ACKNOWLEDGEMENTS

While it would be impossible to list the source of every thought or idea that found its way into this document, certain sources are foremost and must be recognized.

Certainly, everything ever written by Dr. Counsilman has been read over and over. It has made me think and led to what I feel is useful and fits our program. Besides the Counsilman books, papers, and presentations at conventions, nearly every book made available to Coaches through the ASCA library has been purchased and read. The idea and format for this document came from Dr. Watson's thick and informative book of the Hinsdale Program. Books and videos by Eddie Reese, Don Gambril, Ernie Maglischo, and Doc Counsilman have their influence and impact as well.

The information in this book has been gleaned from these readings as well as monthly mail out from various coaching associations for track and field as well as swimming, such as ASCA and NISCA. "Runners' World Magazine" provided many of the nutrition charts.

In addition to what was obtained through readings, many ideas that have proven useful and have been used successfully with our program have been put down on paper for your reading.

And finally, I'd like to thank the Rapides Parish School Board and the Alexandria Senior High Athletic Department and Athletic Director Thomas Bachman, as well as the Administration for allowing me to continue my love in life – to coach swimming,

Voted the number one United States Swimming team handbook in the nation in 1992.

Revised May 2020
Revised May 2018
Revised May 2016
Revised January 2008

PREFACE

This is my first attempt to publish anything longer than an article of a few pages. As imperfect as it may be it's been fun and I hope it helps someone.

I would like to thank my grandfather, Mr. John P. Wilkinson, for getting me started in sports. His wife, Corinne, directed me into swimming and encouraged my competition for over two decades. Appreciation also goes to my first swimming teacher, Mrs. Nancy Marsh, who took me through Red Cross Beginners' lessons three times before I passed. This was at the old municipal pool on McNeil street in Shreveport, Louisiana.

Special thanks goes out to my long-time coach, Jack Jordan; who, through coaching me also gave me a way of life.

And finally, I'd like to thank my wife, Mattie, who has stood by me while I continue down the long road of life in competitive swimming.

To Christine, Lawson, Anna, and Virginia.

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WELCOME

Congratulations, you are now a member of a competitive swimming team, COAST (City of Alexandria Swimming Team). Presently, COAST is enjoying the longest continuous run as a competitive swimming team in central Louisiana. As a member of COAST, you have decided to participate in not only one of the fastest growing sports in America, but also in the toughest. That's a tribute to you. Please stick it out for one full season. In other words, give it a chance to work for you. Follow our objectives. "The best champions start young. Swimming helps build not just better athletes……. but better kids."

We at COAST aim to provide development in the athletes' overall basic strength, physical condition and coordination, as well as swimming performance. In the long run, the individuals who swim and train the most often and hardest will win the most races. Swimming teaches the young athlete to associate results with work. Some degree of "natural ability" is a requirement for national level swimmers; but any child can get to be *very good* on determination alone. "You will always have success as long as you do not worry who receives credit for it. The greatest deterrent to real success is peer group pressure." These last two quotes are from Coach Ed Kelly of the Hurricanes from Slidell, Louisiana. They also have application to many of our swimmers here in Cenla.

Again, welcome to COAST ---------- and **Good Luck** in your swimming.

COAST Beginnings

The City of Alexandria Swim Team grew out of the Alexandria Y Swim Team in 1985. AYST was chartered in 1980 by swimmers and Coach Wally Fall. COAST offers the people of Rapides Parish an equal opportunity team in the sport of competitive swimming.

The City of Alexandria Swim Team, while bringing favorable publicity and revenue to our city and area, is not an official representative of the City of Alexandria, not is it subsidized or financed by the city. COAST is financed by its team members and their families through monthly dues, hosting competitions and fund-raising projects.

All qualified swimmers in the area are invited to try out for the team. Tryouts are all year long, held on every Monday at 5:00 p.m. at the ASH Natatorium in the school year.

COAST Coaches

Head Coach Wally Fall

Coach Fall enters the 2020 season in his 54TH year of coaching swimming. Wally is 77 years young and began swimming at the age of 9 in Shreveport for Coach Jack Jordan, the Father of Competitive Swimming in North Louisiana. Coach Fall swam collegiately for Southern Arkansas University, where he set several school records. He also competed for the University of Alabama. Wally still competes in several Master's meets each year as well as many runs and triathlons.

Coach Fall graduated from the University of Alabama with a B.A. Degree in English Education. This was preceded by six years in the U.S. Navy with the last 14 months in Vietnam. Wally completed vis Master's work in 1978 at LSU. Since then, he has done over 45 hours of graduate work in Special Education at LSU, Northwestern State University, and Louisiana College.

Coach Fall coached in Arkansas, California, and Alabama before retuning to Louisiana in 1974 to coach in Alexandria. Along the way, he has developed many Junior National and YMCA National Qualifiers as well as many High School All-American swimmers.

Since 1968, Wally has attended many national and world coaches clinics. He is a life member of the American Swimming Coaches Association and National Interscholastic Association. Coach Fall was the Region 5 Swim Coach of the Year for the NHSACA for 1992. Wally has been a member of the International Swimming Hall of Fame since its inception. He has also held many state swim coaches association offices, such as President from 1978- 1980. He helped start the swimming coaches branch of the LHSAA and served as its first president. He is an ASCA level 4 Coach and life member of USA Swimming. In 2013 Wally was inducted into the Alexandria Senior High School Hall of Fame. In 2018 he was inducted into the LHSAA Sports Hall of Fame. In 2019 the ASH pool was named for him.

Coach Fall has been happily married to Mattie since 1974. They have four children, Christine, Lawson, Anna, and Virginia, all of whom swam for COAST.

Assistant Coaches

Chris Chelette

Coach Chelette started swimming USA Swimming in junior high in Pineville. After there, he attended Pineville High School, where he swam all four years. Each year, Coach Chelette was honored to go to state. In the summer months, he participated in USA Swimming under Coach Fall. After high school, Coach Chelette went on to Northwestern State University and graduated in Business Administration with a minor in accounting. Today, Coach Chelette is an active member of the community as the President of the Mardi Gras Association. Along with coaching for COAST, he is the Head Swim Coach for the Menard Eagles Swim Team. He enjoys coaching and watching his two daughters Anna and Kaylee grow in a sport that he loves as well. "Giving back to the kids and watching them grow as people as well as athletes is important - swimming taught me how to work hard and I want to pass that along to today's youth."

Jody Goodman

Coach Goodman became involved in swimming helping her mom teach swim lessons to area kids in her hometown of Simmesport, LA. Eventually, she went on to Northeast LA. University in Monroe where she earned her BS in Math Education. Coach Goodman continued to teach swim lessons and lifeguard through college. In 1994, she began coaching Tioga High School Swim Team. During this time, she helped to start the Red River High School Swimming Conference. In 2008, Coach Goodman transferred to Alexandria Senior High to teach math and became an Assistant Coach for Coach Fall with ASH Swimming and COAST. Coach Goodman considers Alexandria her home now for 24 years where she can enjoy coaching her own children: Christine, John Curtis, and Jamie.

Junior Varsity Coaches

Kate Hayes

Kate is a product of the COAST program and the ASH Swim Team. After her high school senior year season, Kate took over coaching for COAST with the Novice and JV divisions from her mother Angela, who coached for COAST for years. In the most recent years, she has moved her focus solely on the JV team. Kate is the city clerk for the city of Pineville and in her free time she enjoys spending time with her two dogs, P-diddy and Brown Dog.

