

2021-2022 WHS Boys Swimming & Diving Handbook

Table of Contents

Contact Info/ Philosophy.....	2
Safety Information.....	3
COVID-19 Mitigation.....	4-6
Captain Letters.....	6
Team Pledge.....	7
Coach Letters.....	8-10
Parent Volunteers/Special Recognition.....	10-11
Equipment.....	11-12
Rules.....	13-16
Meet Info/Rules.....	17-19
Injury Procedures**.....	20
Strengths/Weaknesses.....	20-21
Something to Think About.....	22
Swimming Key Words & Tips.....	23-29
Diving Key Words & Tips.....	30-31
Mental Training/Goal Setting.....	32-33
Excuse List.....	33-35
Risks.....	36
Health Info.....	37-38
Invisible Training for Invincible Swimmers.....	39
Lettering & Awards Information.....	40
District Team.....	41
Qualifying Times.....	42-43
Middle 50.....	44
All-Americans/State Champs.....	45
Meet Evaluation Form.....	47
WHS All-Time top 25 times	

Contact Information

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What Are We All About

Swimming and diving are among the most demanding varsity sports in which a high school athlete may participate. The current level of competition is such that, in order to be successful, the Wenatchee Swimmer/Diver must commit their time to an intense training program requiring long hours. **All** team members are expected to train for **four** events, as allowed by rules. Individuals focusing on diving are strongly encouraged to complete Tuesday and Friday swim practices, as swimming events will be their other three events, and swimming provides excellent conditioning.

Swimming/diving is both an individual and team sport. The goal of Wenatchee swimming/diving is to promote excellence in competitive swimming/diving at both the individual and team level. The program strives to foster the development of self-confidence, self-discipline, and self-motivation within each individual. The expectation is that these characteristics will carry over into the other areas of life and allow the individual to make a positive contribution to their family, school, and community. Essential components of this development are the important skills of goal setting, teamwork, and positive support. When the individual succeeds, the team succeeds. It must be stressed however, that no individual is more important than the team. Negativism, half-heartedness, and other types of behavior that detract from the team's pursuit of excellence, cannot be tolerated.

Swimming and diving are not easy. In order to swim fast and dive your best, you must train well. When one trains well and practices with intensity, excellence is guaranteed. The Wenatchee Swimming/Diving program is structured so that the swimmers and divers may create an

environment in which it is fun to train with intensity. Set goals, formulate a plan to attain those goals.....STRIVE FOR EXCELLENCE. One of the things that will help you most is to, *“handle yourself with class and dignity at all times.”*

Safety Information

The Wenatchee High School swimming and diving program coaches take pride in providing a safe environment for all team members. As a group, we have a duty to help provide a safe aquatics environment for all.

1. Enter the pool only when directed by a coach. Follow all pool rules.
2. Do **NOT** run on the pool deck.
3. The swimming assessments will be given on the first day of practice for each swimmer and/or diver. **No** swimmer/diver is allowed to practice until they have passed the swimming test.
3. Do not throw kick boards, pull-buoys, or other equipment.
4. Starting blocks are to be used only when directed by a coach.
5. When practicing starts the guidelines below will be followed: **
 - Swimmers should NEVER dive into water that is less than five feet deep.***
 - The deck should be clear of kick boards, pull buoys, fins, etc.
 - No “horse-play” when starts are being practiced.
 - Starts will ONLY be practiced at a time designated by a coach.
 - Practice starts ONLY when a coach is present and directly observing the swimmer.
 - When using the starting blocks, get onto the blocks ONLY when a coach gives the command, “STEP UP.”
 - When practicing starts, from the deck, in the pool, or the blocks, all other swimmers must keep an adequate distance from the starting swimmer.

**All swimmers and parents need to be aware of this policy in order to reduce the risks associated with practicing starts. Any violations of this policy will result in immediate dismissal from practice.

*** Some pools, like the Eastmont YMCA facility, are not 5 ft. deep. Extreme caution should be used when starting at any pool of a depth less than 6 ft.

