-coaching administrative functions, which frees up more time for our coaches to do what they do best - coach our swimmers. These functions include the web-site, external publicity, and the annual swim banquet.
3. *Team Spirit:* The final area of focus for the CPD Swim Club Boosters is to work with the coaches to coordinate the activities that will enhance the total "CPD Swim Club experience".

ELIGIBILITY

CPD QUALIFICATIONS:

1. All swimmers must have at least one CPD Alphabet Championship “C” cut time to try out for the CPD Swim Club with a CPD Swim Club Aquatic Coach.
2. They should be able to perform all four competitive strokes and a 200 IM proficiently.
3. For 8 and unders, be able to swim a 100 Free under 2:00. For 9 and up, be able to swim a 200 Free under 4:00.

CPD REQUIREMENTS:

1. All swimmers must be registered with Chicago Park District (CPD Swim Club).
2. All swimmers must be USA Swimming members.
3. All meet fees must be paid.

ELIGIBILITY:

1. To remain eligible for the Chicago Park District Swim Club swimmers must attend a **minimum of 2 practices a week and 2 USA Swimming Swim Meets per year.**
2. Swimmers are not permitted to switch teams for the local park Team Sport program once the season starts.
3. In order to practice, all swimmers must register every season with the Chicago Park District Swim Club at one of the practice locations.
4. All swimmers must have an updated USA Swimming membership before the beginning of a new year. Ex: A 2017 USA Swimming membership must be renewed sometime in December of 2016 for a 2017 USA Swimming membership.
5. All CPD requirements must be met in order to register for each season.

Winter- Early December
Spring- End February
Summer-Early April
Fall- Mid August

Steps to Register for Chicago Park District:

- In order to register, families must set up an account online with the Chicago Park District at www.chicagoparkdistrict.com

Select the “**Programs & Events**” (located on the top page).

On the drop down window click on “**Create account or login**” (Under the column registration information).

Fill out information needed if you are creating new account.

Once entered, add family members. (A person under 13 cannot create an account. Parent needs to add them as a member after creating an account.)

After account information is provided, an email confirmation will be sent. Transactions cannot be initiated until an account is confirmed.

After account is confirmed parents will need to select activities by going back to Chicago Park District website.

Click on **“Programs & Events”** then click on **“login”**.

Sign in or if you are already logged in, then the window will show account options.

Click on Activities (located on the top page in the blue bar).

Click on Search and type in CPD Swim Club.

Add the following filters which are located on the far left side of the activities page.

- Season pertaining to (located on the season column)
- Aquatics- Specialized (located in activity category.)

Click search.

Pick location and add to cart (depending on the season, location will vary).

- Spring/Fall/Winter: Stanton Park, Senka Park
- Summer: McKinley Park, Ping Tom Park, and Portage Park

Select Family member (this should be the athlete).

You have the option to add another participant or proceed to checkout.

On the following window read and click to consent the waiver and click next.

Final step is payment. Follow directions accordingly.

Steps to Register for Team Unify:

Speak with a CPD Swim Club Aquatic Coach at your location.

Parents need to give the coach pertinent information.

- Parents: First name, last name, address, email, phone number
- Athlete: First name, last name, date of birth

Coach will create the parent an account and email parent with login instructions.

Steps for Selecting Events for Swim Competitions:

1. Select whether your athlete will be attending the meet.
2. Select events your athlete would like to participate in

- a. Be sure to check the meet packet to ensure you don't sign up for too many events in one session
- b. If you do not know which events to select from, leave a note for a coach to select for you
 - i. Be as specific as possible i.e. which sessions, how many events, any relays, etc.

3. After coaches have approved the events, no refunds will be given

USA SWIMMING REGISTRATION:

All swimmers must be members of USA Swimming, sanctioned through Illinois Swimming, Inc. This allows swimmers to participate in USA Swimming sanctioned events. From 2016-2019, USA membership fees are included within your local Team Sports fee of \$35.