Ryan Willis

Ryan is a product of COAST and the ASH swim Team. He graduated in 2018. While swimming for ASH Ryan placed 4TH in both the 200 freestyle and 500 freestyle at the State Championships. He coaches JV groups for COAST.

City of Alexandria Swim Team
Board of Directors
2019-2020

President:	Chris Chelette
Vice-President:	Jody Goodman
Secretary:	Jody Goodman
Treasurer:	Mattie Fall
Officials:	Chris Chelette
Time Sheets:	Jody Goodman
Entries:	Tiffany Chelette
Attorney:	John Zachary
Coaching:	Wally Fall 4913 Hunters Grove Lane Alexandria, LA 71303
	Jody Goodman
	Rick Harrison
	Kate Hayes
	Ryan Willis

COAST Philosophy

Training is preparation for a future performance. Proper training is preparations for a future success. One must learn something from each practice session. This learning should take place both mentally and physically.

Learn to set goals (that are realistic.) Without a goal to work towards, losing one's interest and direction becomes easy. All goals should be based upon your present performance level and future commitment. Goals that are set too high can cause you to lose interest. To be safe, set step up goals. Achieving goals helps build confidence.

Goals provide the reason for the season. They are the link between practice and competition. As one swimmer put it, "A goal is something I have not done yet, but I am planning to do." Therefore, they need to be personal and challenging. But remember, keep them just out of reach, not out of sight.

Over a long period of time, the individuals who swim and train the hardest will win the most races. Some swimmers have more natural ability than others. Sometimes this is a disadvantage. These swimmers rely on their ability and forget training.

This can be an area where parental involvement will be best served. Swimming requires a degree of active parent involvement normally not found in other sports. If parents demonstrate their respect for their swimmer by becoming involved in putting on and attending swim meets, as opposed to playing chauffer to practice and that is it, then the swimmer knows he/she counts, and these can be parents of swimmers who benefit the most from the competitive swimming experience. These are ideal swim parents. Once these ideal swim parents have been shown that what is being asked of them is reasonable and that everyone else is being asked to do their share, then the jobs at hosting or attending a swim meet are not too burdensome. This is the duty and function of the COAST Parents Club. If everyone does a little, no one has to do a lot.

Please read the poolside bulletin boards at least once a week.

USA SWIMMING

COAST is a member of Unites States of America Swimming (USA Swimming) and competes ten (10) months of the year in USA Swimming Age Group rankings, Junior National competitions, as well as earning college swimming scholarships. To date, we have placed over 36 swimmers in college on swimming scholarships.

USA Swimming is divided into the following age groups for both boys and girls: 6 years old and under, 8 years old and under, 9 and 10 years old, 11 and 12 years old, 13 and 14 years old, 15 and 16 years old, and the Senior or Open Division where any swimmer, regardless of age, is eligible.

The meets are divided into A (advanced) and B (beginning) meets as well as Open (A and B) meets. Our swimmers travel all over Louisiana as well as to meets in Texas, Mississippi, Alabama, Arkansas, Tennessee, and Florida. COAST attends approximately one meet every other month in the winter and several more monthly in the summer when meets are scheduled.

COAST Objectives

1. To provide an opportunity for young people in Alexandria and Central Louisiana to engage in a wholesome lifetime sport.

2. To promote physical fitness and encourage proper conditioning and health habits.

3. To encourage good grades and study habits.

4. To foster the development of high self-esteem and help cultivate a positive self-image.

5. To create a competitive environment where the desire for self-improvement and goal achievement motivates the athlete to fully develop their natural abilities – and to help others do likewise.

6. To promote opportunities to learn the values of hard work, dedication, self-discipline, perseverance, and responsibility.

7. To develop good sportsmanship.

8. To provide quality instruction, training, and competition at all age and ability levels.

9. To promote maximum involvement in competitive swimming through children, parents, and businesses throughout the community.

10. To provide a graduated competitive swimming program based on age and ability in conjunction with United States of American Swimming as well as NISCA through High School Swimming.

11. To have fun doing all the above.

COAST Goals

The purpose of COAST is to develop a healthier, more responsible, and competitive swimmer. Goals direct behavior and provide the incentive for action.

Character

1. Learn how to be a team member.
2. Learn how to encourage other team members.
3. Learn how to develop a winning attitude.
4. Learn how to be self-motivated.
5. Learn how to accept responsibility for our actions.
6. Develop the ability to see a task through to completion.

Physical

1. Swim at least one lifetime best time at each meet.
2. Break a team record.
3. Make a National B time in any stroke.
4. Make a National A time in any stroke.
5. Qualify for the State Championships.
6. Break a state record.
7. Qualify for the Junior Olympics.
8. Be selected for High School All-American in a swimming event or Academic All-American.
9. Be selected for an Association All Star, Zone Team or Sectionals.
10. Be selected for the USA Olympic Trials or the Olympic team for the USA.

City of Alexandria Swim Team

Past Parent's Club Presidents

1980	AYST	Emile Oestricher
1981	AYST	Will Spivey
1982	AYST	Will Spivey
1983	AYST	Will Spivey
1984	AYST	Will Spivey
1985	COAST	Earl Anderson
1986	COAST	Earl Anderson
1987	COAST	Bill Risinger
1988	COAST	Bill Risinger
1989	COAST	Gary Laborde
1990	COAST	Gary Laborde
1991	COAST	Gary Laborde
1992	COAST	John Morton
1993	COAST	John Morton
1994	COAST	John Morton
1995	COAST	Joe Landreneau
1996	COAST	Joe Landreneau
1997	COAST	Joe Landreneau
1998	COAST	Joe Landreneau
1999	COAST	Mike Herron
2000	COAST	Mike Herron
2001	COAST	Donnie Hayes
2002	COAST	Donnie Hayes
2003	COAST	Donnie Hayes
2004	COAST	Donnie Hayes
2005	COAST	Donnie Hayes
2006	COAST	Donnie Hayes
2007	COAST	Dr. Rick Norem
2008	COAST	Dr. Rick Norem
2009	COAST	Dr. Rick Norem
2010	COAST	Dr. Rick Norem
2011	COAST	Dr. Rick Norem
2012	COAST	Rick Harrison
2013	COAST	Rick Harrison
2014	COAST	Rick Harrison
2015	COAST	Rick Harrison
2016	COAST	Rick Harrison
2017	COAST	Rick Harrison
2018	COAST	Rick Harrison
2019	COAST	Rick Harrison

Quotes

"The strength of the pack is the wolf, and the strength of the wolf is the pack."
Rudyard Kipling

"Leave the woodpile higher than you found it."
Guy Edson

"Accepting short-term pain and discomfort for long-term improvement and success is swimming."

"The person who aims at nothing is certain to hit it."

"Goals are for the future – values are for now."

If you don't seek perfection, you can never reach excellence."
Don Shula

"People with humility don't think less of themselves, they just think of themselves less."

"The athlete swims the first 75 – the person swims the last 25."

Coach Fall's favorite: "Use it up or wear it out.
"Make it do or do without."

But there is not magic that separates Olympians from everyday people, despite the fact that the title suggests Greek gods. No one is born to make the Olympic finals; potential doesn't win a gold medal. Doing it is the only thing that counts. The truth is simple: Most swimmers choose everyday not to do the little things. They choose, in effect, not to win. They say, "I could do this work out if I wanted to," or "I could have rolled with the start," or "I could have won if I had been healthy." In some sense, everyone "could" win in the Olympic Games, but "could" doesn't count. The gold medal is reserved for those who do.

