

The Swimmers Diet

There is a wealth of published information on nutrition and the best diet for your swimmer may vary. Follow these basic tips for the competitive edge.

Fluid replacement is probably the most important concern for a swimmer. If lost fluids are not replaced this may lead to dehydration and poor performance. Prevent dehydration by drinking fluids before, during, and after the workout or race. Do not wait until you are thirsty. Bring a water bottle to all practices and meets. The primary fuel for exercising muscle is carbohydrates. A swimmer's diet should consist of at least 60% carbohydrates. Visit www.usaswimming.org for more information.

Remember: Food does not make a swimmer swim fast. Quality training makes a swimmer swim fast.

Parent's Rights/Keeping Things in Perspective

Remember which one of you is the swimmer and do not overburden your child with pressure to win. It's a sport; it is supposed to be a pleasurable experience for your child. Place the athlete first and winning second.

Volunteer Opportunities for Parents

The team needs parents to volunteer their time to make the program successful. We have several opportunities for parents to volunteer throughout the season whether it is with practice, meets, and/or fundraisers. Anyone who has been to even one swim meet knows that it takes much effort on the part of parent volunteers to make it happen. Volunteers are needed by all teams at every meet. The team will be looking for help from each family over the course of the swim season, and we're sure that every parent can find an opportunity within volunteering that he/she enjoys. A description of each volunteer position is below:

Timer: This is the most popular meet job among both new and experienced swim parents. You use a stopwatch to time the swimmer in your assigned lane. There are typically 2 timers per lane and we have an electronic timing system. You get a much better view of the action. Timing is EASY and a great job for everyone. If you're new to the swim world/timing we would be more than happy to give you a practice round at practice prior to timing at a meet!

Official: Officials determine whether a swimmer touched the end of the pool during a turn and whether the technical aspects of the swimming stroke were legal. It requires knowledge of the US Swimming stroke regulations, and a willingness to fairly disqualify swimmers when appropriate, and successfully completing and passing the Official's course. If you would like more information on taking an official's course, please reach out to Sidney Watkins.

Locker Room Supervision: Considering the locker room is used by so many swimmers and additional YMCA members, it is very important to assure all swimmers are cleaning up after themselves and removing any trash, swim gear, bathing items, etc. prior to leaving the locker room. If you would be interested in completing a locker room walk through at the end of practice one night a week, please let us know as we would love to have your help!

Fundraising: All fundraisers would not be possible without the help of our parents. If you're interested in helping with fundraising whether it be collecting orders, tallying orders, order distribution, etc, we would love to have you! In addition, our swim-a-thon is a lot of fun for our swimmer's and their family's but it is also a lot of work between set up, food prep, lap counters, etc. We will be sending out volunteer opportunities for each parent at the time of each fundraiser and are thankful for any help you are able to provide.

Necessities for Practice

Please make sure your swimmer arrives to practice on time and with the following items: a suit suitable for practice, goggles, a swim cap, and water bottle. Great suits and practice items can be found at www.swimoutlet.com/ndcygators at a great price.

What to Expect at Swim Meets

Meets are usually held on the weekends, most often on Saturdays. YMCA Dual and Tri meets are when our team competes against one other team. At YMCA Invitational meets, USA meets, and championships, several teams compete against each other, often vying for higher points, and awards.

We will keep all meet schedules and warm up times on Team Unify, as well as pool locations for driving directions. Please arrange your arrival for all meets and allow for a proper warm-up. If you're unable to attend a meet that you have signed up for, please notify a coach ASAP.

Meets take time, a long time. Please plan your day accordingly and bring something to keep your swimmer busy in between events. Dry warm clothes and extra towels are recommended for your swimmer while they wait for their next race. Also, encourage them to cheer for their teammates and watch others swim their races. This is a great learning opportunity and a great time to put our good sportsmanship to use.

****Swimmers must sit with their teammates during the meet.** This is so coaches can find them when their event is up. Before each meet please have a discussion with your swimmers about appropriate behavior and being sure they stay on the deck and not wander around the facility or locker rooms during the meet.

The best way for parents to keep busy at meets is to volunteer to help! Most often, these jobs offer some of the best seats in the house to watch a meet. No experience is needed, just a willingness to learn!

Lost & Found

Every year during swim team season our "Pool Lost & Found" triples in size due to water bottles, goggles, caps, etc. Please make sure to label your swimmers' items to avoid losing anything. If anything is found with your swimmer's name on it, we will make sure they receive it at the next practice. Items in the lost & found will only be held for 30 days before they are donated to Goodwill.

USA Swimming Guidelines

If you are registered with USA Swimming, please understand that in order to operate successfully as a team, a swimmer will not be permitted to swim in USA meet other than the meet chosen by the team. For an example, if there are two USA meets on the same day, all swimmers will swim the meet chosen by the team. We will not be splitting swimmers up to attend multiple meets on the same day. It is important that our coaches' our able to travel with the team and we support one another and operate as a team at the same meet