ATHLETE TRANSFER:

Athlete must submit an ISI transfer form to Illinois Swimming, Inc.

Any athlete that transfers from another USA Swimming Club must compete under an UNATTACHED title for a period of 120 days starting from their last sanctioned competition. After that set time, swimmers are officially members of the CPD Swim Club.

CODE OF CONDUCT

SECTION A: SWIMMERS

Upon joining the CPD Swim Club, all swimmers thereby agree to follow the rules set forth by the code of conduct in this handbook. CPD Swimmers represent the Chicago Park District Swim Club, therefore they are expected not only to respect one's peer, keep a successful outlook, but also, to demonstrate overall proper sportsmanship.

- Article 304 of the USA Swimming 2008 Rules & Regulations must be followed at all times. For a complete copy:

<http://www.usaswimming.org/ViewMiscArticle.aspx?TabId=1599&Alias=Rainbow&Lang=en&mid=6074&ItemId=5773>

Swimmers must show respect and give attention to directions from any member of the coaching staff at all times. Disrespect or failure to follow instructions will not be tolerated from any athlete.

Swimmers must participate in all workout sets and follow all practice guidelines. Any swimmer refusing to swim may be dismissed from practice.

Use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated from any athlete.

Swimmers must inform the coach when leaving the pool area for any reason.

Notify the coach of any discomfort or injury as soon as possible.

Swimmers must notify the coach in advance if they are planning on leaving practice or swim meet early.

Demonstrate respect and care for the property of others and follow facility and pool rules. Vandalism, intentional damage, or property theft will not be tolerated.

Show respect for other members of the same team, as well as swimmers of other teams.

Do not interrupt or impede another swimmer's practice.

Any form of physical or verbal violence will not be tolerated. If a conflict arises between two swimmers, the coach must be informed immediately to ensure proper disciplinary action takes place.

Bullying will not be tolerated. Types of Bullying include:

- Verbal acts
- Physical acts
- Acts that deny attention and support

Any infraction of this code could result in an athlete's dismissal from that practice and/or competition

(no refunds will be issued for events lost on competition days) and a further meeting will be held regarding his/her conduct and status as a member of the team.

- A complete copy of the Safe Sport Handbook about bullying can be found on http://www.usaswimming.org/_Rainbow/Documents/eca565d6-d11a-4c85-b5bd-307de73b6558/Safe%20Sport%20Handbook-FINAL.pdf

SECTION B: PARENTS

Parents assist the coaches by enforcing all rules and supporting the coaches and their decisions in an effort to maintain a successful training environment.

Set an example for our swimmers by showing respect and common courtesy at all times to team members, coaches, competitors, officials, and other parents.

Assist coaches in providing a successful training environment by supporting their swimmers and getting them to practice and meet warm-ups on time.

Follow facility guidelines and procedures for given practice location.

Demonstrate good sportsmanship during all practices and competitions.

Remain off pool deck at practices and competitions, unless called upon by the coach or if volunteering as a timer. If a balcony is not available allow the coach sufficient deck space.

Recognize that CPD coaches are capable, well trained, and certified by USA Swimming. They are specialized in competitive swimming and have the knowledge to help swimmers reach their maximum potential. Coaches will make appropriate decisions for swimmers regarding training regimens, goal setting, and competition event entries.

Recognize that CPD coaches are professionals. Parents are not to disrupt practices or competitions by interfering with questions or comments. Choose an appropriate time to speak with coaches when addressing concerns, such as before or after practices/meets, by email or by separate meeting. Coaches are not aware of concerns unless they are brought to their attention.

Repeated disruption of practice or competitions will not be tolerated and will result in dismissal.

Appropriate topics to discuss with coaches	Inappropriate things to talk about with a coach
• Coaching Knowledge • Swimmer Goals and Expectations • Practice & Swim Meet Schedules • Team Requirements • Discipline Policy Behavior Concerns • Nutrition or Health Concerns	• Other Swimmers • Other Coaches • Stroke Development Strategy during practice • Workouts during practice • Events during a swim meet

Verbal or physical violence between parents, officials and/or swimmers will not be tolerated.