From Champions
By Daniel F. Chambliss

"Self-confidence is a learned trait; young athletes should be exposed to enough positive experiences early in their developmental stages to permit them to develop confidence in their ability to perform skills in competitive situations."

From Coaching and Motivation
By William E. Warren

COAST Practice

ALL COAST Coaches are currently certified in CPR, First Aid, Background Check, Athlete Protection and are members of United States of America (USA) Swimming. COAST is also a member of the American Swim Coaches.

Novice

Qualifications: Swimmers on the Novice team are Kindergarten and Elementary school children that are at least five (5) years old. Novice swimmers must be able to swim one length of the pool (25 yards) using freestyle with rotary breathing.

Practice: Practice is three times per week during the school months, Monday, Tuesday, and Thursday from 5:30 – 6:30 p.m. and Monday, Tuesday, and Thursday from 5:30 – 6:30 p.m. during the summer months.

Location: The Alexandria Senior High School pool is used for practices during the school and summer months.

Cost: $30.00 per month per child during the school and summer months. $35.00 registration (yearly) and $80.00 insurance (yearly and due by January 1st).

Junior Varsity

Qualifications: JV swimmers are late Elementary and Junior High age children. If under 9 years old, they must do the 25-yard freestyle in a meet in under 18 seconds. If 9 or 10 years old, they must have come up through the novice team for at least two seasons or have swam all four strokes and the IM in a meet with no DQ's. All four strokes are stressed until the swimmer is 13 years old. Swimmers may also try out and make the team by showing they can swim 25 yards freestyle and 25 yards backstroke.

Practice: Practice is three times per week during the school months, Monday, Tuesday, and Thursday from 5:30 – 6:30 p.m. Summer months practice is daily, Monday, Tuesday, and Thursday from 5:30 – 6:30 p.m.

Location: The Alexandria Senior High School pool is used for practices during the school and summer months.

Cost: $40.00 per month per child during the school months. $35.00 registration (yearly) and $80.00 insurances (yearly and due by January 1st).

Varsity

Qualifications: Varsity swimmers are primarily High School age swimmers at least 13 years of age. To go straight to varsity, a prospective swimmer must do a 1:08.00 or better in the 100-yard freestyle or swim a 200-freestyle nonstop and demonstrate proficiency in at least one of the other three competitive strokes.

Practice: Varsity practice is daily during the school months (Monday – Friday) and from 3:30 – 5:30 p.m. Summer months practice is daily from 7:30 – 9:30 a.m.

Locations: The Alexandria Senior High School pool is used for practices during the school and summer months.

Cost: $50.00 per month per child during the school months.
$35.00 registration (yearly) and $80.00 insurances (yearly and due by January 1st).

Make checks out to COAST.

Quotes

Four Way Test

1. Is it the truth?
2. Is it fair?
3. Will it build good will and better friendships?
4. Will it be beneficial to all concerned?

"Sport should be a celebration of common values."

Jimmy Tierney

"If I kept it in perspective, and limits are set up, an immeasurable amount of good can be derived from athletic competition."

Jimmy Tierney

"Most athletes should have as a goal to perform to the best of their capabilities in competition. This desire to compete represents only one of many reasons for participating. Having fun and the enjoyment of competition were the most important reasons athletes participated in a sport."

Pierce

"Swimmers compete first and foremost for success and goal achievement purposes."

"The best champions start young."

McDonald's Placement

"Swimming helps build not just better athletes……. Better kids."

"Our attitude determines our altitude."

Jesse Jackson

"New frontiers aren't discovered by followers."

Gary Belcher

"Sometimes it is not enough to do the best you can, sometimes you have to do what required."

Winston Churchill

"Stroke work is like yard work – you always gotta do it."

Eddie Reese, Florida Coach

"Luck favors the persistent."

COAST Facilities

During the school year, COAST is fortunate to be allowed to use the completely refurbished (2016) pool at Alexandria Senior High School. Named Coach Wally Fall Natatorium (2019) is a six lane, heated, and indoor facility seating approximately 200 spectators. The pool is located in the rear of the school facility at 800 Ola Lane.

Fees and Costs

Registration		$35.00
Insurance to USA Swimming (expires every December 31st)		$80.00
Monthly coaching fees	Novice	$30.00
	Junior Varsity	$40.00
	Varsity	$50.00

Team members are also responsible for meet entry fees ($3.00 per event, but may vary) and surcharges (USUALLY $7.00 per swimmer per meet, but may vary), as well as out of pocket expenses such as food, gas, and hotels. The costs of team shirts, warm-ups, suits, goggles, and caps are also the responsibility of the respective families. COAST provides training equipment such as fins, kick boards, tubes, pull buoys, and pace clocks.

How COAST Enters A Meet

Weeks, sometimes months before a meet date, the host team will apply to the competitive swimming registration chairperson for a sanction to hold a meet. These meet dates were set back in September at an LSI scheduling meeting. If the meet information (sent with the sanction application and sanction fee) is in order, a sanction and meet number are issued. Then, the meet information is mailed to all invited teams.

Usually, two weeks before the meet and entry deadline is set. Any entries after that date are considered late and will only be taken at the host meet director's discretion and usually at a substantially increased entry fee check. At this point, all swimmers owe the club the total of their individual fees, relay event fees, and meet surcharge fees. They are simply paying the club back. Absence from a meet for any reason after it has been entered does not relieve the swimmer from owing the fees.

It is hoped that enough dedication exists in each swimmer and swimming family not to miss for other than a serious reason. Responsibility is taught at COAST. Once you have signed up for a meet, you have, in fact, given your word to go. Don't let what appears to be a more exciting possibility change your mind.

The coach will fill out the events to be entered by each swimmer. Individual input as to what to enter is welcomed and should be placed by the swimmer's name on the sign-up sheet. Swimmers with special orthopedic complications should let the coach know well ahead of entry time. That way, events that irritate the complication will not be entered.

Relays will basically be made up of the four fastest swimmers in each age group and sex that are at the meet. In certain novice or "B" meets, alternates will swim a relay to gain relay meet experience. This way, most swimmers will swim one relay each under competition conditions. This will benefit the swimmer as well as the club in later and more important competition.

The Difference Between Winners and Losers

The **winner** is part of the answer.

*The **loser** is part of the problem.*

The **winner** has a program.

*The **loser** has an excuse.*

The **winner** says, "Let me do it."

*The **loser** says, "It's not my job."*

The **winner** sees an answer for every problem.

*The **loser** sees a problem for every answer.*

The **winner** says it's difficult, but it's possible.

*The **loser** says it's possible, but it's difficult.*

The **winner** sees a ray of hope.

*The **loser** sees nothing but despair.*

The **winner** looks for a way to encourage.

*The **loser** offers nothing but complaints.*

The Ladder of Success

100% - I did
90% - I will
80% - I can
70% - I think I can.
60% - I might
50% - I think I might.
40% - I wish I could.
30% - I wish I could.
20% - I don't know how.
10% - I can't
0% - I won't

1988 Olympic Participants
What Motivates Athletes/Swimmers the Most

1. SELF
2. COACH
3. OPPONENTS
4. TIME STANDARDS
5. AWARDS
6. PARENTS
7. FRIENDS

Glossary of Swimming Terms

A.A.U.: The Amateur Athletic Union, an organization that conducted swimming programs and supervised amateur competition in many other sports in the United States. It is now replaced by the USA (United States of America Swimming).

Backstroke: One of the four primary competitive swimming styles. It is performed with the swimmer on their back. The legs alternate kicking; the arms alternate pulling.

Breaststroke: The oldest of all the strokes, it is one of the four primary competitive styles. It is performed face down. The legs are kicked in unison and the arms must stroke simultaneously and symmetrically.

Butterfly: The newest of the primary competitive strokes, an outgrowth of the breaststroke, swum in the Olympics for the first time in 1956. The butterfly is performed with the swimmer face down. The legs must be kicked in unison and the arms must stroke simultaneously and symmetrically. The arms are recovered over the water.

Crawl: The fastest competitive stroke; a style of face down swimming in which the arms pull independently of each other and the legs kick individually. Because it is by far the most commonly used stroke in freestyle competition, crawl is therefore used as another word for freestyle. The only stroke with its own relay.

Dolphin Kick: The kick used in the butterfly stroke. The feet move up and down together, simulating the movement of a dolphin.

Flip: A commonly used tumbling turn in which the swimmer bends and twists their body with a corkscrew movement and pushes off the wall with their feet.

Flutter Kick: The kick used in the freestyle, in which the swimmer's knees bend and then straighten with a whiplike motion as each leg and foot press down under the water. The legs alternate, moving up and down, twice, four, or six times to each complete arm cycle.

Freestyle: One of the four basic individual strokes and team swimming competitions. The last leg of any medley race, individual or team. Crawl and freestyle have come to be used synonymously. It is the only stroke which is completely swam with the same stroke.

Frog Kick: The kick used in breaststroke, simulating a frog's movements in the water. The swimmer's feet are drawn up behind them as their knees glide to the side. Then they straighten their legs with a forceful snap into semicircular motion.

Heat: A qualifying swimming competition that precedes semifinal and final races. Used due to the number of even entrants usually being more than the number of lanes in a pool.

Medley: A race in which all four basic competitive strokes are used, each for one-fourth of the total distance, In an Individual Medley, one swimmer does all the strokes: butterfly, backstroke, breaststroke, and even freestyle – in that order. In the Medley Relay, a team event, four teammates each swim a different stroke in this order: backstroke, breaststroke, butterfly, and freestyle.

Meter: A unit of measurement equal to 39.37 inches. Because a meter is slightly longer than a yard, one (1) 100-meter race, obviously, is longer than a 100-yard competition.

Relay: An event in which four individuals on each team swim either the same stroke, or in prescribed order, one of the four different strokes. Each competitor swims one quarter of the race distance. Combined times of each team determine the winner.

Scissors Kick: A kick used in the sidestroke. One leg is bent back at the knee, the other is swung forward, and then both are brought together with a snap,

Split: An intermediate section of a race. In the 200-meter, for instance, there are four 50-meter splits or two 100-meter splits. Your split time would be how long you took to swim a particular section of the race or relay.

Sprint: A short distance competition, such as a 25-yard, 50-yard, or 50-meter race. The 100-yard and 100-meter races are also sometimes referred to as sprints.

Quotes

"The big thing is not what happens to us in life – but what we do about what happens to us."
George Allen – NFL Coach

"The harder the conflict, the more glorious triumph."

Nobody can make you feel inferior without your consent.

Winning isn't the most important thing but trying is.

Don't ever be caught doing nothing.

Don't count the days, make the days count.

Be realistic – demand the impossible.

It is better to have swum and lost, than to have never swum at all.

It's not how far you swim in practice, and it is not how fast you swim in practice – it's how far you swim fast.

Be consistently persistent.
Dick Hannula

Biting off more than you can chew is better than going hungry.

The key to being an expert is to complicate the simple.

COAST Training Definitions

Aerobic:	Intensity of exercise is low enough for the lungs to supply the oxygen for energy use in the exercise.
Anaerobic:	Exercise is so intense that oxygen cannot be supplied fast enough by the lungs. So, other energy producing metabolisms are put into use to provide the energy.
Anaerobic Threshold:	The level of work where the demand for oxygen exceeds the supply and lactate formation increases. Here we have the potential for cramps.
Fartlet Training:	Training of a continuous type at a moderate pace with short sprints interjected at various points.
Hypoxic Training:	Training involving controlled breathing or decreased breathing frequency.
Interval Training:	A series of repeats over specific distances at a timed pace, alternating with timed recovery periods – intervals. a. Number of swims b. Distance of each swim c. Speed of the swim d. Rest interval between each swim
Overdistance Swimming:	Sometimes called long distance swimming. Used to build endurance and heart efficiency. Involves distances greater than those of the event the swimmer is training for. Also uses slower speeds than race pace.
Repetition Swimming:	Workout of a series of repeats at distances shorter than race distances and at greater than race speed.
Specificity of Training:	The idea of designing workouts that best suit the needs of a particular goal for an individual for their stroke and race distance.
Sprint Training:	Used to build speed and power. It involves distances shorter than desired race distances and at all out effort.

Training Theories and Philosophies

Generally speaking, swimmers' training is based upon five factors:

1. Present stage of conditioning
    a. Out of shape
    b. Just back in shape
    c. In shape and ready
2. Number of years of trainings
3. Age
4. Natural Ability
5. Rest and Recovery
6. Strength

At COAST, these factors are considered on all levels of our program, Novice, Junior Varsity, and Varsity teams. On the Novice level, stroke technique is the primary objective. Second comes an emphasis on attendance at practice. Next comes responsibility and behavior at practice and meets. The objectives come together in an effort to have fun and improve in swimming.

The same objectives are stressed in Junior Varsity. The steps up involve an added day of practice as well as a few added minutes each day. The use of a pace clock in training is mastered here. The individual medley is the event of emphasis. Stroke techniques are continually worked on.

A swimmer who considers the Varsity level is expected to be dedicated to swimming. Another day of practice is added per week and workouts go to a full two hours each day. At this level, a swimmer can begin to be a stroke or distance specialist. Use of weights is introduced here also. An added practice each Saturday morning that there is no meet is also encouraged. The senior or national team level of Varsity employs a daily morning 1 ½ hour workout.

As one can see, many factors need to be taken into consideration so that a training program can be developed for each swimming level. Swimmers that improve the most understand the training areas and set goal while working hard to achieve these goals.

Training itself is divided into three major categories:

1. Skill development (technique)
2. Physical conditioning (workout)
3. Mental training (attitude and motivation)

In the physical conditioning category, there are five basic methods to be utilized in training cycles. These are aerobic, anaerobic, anaerobic thresholds, VO_2 Max and lactate.

Principles of Training

Energy Systems:

1. ATP/PC
2. Anaerobic
    a. Glycolytic rates – rate of ATP generation
    b. Glycolytic capacity – ability to work despite a rapid accumulation of lactic acid.
3. Aerobic

When stressing the anaerobic (glycolytic) capacity of swimmers, the coach knows but should also teach the swimmers both the glycolytic rate and capacity are reduced. This leads to a painful sensation in the arms. Stroke movements feel slow and drawn out. The end result is that the rate of acid accumulation is reduced. In other words, the swimmer can swim slightly longer and harder.

In swimming training, the swimmer's body must be built up slowly over the years; work is increased as the swimmer's capacity for work increases.

It is rare the young person who has the discipline and capacity for self-motivation to sustain this quality of work.