Parents should accept responsibilities to pay all entry fees on time if a request was made for their swimmer to be entered in a swim meet. Entry fees should be paid even if the swimmer was not able to attend the event (please see swim meet guidelines for more information).

Any questions or concerns need to be addressed to the coach at the location you are at, if a situation cannot be resolved then email the CPD Swim Club explaining the situation. Please include information on the situation and the coach whom you spoke with.

SECTION C: COACHES

Coaches are expected to provide a positive environment for training and competition for all swimmers regardless of swimming ability.

Conduct Expected of All Coaches:

Coaches are expected to abide by the rules and regulations of the Chicago Park District and USA Swimming.

Coaches are expected to maintain a professional demeanor and uphold reputation established by the CPD Swim Club and USA Swimming.

- Be professional and accept responsibility for their actions.
- Be Courteous to athletes, parents, and other coaches.
- Be attentive during practice and competitions.

Make decisions based on the best interest of the swimmer and the team within the athletic or academic realm.

- Acknowledge swimmers talents and recognize potential.
- Approve or reject events in a competition.
- Select appropriate events in competition to benefit the swimmer and the team.
- Select appropriate training groups and programs based on the level of the swimmer.
- Encourage a balance between athletics and academics.
- Demonstrate constructive criticism and involve the appropriate individuals in necessary discussions.
- Make decisions based on the best interest of the swim club.
- Conduct practice in the most efficient manner to benefit the team.

Maintain professional standing as a swimming coach.

- Keep relevant certifications up to date.
- Regularly maintain current knowledge base of swimming techniques and training.
- Reinforce the idea of safe practice and healthy lifestyle for athletes.

Oversee warm-up exercising of swimmers as well as provide post-race feedback for each individual swimmer at a swim meet.

Refrain from the use of profane, harassing, insulting or offensive language.

USA Swimming Best Practice Guidelines:

The following Best Practice Guidelines are strongly recommended for all USA Swimming members.

1. Parents should be encouraged to appropriately support their children's swimming experience.
2. All swimming practices should be open to observation by parents.
3. Two-deep Leadership: One coach member and at least one other adult who is not in the water should be present at all practices and other sanctioned club activities whenever at least one athlete is present. Clubs and coaches should evaluate their seasonal plans and map out how to best accomplish this strongly recommended guideline.
4. Open and Observable Environment: An open and observable environment should be maintained for all interactions between adults and athletes. Private, or one-on-one situation, should be avoided unless they are open and observable. Common sense should be used to move a meeting to an open and observable location if the meeting inadvertently begins in private.
5. Coaches should not invite or have an athlete(s) to their home without the permission of the athlete's parents (or legal guardian).
6. During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and open and observable environments should be maintained.
7. Athletes should not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained.
8. During overnight team travel, if athletes are paired with other athletes they should be of the same gender and similar age. Chaperones and/or team managers would ideally stay in nearby rooms.
9. When only one athlete and one coach travel to a competition, the coach and athlete should attempt to establish a "buddy" club to associate with during the competition and when away from the venue.
10. Where a chaperone or team manager is included, the chaperone(s) or team manager(s) should be of the same gender as the athletes and written consent should be given by the athletes' parents (or legal guardian).
11. Communications between non-athlete adult members and athletes should not include any topic or language that is sexual or inappropriate in nature.
12. Non-athlete adult members should respect the privacy of athletes in situations such as changing of clothes, showering, etc. Non-athlete adult members should protect their own privacy in similar situations.
13. Relationships of a peer-to-peer nature with any athlete should be avoided. For example, coaches should

avoid sharing their own personal problems with athletes.

14. Coaches and other non-athlete adult members should avoid horseplay and roughhousing with athletes.

15. When a coach touches an athlete as part of instruction, the coach should do so in direct view of others and inform the athlete of what he/she is doing prior to the initial contact. Touching athletes should be minimized outside the boundaries of what is considered normal instruction. Appropriate interaction would include high fives, fist bumps, side-to-side hugs and handshakes.