Energy Systems

Aerobic – Endurance energy system used in events of four minutes or longer.

Anaerobic – Energy system used in sprint events of three minutes or less.

ATP/Adenosine Triphosphate – The unit of energy that allows muscles to work.

ATP/PC – The energy system that provided both immediate sources of energy required in the first 30 seconds of work.

VO_2Max – Maximum volume of oxygen consumed by an athlete – it represents an individual's maximum endurance capacity.

Swimming Economy – The aerobic demands of swimming at a given speed.

Training Categories

Aerobic One – Recovery type swimming at warm down paces. Requires less than 70% of VO_2 Max and enhances the removal of lactic acid.

Aerobic Two – Warm up paces at a slightly higher intensity. It requires between 70% to 80%.

Anaerobic Threshold – Occurs at swimming speeds when the production lactate exceeds the removal of lactate. This causes a build up lactic acid in muscles and blood. The pace this is at is thought to be the ideal pace for endurance training.

Aerobic Overload – A training pace requiring intensity of 90% of VO_2 Max.

Race Economy – Training paces that are specific to raise pace speeds. Training at these speeds requires large anaerobic energy supplies.

Each of the systems described can be developed if the appropriate time, distance, and number of repeats and sets are used.

System	Time	Distance	# of Systems	# of Sets	Length of Rest
ATP/PC	25 sec	12 ½, 25, 50 yds	50	5	3 x longer than work
Lactate Tolerance	30 sec 1' 30 sec	50 to 100 yds 100 to 150 m	10 – 20 5 – 15	6 4	3x longer than work 2 x longer than work
Lactate Threshold	1 to 3 min	175 to 350 yds	4 – 12	4	1 – 2 x length of work
Endurance	3 min	375 to 400 yds	4-6	1	½ x length of work

When designing workouts, it is important to realize that even the distance swimmer requires sprint type of training. All types of training should be gone over in the workout for each group of swimmers. The following is a list of the percent of total workout devoted to each energy system for the various swimming groups.

Distance	ATP/PC	Lactate	Aerobic
Sprinters	60	25	15
Middle Distance	15	50	35
Distance	5	25	70

Season Fluctuations

The Design of a single workout requires careful planning. It is important that careful seasonal planning occur as well. Keep in mind that in the beginning of the season, an endurance base should be established with a gradual introduction of sprint type of workouts.

Predominant Energy Systems for Competitive Events

Distance Cycles/ meters	Percent Emphasis Per System		
	ATP/PC	Anaerobic	Aerobic
50	98	2	-
100	80	15	5
200	25	65	10
400	20	55	25

1500	10	20	70

Categories of Work

REC (Warm-up and Recovery) Helps your body get ready for the hard stuff that comes later in practice and to cool down after practice, training sets, or between sets.

EN1 (Aerobic) This is the pace where your basic endurance system develops. It is a speed that you can swim for a very long time. Basic endurance swimming at 2 – 4 seconds per 100 slower than threshold speed. Replaces muscle glycogen. Energy comes from fat metabolism. Long sets on short rests. A typical set would be 15 to 30x200 with 10-20 seconds rest between swims.

EN2 (Threshold) This is a longer, harder level of endurance swimming. Doing this type of training helps your depth conditioning. Swim at threshold speed. 1-2 seconds faster than threshold. Best pace for improving basic aerobic endurance. Long sets on medium to short rest. 12x 100 on 1:15. A typical set would be 20 to 30x100 with 20-30 seconds rest between swims.

EN3 (VO_2 Max) This more intense training with speeds 3-7% faster than EN2 and a pulse between 160 and maximum. There is no recovery between swims. A typical set will give 20 seconds rest to a 1:1 work to rest ratio. Sample set is 10x200 @ 20 seconds rest.

SP1 (Lactate Tolerance) This is high intensity swimming. Doing this type of training teaches your body to efficiently utilize anaerobic sources of energy. Improves buffering capacity. Long sprints on medium to long rest. A typical set would be 8 to 10 x 100 on 3-4 minutes.

SP2 (Peak Lactate) This is distances and speeds similar to competition events. Doing this type of training teaches your body to get accustomed to the type and amount of pain you might experience in a race and teaches your brain to resets the "STOP!" point on how much you will take and still swim. A typical set would be a set of 75's to 150's with a 5 sec rest between and a active recovery between sets.

SP3 (Alactate) This is speed development swimming. This training is necessary to develop the "easy speed" you need to take out your races. Power training to develop muscular power. Ultra short sprints on long rest. A typical set would be 5 to 10x20 yards or meters on one minute.

Aerobic
↑
Threshold Pace + Average Pace/ 100 yards
T-30
↓
Anaerobic

Energy Spent on a Race

50 Free	2% Aerobic Metabolism
	48% Anerobic Metabolism
	50% Stored Energy
100 Free	10% Aerobic Metabolism
	65% Anerobic Metabolism
	25% Stored Energy

COAST Chaperone/Driver's Responsibilities

The transportation chairperson will arrange rides and motel pairings within reason. This means within a certain time before the meet, filling cars known to be going at that time. Those finding the ride provided unacceptable, are asked to provide their own transportation, and not impose on other members of the team by asking for a rearrangement.

1. Once the transportation chairperson has assigned riders to cars, the driver/chaperone should let each rider in their car know when and where to meet to leave for the meet.
2. The driver/chaperone is responsible for getting the swimmers in their car to warm-up on time each day, as well as breakfast before the warm-up.
3. The driver/chaperone is also responsible for seeing to it that each person in their car is in ed at the time stated by the coach on the meet information sheet.
4. The driver/chaperone should wait for a rider only 15 minutes after the time agreed upon.
5. The driver/chaperone acts in the realm of "in loco parents" and will have control of the discipline of all in their car while at the meet, as well as to and from the meet.
6. Swimmers who cannot obey their driver/chaperone or who insist on breaking a curfew or training rule will be scratched from the meet and sent home at their parent's expense.
7. The driver/chaperone will assist the coach in seeing that all who ride in their car are reporting to the Clerk of Course in time for each event.
8. It is recommended that each driver/chaperone write eth event numbers on the young swimmer's arms to facilitate the above duty. A heat sheet should be purchased for this.
9. Coach will conduct all scratches. As a rule, only absences fall into this category.
10. The driver/chaperone should have made arrangements for drop-off or pick-up on return from the meet, before leaving for the meet.

This process is used for our high school swimmers. The COAST age groupers should ride to meets with their parents.

COAST Awards

Most Valuable

1. Points scored – in individual events only
2. Meets attended – for one year (short course and long course seasons)
3. Versatility to all strokes
4. Publicity for the team
5. Recruiting aid in bringing in new swimmers

The boy or girl winning this award should:

1. Have scored among the top six on the team in the number of points scored at meets during the season.
2. Have attended all team meets as well as some additional ones to seek out better competition.
3. Demonstrate by scoring points in a meet, the ability to be versatile in all the swimming events. This is shown by entering as many events as possible and placing in the majority of them.
4. Show an ability to perform the I.M. well for the respective age group.
5. Through the above four steps, brought an increase favor in publicity to the team which aids in helping the team grow.
6. As well as swim fast, show an ability to work and teach others (New and Old Members.)
7. Be able to distinguish themselves from the rest of the group by thought, word, and deed.
8. Draw favorable attention to the team through their athletic efforts and achievements with, as well as away, from the team and practice.
9. Constantly strives to fill the team's ranks with new swimmers by talking up the swim team away from the pool.