16. Coaches should not initiate contact with or accept supervisory responsibility for athletes outside club programs and activities.

Coaches should not engage in sexual intimacies with a former athlete for at least two years after the cessation or termination of professional services. Because sexual intimacies with a former athlete are frequently harmful to the athlete, and because such intimacies undermine public confidence in the coaching profession and thereby deter the public's use of needed services, coaches should not engage in sexual intimacies with former athletes even after a two-year interval except in the most unusual circumstances. The coach who engages in such activity after the two years following cessation or termination of the coach-athlete relationship bears the burden of demonstrating that there has been no exploitation, in light of all relevant factors, including:

1. The amount of time that has passed since the coach-athlete relationship terminated.
2. The circumstances of termination.
3. The athlete's personal history.
4. The athlete's current mental status.
5. The likelihood of adverse impact on the athlete and others.
6. Any statements or actions made by the coach during the course of the athlete-coach relationship suggesting or inviting the possibility of a Post-termination sexual or romantic relationship with the athlete or Coach.
7. Both the athlete and the coach must be 18 years of age or older.

PRACTICE GUIDELINES

POOL:

All swimmers must be USA Swimming and the CPD Swim Club members. Swimmers not registered with USA Swimming and the CPD Swim Club will NOT be allowed to enter the pool for practice.

Swimmers must respect all staff and instructions given by lifeguards and coaches.

Inform coaches at the beginning of practice if a swimmer has to leave early.

Practice begins on time so that the maximum amount of swimming and stroke work are performed.

Bathroom breaks are only given when necessary.

Come prepared to swim and expect to work hard. Participate in all exercises.

Swimmers should focus all their effort on every drill and every set. Commit to putting forth best efforts every day.

Arrive prepared to swim with practice suits, caps, goggles, towels, and water bottles.

Training groups are based on skill/speed and not age. Groups may consist of various ages.

Swimmers should not eat right before practice.

Lane assignments may change between days or workouts in order to facilitate practice. These changes are not necessarily an indication of a swimmer's progress.

Different exercises and equipment's are used for different training groups.

Swimmers must respect all equipment and replace equipment in orderly manner.

Swimmers must clean their area before leaving.

No food or drink is allowed on the pool deck except for water bottles.

Coaches provide necessary corrections and criticism in order to improve a swimmer's stroke. Athletes should focus on their own training and swimming skills, and not other athletes. No swimmer or parent should correct or criticize another swimmer.

Coaches will do test sets the 1st week of every season.

Negative attitude, fighting, profanity, and disrespect will not be tolerated.

Any infractions of the practice guidelines may result in dismissal from practice and/or the team.

Coaches reserve the right to send home any misbehaving swimmers.

USA Swimming provides coaches with the necessary information to teach swimmers about race starts and head first entries. For more information on USA Swimming guidelines for race start and head first entries see pages 18 through 21.

LOCKER ROOM

Clean your area as you leave.

Always lock your locker and keep valuables at home.

Never be alone in the locker room without supervision.

Be respectful of facility rules.

Vandalism will not be tolerated.

SWIM MEET GUIDELINES

All swimmers must be USA Swimming and CPD Swim Club members. Swimmers that are not registered with USA Swimming and CPD Swim Club prior to race day will **NOT** be allowed to compete. No refund will be given for missed events for that day.

- USA Swimming swim meets take priority to local CPD swim meets. Times achieved in a USA Swimming sanctioned event may be used to qualify for championship meets in the local CPD park meets, however times achieved in CPD park swim meets may **NOT** be used as qualifying times for USA Swimming Championships. Official USA Swimming qualifying times for Regional or Age Group Champs can be viewed at www.usaswimming.org
- Swim meet information is made available on www.cpdswimclub.com
- Time Standards can be found on www.cpdswimclub.com
 - Click on forms and documents located on top of the home page.
 - The Link is called 2016-2017 IL Swimming Time Standards

ABSOLUTELY no cameras behind the starting blocks

A swim meet calendar with scheduled deadlines is distributed at the beginning of every season.

To register a swimmer for a swim meet, parents should access Team Unify. The meets will be available at the very bottom of the home page.

Events must be picked on Team Unify before the deadline. Parents must include a note if they would like the coaches to select swimmer's events for that meet. Parents can add a note once they have declared "yes". Swimmer will not be entered to the meet without having entries selected or a note from the parents.

Parents should include in the note what day they will like to attend and the amount of events they would like.

Coaches will select appropriate events in competitions to benefit the swimmer and the team.

Athletes need to meet all membership requirements at time of entry deadlines.

No intermittent times will be taken for any events that are offered at any swim meet. If a qualifying time is needed for a specific event, a swimmer must swim in that event on which ever day that event is offered. We can request that the host team allows an intermittent time to be taken, **ONLY** in the situation that an event

is not offered on any day of the swim meet.

Each host team sets the meet fees for that particular meet. Fees for a typical meet range from \$3.00 - \$6.00 per event and require a \$2.00 surcharge. They may also require facility charge.

No entries can be made after deadline. **NO EXCEPTIONS.**

No Deck entries are permitted. **NO EXCEPTIONS.**

Timers Policy: CPD Swim Club must provide timers to help facilitate swim meets that we attend. Timers are not always required. It often depends upon how many swimmers are entered into a given session. If the CPD Swim Club cannot provide the necessary amount of volunteer timers by the time the timer's meeting is held, the **ENTIRE** CPD Swim Club may be scratched for the session in which we failed to provide timers.

Parents are responsible to pay all meet fees in full, regardless of whether or not their swimmer is able to attend the meet.

- No parents are allowed on deck; only coaches and athletes.
- Any questions/concerns should be directed to a CPD coach first and not to a referee, administrative, judge, or any other team coach.
- There is no deck changing for athletes allowed.

Meet fees generate to Team Unify. Invoices are sent out to inform parents of the total fees due. Parents are responsible to pay meet fees on time.

Payments are due on the 1st of each month. Parents can place a credit card on file for automatic payments through Team Unify which will be charged on the 1st of each month. Parents can also pay by check to one of the CPD Boosters. CPD Boosters will inform the coaching staff of any "in person" payments.

We encourage all swimmers to participate in the IMR and IMX challenge program. Swimmers must compete in each of these events throughout the course of a year. Events are listed below.

IMR

10 and under	100 Free	50 Fly	50 Breast	50 Back	100 IM
11-12	200 Free	50 Fly	50 Breast	50 Back	100 IM
13 and over	200 Free	100 Fly	100 Breast	100 Back	200 IM

IMX

10 an under	200 Free	100 Fly	100 Breast	100 Back	200 IM	
11- 12	200 Free	100 Fly	100 Breast	100 Back	200 IM	
13 and over	500 Free	200 Fly	200 Breast	200 Back	200 IM	400 IM

PRIOR TO RACE DAY:

- Information about warm-up times and event entry list can be found on www.cpdswimclub.com.

Parents should check meet packets and emails for corresponding warm-up times.

Certain meets may request CPD Swim Club parents to volunteer as timers. Please be prepared to time if necessary.

Swimmers should prepare their bag the night before the swim meet by having the following:

- 2 racing suits
- 2 pairs of racing goggles
- 2 caps
- Towel, additional warm up clothing and sandals/shoes
- Healthy snacks and water.

RACE DAY:

All Swimmers must eat a meal at least one hour before their designated warm-up.

Swimmers must report to meets at least 15 minutes before their warm-up.

Positive Check-In:

- Swimmers are responsible to check themselves in (not coaches or parents).
- Swimmers should check all sheets and highlight their name all the way across the sheet.

Swimmers must warm-up with the team and swim all warm-up exercises given by the coach.