Most Improved

The boy or girl winning this award should:

1. Show the greatest improvement in time in all four competitive strokes and the I.M. than any other boy or girl.
2. In the opinion of the coach, show the greatest improvement in mastering the technique or form of the four competitive strokes and their respective turns.
3. Demonstrate an improvement in desire to swim by such actions as better attendance at competition and workouts.
4. In the opinion of the coach, show an improvement in attitude by demonstrating a willingness to work, creating or furthering team spirit, to listen and try to make new ideas and make personal sacrifices to help the overall team effort.
5. Show this improved attitude to the team by a willingness to swim off strokes on relays when asked.

Most Dedicated

The boy or girl receiving this award should demonstrate, but not be limited to the following:

1. Exemplary practice attendance.
2. Outstanding meet participation.
3. Demonstrate attention to training rules by thought, word, and deed.
4. Demonstrate a good attitude (positive.)
5. Enter a variety of events – not just one stroke.
6. Cheer for other swimmers at COAST meets.
7. Demonstrate dedication to COAST through following guidelines in training as to diet and rest.
8. Care enough to help and encourage others on the team, especially new members.

Coach's Award

The boy or girl winning this award should demonstrate:

1. A continual willingness to listen and take suggestions for improvement seriously.
2. Aid in setting control in practice so as to have a better work-achievement atmosphere.
3. Have good attendance.
4. Strive to become the coachable swimmer, the sign of a winning swimmer.
5. Make personal sacrifices such as swimming an off stroke on a relay to help the team.
6. Come up with ideas on your own to help the team and the coach, especially in the area of togetherness and team spirit or cheers.
7. Finally, to do all the above and not gripe when asked to do some irksome task. Sometimes even volunteer instead of being asked.
8. This award has nothing to do with how fast your times are in a meet.

Academic Award

The boy or girl receiving this award should demonstrate the following:

1. Show their report card, or a copy of their report card to coach **each grading** period.
2. The ultimate swimmer is the swimmer with the highest-grade average of those having followed number one above.
3. There will be a distinction as to elementary, junior high, and high school. All levels compete against one another as to boys and girls.
4. Conduct grades are observed but do not figure in the average.
5. Private schools compete with public schools.

Buddy Dauzat Memorial Award

This award goes to the individual or group (may or may not be an active swimmer) that demonstrates their love of swimming by closely following the principles that were set down by the actions of our long time Vice President, Buddy Dauzat

His attention to deal and enthusiasm for swimming led Buddy to complete every detail of assigned or, as in many cases, volunteered for tasks with an unusual degree of competency.

The person receiving this award does not seek praise or attention and is usually surprised as being named recipient of the award.

A perpetual plaque is kept in the pool trophy case showing all the past recipients.

Factors Affecting Swimming Performance

Stroke Technique
Goal Setting Ability
Desire
Diet/Nutrition
Attendance
Weight
Height
Strength/Power
Parental Support
Natural Attributes (Physical)
Efforts in Practice
Endurance
Pacing/Splits
Taper
Illness
Personality
Rest
Flexibility/Stretching
Confidence in Your Team
Success

Training Environment
Age
Competition
Factors at Meets
Practicing Between Seasons
Ability to Correct a Stroke
Distractions
Team Support
Mental Attitude
Coaching
Fun

STARTS

There are three basic starts in use today for the three strokes other than backstroke. These are:

1. Grab Start
2. Snap Start
3. Wind Up Start
4. Track Start

Regular or the new piked entry may be employed from each for greater distance depending on one's proficiency.

Grab Starts

How to do the start:

1. This start is done with the feet either wider or closer together than a conventional start. For a wide stance, grab the block inside the feet. For a close stance, grab the block outside the feet.
2. Once you grab the block, you now set. Do this by straightening your legs and pulling with the arms.
3. When the horn goes off, release the block with your hands and sling your arms up to level with the pool. The head comes up now also. Keep your arms and legs close together here.

The advantage of the grab start is it gets you in the water fast.

The disadvantage of the grab start is that you do not cover a great distance. You hit early but close in.

Snap Starts

How to do the start:

1. The stance on the block is not much different than the grab start. The feet should be a little closer together. Let's say a fist apart.
2. The knees are slightly bent, and waist is bent a great deal, nearly touching the stomach to the thighs.
3. The key point to this start is the position of the arms. They are allowed to hang straight down loosely and at shoulder width. This allows them to remain ready for the dive.
4. Once the horn has sounded the arms are snapped straight back beside the legs. Do not snap back past the point where they are parallel to the ground.
5. Immediately upon having the arms snapped straight back, the body now finds itself out over the water, hence a start from a more forward position and consequently faster than a conventional or wind-up start.
6. Now snap the arms forward like a regular start. The arms come out in front in a regular dive. This action is done snappy also. These two snappy movements give the start its head name.

7. The head is held up above the arms while in the air to help add to the dives distance. Just before entry into the pool, the head is tucked in to prevent a belly buster.

The advantage of the snap start is that it combines the speed of entry of a grab start with the long distance of a wind up start without loss of too much time or distance in the complete dive.

The disadvantage of the start is its difficulty in being learned. The start requires fast reaction time and a large amount of upper body strength.

Wind-Up Start

How to do the start:

1. The stance on the block for this start is the same as the snap start.
2. This start is primarily used in relays.
3. Once the swimmer in the water has their hands directly over the T painted on the bottom of the pool, the start should begin. The swimmer on the block swings both arms around in two giant circles This builds momentum to be transferred later to increase the distance covered in the dive.
4. As the arms swing past the legs, the legs begin the push so that the arms go out in front as the legs push off. This is a coordinated maximum effort.
5. Once in the air, the swimmer may do whichever body position suits them best. This could be from the conventional flat entry to the new piked entry.
6. This arm swing by the swimmer on the block should be practiced so anyone on the block will be able to be leaving the block as the swimmer in the water touches the wall.
7. This would allow both swimmers to be stretched out one in the air and one in the water directly over one another.
8. In a good relay exchange among older and taller swimmers, the swimmers will hit each other's feet with their feet.

Track Start

How to do the start:

1. What happens in the air is similar to the grab start.
2. The main difference from other starts is the foot placement with one foot forward and one to the rear of the starting platform.
3. The hands and arms are usually used such as with the grab start.
4. This is a good start to teach and be used by beginners.
5. This start helps prevent slipping on the take off.
6. It came into popularity when the starting platform was elevated from being level.

FLIP TURNS

Freestyle Turn

How to do the turn:

1. Swim in close to the wall without touching it.
2. Decide on which arm to turn on ahead of time.
3. Just before turning arm would, but does not touch the wall, begin to duck your head under the opposite shoulder.
4. As your head comes out from under your shoulder, your legs bend at the waist and knee.
5. As your legs bend, swing them over ***in the air.***
6. Once ***both feet*** are on the wall, shove off.
7. Shove off should be from your side and STREAMLINE as you roll over to being on your stomach and begin kicking.

Checkpoints:

1. If you begin your turn with the right arm as the extended arm, you should come out of the turn with your right shoulder toward the pool bottom.
2. Trailing arm should help the flip over and not stick up in the air.
3. Keep eyes open to do the turn best.
4. Shove off with both feet on the wall.
5. Have both arms extended over head during the shove off.

Practice

Always practice the turn as fast as you can once you have learned it. Never get into the habit of doing two turns in a row on the same hand. Alternate hands. Say one on the left arm then one on the right and so on. This prevents having one "good hand" and one "bad hand" (which you will be afraid to hit on in a meet.)

Backstroke Turn

How to do the turn:

1. Be on your ***back*** – ***no***t your side looking for the wall.
2. Touch the wall underwater ***palm up***.
3. Let the momentum carry you into the wall.
4. ***Bend*** the elbow of the arm you touch with.
5. Take a deep breath and duck your head back, and at the same time bring your knees up near your chin.
6. Swing your legs around to the side ***in the air***. Swing them left if you touch with your left hand, and of course right if you touch with your right hand.
7. Drop both feet against the wall, put both arms over your head and shove off.

Common Mistakes:

1. Grabbing the wall instead of touching underwater. This will cause you to go too deep.
2. Not bending your legs or your knees at the waist. This will cause you to go to deep.

3. Swinging legs around in the water in the air. This will cause you to come off the wall crooked.

Practice:

Always practice the turn as fast as you can once you have learned it. Never get into the habit of doing two turns in a row on the same hand. Alternate hands. Say one on the left arm then one on the right and so on. This prevents having one "good hand" and one "bad hand" (which you will be afraid to hit on in a meet.) The new backstroke tuning requires the swimmer to roll on to stomach and allows one and only one freestyle pull before flipping.

Butterfly and Breaststroke Turns

How to do the turns:

1. When coming into the wall to do the turn, the first to avoid is a short half stroke before you touch. This is actually slow.
2. When you do hit the wall, do so with both hands at the same time and same level.
3. Once the wall has been properly tagged, the turning arm (usually the left) should immediately go back underwater.
4. At the same time, you move your left arm back, the head should move back with it.
5. As the head and arm go back, the other arm pulls the wall to draw both feet up to the wall for push off later.
6. Once the feet are at the wall, let go with the remaining (right) arm.
7. Both arms are now free to come around in front of you.
8. Extend both arms straight over your head with your biceps resting above and next to your ears.
9. Place one hand, extended palm down, over the other hand, which is palm down.
10. Push off the wall with both feet, arms extended, head down and toes pointed during the glide.
11. The breaststroke swimmer will be a little deeper here than the butterflyer.
12. The breaststroke swimmer pulls then kicks while the butterflyer kicks then pulls. The third thing for each is to get the first breath since the turn.

FREESTYLE TECHNIQUES

I. ARMS
1. Entry
    a. Fingers enter water first – palm down and fingers together.
    b. Arms are nearly straight on entry.
    c. ***Elbow slightly higher*** than wrists here.
2. Underwater motion
    a. First part of pull is in and slightly down.
    b. Use S-type or question mark-type pull to get new water moving.
    c. Arm is bent to 90° in middle of pull.
    d. Elbows higher and outside wrists during pull.
    e. Finish arm pull with a ***push*** of the water towards the feet. Your hand should finish past the bottom of your suit with the palms toward feet and wrists bent.
3. Recovery
    a. Once the arm finishes pulling, the elbow comes out of the water first – then the hand.
    b. The elbow begins to bend here with the hand coming in under the elbow and slightly outside it.
    c. Bend the wrist with the hand out to prevent fingers dragging in the water.
    d. Do not windmill the arms during recovery.
    e. The arms should be relaxed.
    f. There is a ***SMALL*** amount of natural shoulder roll. Not as much as in backstroke.

II. LEGS
1. Steady kick
    a. 2 beat – distance usually
    b. 2 beat crossover – distance usually
    c. 4 beat – sprinters and middle distance
    d. 6 beat – sprinters
2. Bend knees slightly but not too much.
3. ***Point toes*** back so ankles are flat in front and foot acts like a small flipper.
4. Don't allow feet to kick into air entirely each kick.

III. HEAD
1. Head should be positioned so that face is slightly down, and neck is in natural position.
2. Look around with eye movement – not head movement.
3. Keep neck relaxed so shoulders won't tighten up.

IV. BREATHING
1. Breathing should be worked in with the arms – not the reverse.
2. Breathing should be fast; you travel farther with your head down than up.
3. During practice ***breathe bilaterally always.*** This balances your techniques and prevents wide or high recovery by one arm.

4. Begin exhaling before head comes up so all you have to do once your head is up is inhale.
5. Exhale through your mouth and nose at the same time to prevent choking.
6. Water should be at your hair line.

V. DRILLS

1. Kicking
    a. With board and face up out of water.
    b. With board and face in water.
    c. Hands by the side or in front with no board.
    d. Hanging on wall for timed kicks.
    e. On side with one arm out in front and one arm by your side.
2. Pulling
    a. With tubes, or buoys, or boards, and with paddles
    b. With tubes and buoys and paddles
    c. Above with one arm or both arms
    d. One arm pulls without above equipment and other arm by your side.
    e. Right arm up, left arm back, and then a regular 50 swim.
    f. Chicken wing drill.
3. Swimming
    a. One arm swims as above in line (e.)
    b. Hesitation swims – sometimes called catch ups.
    c. Heads up swims
    d. Hypoxic
    e. 3 rights, 3 lefts, and then 3 regulars

BACKSTROKE TECHNIQUES

I. ARMS
1. Entry
    a. Hands enter water ***little finger first*** to decrease splash, with fingers together.
    b. Hand goes to one (1) foot depth to begin pull.
2. Underwater motion
    a. Use S-type or question mark-type pull to get new water moving.
    b. ***Arm at 90° bend*** in middle of pull.
    c. Elbows points to the bottom of pull.
    d. Finish arm pull so that the palm of the hand is perpendicular to the pool bottom and next to the thigh ready for thumb-first exit of water.
3. Recovery
    a. ***Straight arm*** recovery over shoulder
    b. Three choices:
        i. Palm down – can slap water.
        ii. ***Thumb up*** – have to rotate hand before entry.
        iii. Little finger up – hand ready but not tight shoulder
    c. Relaxed arm but straight
    d. Recovering shoulder is rolled, not lifted. Do not overreach here.

II. LEGS
1. Steady 6 beat if possible for the kick
2. ***Keep knees underwater.***
3. Feet flip up and flip water into air without going into air themselves.
4. Point toes.

III. HEAD
1. Keep chin slightly up – this allows you to put out more effort.
2. Do not roll head side to side.

IV. BREATHING
1. It is best to breathe in on one arm and exhale on the other.

V. DRILLS
1. Kicking
    a. Hands locked overhead.
    b. One arm overhead.
    c. Arms by side.
    d. On your side with one arm extended over head and other by your side.
    e. Kick underwater – in streamline position.
    f. With fins in above drills.
2. Pulling
    a. Double arm pulls.
    b. Pulls with buoys, tubes, or both.
    c. One arm pulls with shoulder roll and other arm up.

    d. Lay in gutter and do one arm pulls for setting entry position.
3. Swimming
    a. One arm swims.
    b. Double arm swims for arms recovery.
    c. Regular swims
    d. One arm up – other arm back – then both as regular or double arm swings.
    e. 25's with turns in middle.
    f. 50's with turns in middle and end.
    g. Rock or cup of water on forehead to keep head fixed.
    h. Closed fist swims.
    i. Sit and spin out drill and gradually lay back.
    j. Swim/pull on rope to develop arm bend.