Swimmers must get their events, heats, and lanes from the coaches following warm-ups and prior to leaving pool deck.

Swimmers should remain with their team/coaches at all times. They must always inform the coaches if they need to leave for any reason.

Swimmers are expected to display good sportsmanship towards teammates and opponents at all times.

Reporting Behind the Block:

- Coaches will instruct swimmers when to report behind the block.
- A bullpen may be used for younger swimmers.
- Swimmers are responsible to be ready to step up to the block and not miss their event.
- Coaches will not search for athletes.

“Fly-over” Starts:

- Swimmers need to stay in the water until the next heat leaves the block.
- Exception: backstroke event, 50's (meters) or 25's (in yards).

After the Swim:

- Swimmers should ask timers for their times at the end of every race.
- Swimmers must go directly to their COACHES (not parents) following every swim.
- Coaches will discuss an athlete's performance immediately following their swim.
- Coaches will designate a cool down procedure for swimmers on an individual basis.

NUTRITION GUIDELINES

Studies support the idea that good nutrition habits over time positively influence both training and racing performances.

HEALTHY NUTRITION THROUGHOUT THE SEASON:

It is important that swimmers are hydrated with plenty of WATER. Swimmers should drink water with all meals when possible.

In addition to 3 healthy meals a day, swimmers should have healthy snacks such as fruits, vegetables, granola/fruit bars and juices.

Meals should be plentiful in fruits, vegetables, whole grains, dairy, and meats.

Soda contains excessive amount of sugar. Swimmers should limit consumption to 24 oz. or less per week.

Breakfast:

- It is important to start the day awake and ready to focus.
- Some breakfast examples:

Cereals with fresh fruit

Scrambled eggs with whole grain toast, jam, and glass of milk

Oatmeal with fruit (bananas are good example)

Lunch:

- It supplies the majority of energy for practices everyday.
- Some lunch examples are:

Whole grain sandwich with any lean meat or peanut butter & jelly

Pasta (1/2- 1 cup) with choice of sauce or dressing

Side of vegetables or fresh fruit (1-1^{1/2} cups)

Water, milk or juice to drink (100% juices contains less sugar)

Dinner:

- It replenishes energy stores lost during practices. Dinner should be filling yet not overdone. Balance vegetables, starches, and meats.
- Some dinner examples are:

Lean beef/chicken with rice or beans and steamed vegetables.

Baked fish, rice and salad.

Pasta (1 cup) with sauce and steamed vegetables.

Dessert servings should be kept small.

HEALTHY NUTRITION FOR RACE DAY:

Nights before competitions, a meal slightly higher in carbohydrates (like pasta) is recommended.

Meals before warm-ups should be filling but not give the feeling of being “stuffed”.

Breakfast is important to provide the metabolism boost every swimmer needs. ○ Choose lighter options for morning competitions.

- Choose a heavier breakfast for afternoon competitions.

Have a variety of healthy snacks for the meet. This increases the odds of proper fueling and healthy eating. ○ Some good examples are:

Granola bars, cheese sticks, yogurt, hummus, crackers, peanut butter, fruits, nuts, vegetables, whole grains and high quality protein.

- Unacceptable items include but are not limited to:

Chips, pastries, chocolate and candy.

Swimmers should be aware of when to eat and how much to eat.

- Meals or large amounts of food should be eaten during longer breaks between events.
- Small snacks should be eaten before or after closely scheduled events.
- Snacking at competitions keep swimmers energized and their muscles fueled.

Swimmers are required to bring a water bottle and/or sports drink to every practice and competition.

- Younger swimmers (10&under) should not consume excessive amounts of sport drinks.
- Milk is a good recovery drink for after the meet.

All forms of energy drinks, food or gels are unacceptable.

Be aware of eating style on race day. Prepare snacks the night before to avoid unhealthy purchases at the concession stand.

Do not experiment with high fiber foods on race day, as each swimmer has varying tolerance to foods with fiber. Determine individual reaction during the training season to avoid stomach issues on race day.