High School Order of Events

1. 200 Medley Relay	4 swimmers per team. Each swimmer swims a different competitive stroke in a pre-determined order.
2. 200 Freestyle	Middle distance race 8 lengths of the pool freestyle. A very difficult race to swim from the standpoint of strategy. Requires power, strength, speed, and endurance.
3. 200 IM	Middle Distance Specialty Event: 8 lengths of the pool. The swimmer swims 2 lengths of each competitive stroke in a pre-determined order. This event demonstrates the versality of a swimmer, by combining the difficulties of a middle-distance race with those of being proficient in every competitive stroke.
4. 50 Freestyle	Sprint Event: 2 lengths of the pool freestyle. Shortest event in NCAA swimming. Requires tremendous power, strength, and quickness with emphasis on starts, turns, and stroke technique.
5. 100 Fly	Specialty Event: 4 lengths of the pool using the most energy demanding of the four competitive strokes, butterfly. This stroke requires a great deal of strength and endurance.
6. 100 Free	Sprint Event: 4 lengths of the pool freestyle. Requires power, strength, and quickness.
7. 500 Free	Distance Event: 20 lengths of the pool freestyle requires endurance, sense of pace, and optimum use of strategy. Shorter than the 1,000 and requires much different strategy.
8. 200 Free Relay	4 swimmers per team. Each swimmer swims 50 yards of freestyle.
9. 100 Back	Specialty Event: 4 lengths of the pool using one of the most unique strokes, backstroke. This stroke requires the competitor to race backwards which is a very difficult feat. One of the only two competitive disciplines that require a competition to race backward.
10. 100 Breast	Specialty Event: 4 lengths of the pool using the most difficult of the four competitive strokes to learn and master. Breaststroke requires great coordination and timing.

11. 400 Free Relay	4 swimmers per team. Each swimmer swims 100 yards. This is one of the most exciting events in NCAA competition. It is fast and furious. Many times, this event determines the winner of the meet. A team may be as many as six points behind going into this event and if they win the event, they will win the meet by one point.

Rules At A Glance

Starting Rules

Forward Start (All races except backstroke): Swimmers must stand with at least one foot on the edge of the starting platform in readiness to assume a starting position. Upon the command "take your mark" the swimmer shall assume any desired starting position and become motionless. At the sound of the starting device the swimmer begins the race.

Backstroke Start: Swimmers line up facing the starting mark with both hands grasping the starting grips and with both feet in contact with the wall. On the command "take your mark" the swimmer may assume any position which does not remove him/her completely from the water or hands and feet from contact with the end of pool.

Relay Starts: The first swimmer must follow regular starting rules. All subsequent swimmers may be in motion and extended over the water but must not break contact with starting surface until the previous swimmer has touched the wall.

No False Start Rule: Any swimmer violating the starting rules or leaving their marks before the sound of the starting device will be charged with a false start and will be ejected from the race on the first infraction.

Stroke Rules

Any violation of the following rules will disqualify a swimmer from the event and his/her swim will not be counted.

I. Butterfly
   a. Both arms must be brough forward together over the water and brought backward simultaneously. The body must be kept perfectly on the breast and both shoulders in the horizontal plane.
   b. All up and down movement of the legs and feet must be simultaneous.
   c. When touching at each turn and finish both hands must touch the end of the pool simultaneously.

II. Backstroke
   a. A swimmer shall leave each wall on his/her back and continue swimming on the back throughout the race. Rolling over on your side for the finishing touch results in a disqualification.
   b. A head, foremost hand or arm touch is required at each turn and the swimmer's hips may not turn over beyond the vertical before touching the end of the pool.

III. Breaststroke
   a. The body shall be kept perfectly on the breast and both shoulders shall be in line with the water surface. All movements of the arms shall be simultaneous and in the same horizontal plane. The hands shall be pushed forward together from the breast and shall be brought back on or under the surface of the water.

A part of the head shall always be above the general water level (the water surface in calm state), except that after the start and each turn the swimmer may take one arm pull and one kick while wholly submerged. The head must break the water surface before the start of the second arm pull.

b. All movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. A dolphin kick is not permitted.
c. When touching at each turn and finish, the touch shall be made with hands simultaneously. It is permissible after the final arm pull prior to the touch for the head to be lowered below the water level.

IV. Freestyle

a. In a free style event, any style or combination of styles may be used.
b. Crawlstroke is the most common stroke used under freestyle. It is a stroke that employs an alternating above water arm recovery with alternating up and down kicking movements.

NUTRITION Or "Eat to Compete"

You are what you eat. What you eat and how much you eat directly affects how well you perform and what your body will look like. As an athlete and competitive swimmer, you will want your body to perform at its best. The amount and types of food you eat will help your body to stay healthy and become stronger.

Swimming is one of the most energy intensive, and nutritionally complex of all sports. It takes energy – and lots of it – to fuel a swimmer's muscles for a long season of intensive training and competition.

The amount of fuel a body uses is measured in calories. Each type of food you eat has a calorie value. The normal person who does not work out will use 2,000 calories a day. The competitive swimmer can use as much as 6,000 calories a day spread over fifty nutrients for top performance. These nutrients are divided into six major classes: carbohydrates, fat, protein, vitamins, minerals, and water.

Foods not only have a calorie value, but they have a health value also. Different foods have different types and levels of vitamins, minerals, and body building potential. An individual who works out very hard every day will deplete the necessary materials needed to stay healthy and allow their body to become stronger. Certain foods aid in building strength and others aid in building endurance. For this reason, a swimmer needs to eat the proper amounts of health and body building materials.

Certain foods also have performance value for the swimmer. Since a swimmer wants the most energy potential, the must eat high energy potential foods than can be used up easily by the body and will not be stored as useless or unnecessary weight. A brief outline of the purposes of proper nutrition includes:

1. Proper amounts of calories
2. Proper foods for health
3. Proper foods for body building
4. Proper foods for high energy potential

The athlete who is in heavy training tends not to store their food. They will, however, take the extra food (if it is the proper food) and use it to build up their muscles. If they are eating the wrong food, it will be stored as fat. As we all know, muscles make your body move and fat just gets in the way. So, for the athletes, it is important to eat the proper foods.

The percentage of each type of food group to each day is:

1. Carbohydrates 55%
2. Fats 30%
3. Protein 10/15%

How many calories to use per day:

1. 2,000 – no workout
2. 4,000 – approximately 2 hours or 5,000 to 6,000 yards in workout
3. 6,000 – approximately 4 hours or 10,000 to 12,000 yards in workout

Of the six classes of nutrients named earlier, carbohydrates, fat, and protein are the ones that supply energy.

Carbohydrates- The source of most of the energy used by swimmers in training and competition.

Fat- Also an energy source for athletes, but due to the length of time needed to get enough fat available to burn it is of little benefit for most swim races.

Protein- Can be an energy source also. However, its main function is to build all body cells.

Vitamins- Used to control the growth of all body tissue. Also essential for the release of energy in the body.

Minerals- Involved in many jobs in the body but mainly for building cells and controlling body processes.

Since our muscles and liver only have a limited capacity for storing glycogen; at best, 1,500 calories, as swimmers we need to eat a varied diet to be sure we take in all the needed nutrients. These nutrients are best utilized if taken in with food form as compared to pills.

There is not a vitamin or mineral that has performance enhancing effects. A deficiency of these vitamins and minerals, will, however, slow you down.

You can always make time to do what you want to do. So, if you want to swim well, you need to eat well. That means balanced diet. Eat to compete.