“Success isn’t something that just happens – success is learned, success is practiced and then it is shared.” Sparky Anderson, 3X World Series Champion Manager

COVID-19 Mitigation Standards

- The entrance door to the pool will be open 15 minutes before each practice session begins. There will be at least a 10-minute break between sessions to make sure all of the athletes have exited the building, and so the staff has time to prepare the facility for the next session. Athletes will exit the facility from a different door than they entered.
- The starting blocks, ladders, door handles and any other points of human contact will be disinfected before and after each session.
- Athletes will be dropped off in the back parking lot of WHS near the pool. The pool entrance will be used for both arriving and leaving. Hand sanitizer is recommended and will be available at a table at the entrance.
- If an athlete is sick or shows signs of being sick, they will be required to exit the facility immediately. If you know or think you or your child(ren) are sick, please do not bring or allow them to come to practice.
- Athletes are always to maintain a minimum of three feet of distance between themselves and any of the other swimmers in the pool.
- Athletes will be preassigned a lane and an end of the pool that will be their starting and stopping point for the duration of practice. This will ensure athletes will rarely be in close proximity to another swimmer.
- The locker rooms are available and we will assign areas for each lane (pod) to be in. When changing before, and after practice, masks are required unless showering is taking place.
- Athletes must wear their masks at all times until they enter the pool. Once they get out of the pool they must immediately put on their mask.
- Population Plan A (One pool end)
 - All six lanes will be used, three to 4 swimmers per lane for a total of up to 24 athletes.

- Swimmers will be assigned to pods of 4 or less with three total coaches.
- 2 coaches, each on opposite pool sides or pool ends (depending on population plan)
- **One diver** spaced 6 feet apart on deck. Spacing markers will be provided as visuals for divers to stand on while waiting to use the diving board.
- Divers will space their stretching mats 6ft apart during dryland, and sanitize after use.
- No spectators will be allowed into the building for practice. Spectators will be allowed at meets, but must be masked to enter the building.
- The groups of athletes at each practice session will be consistent until restrictions are eased/lifted. There will be no switching to different groups once the schedule is completed.
- Coaches and lifeguards will wear a mask at all times unless they have to enter the water for some reason.
- Drinking fountains are off limits. athletes must bring their own water bottle or other form of hydration. A water jug will be provided for filling water bottles.
- Athletes should use their own training equipment (kickboards, fins, etc.). Wenatchee High School equipment will be available for use. Athletes who have their own equipment should bring it to the pool.
- Tables will be set up near the entrance and exit doors with hand sanitizer, facial tissue, sanitizing wipes, and sanitizing spray.
- A “no-contact” thermometer will be located at the entrance door table. Athletes will be able to have their temperatures taken as they enter the facility
- At the conclusion of practice, athletes must change in the locker room in their designated area and exit through the pool door as quickly as possible. No loitering!

TRANSPORTATION:

Transportation should be with immediate family of the same household only unless that option is unavailable. If “from home,” transportation is not available, then a ride should be arranged so that athletes riding with each other are in the same athlete pod.

“Don’t put a limit on anything. The more you dream, the further you get.” **Michael Phelps**

WHS Team Pledge

To Be the Best, We Must Follow the **PATH!**

Purpose – the pursuit of excellence in swimming requires the greatest degree of *sacrifice*. We must remember our **purpose**: achieving excellence, through constant improvement of technique, training and mental aspects of the sport. Unconditionally commit ourselves to the *team* goals in order to create an atmosphere which breeds success.

Accountability – We are more than individuals! As a team we need to give our best so the team can reach maximum potential! Help each other to be the best by holding yourself and your teammates accountable!

Teamwork – Swimming is both an individual and team sport. How hard each team member works directly influences how we perform as a team. Believe in your teammates! Help them to achieve by challenging them to be the best they can be. Team work makes the dream work!

Honor - Honor the sport, your teammates, parents, coaches, and athletes and coaches we compete against. The lessons we learn through being on a swim/dive team are lessons we can draw from for the rest of our lives. *“Handle yourself with class and dignity at all times.”*

IF we remember our **purpose**, practice **accountability** and **teamwork**, and **honor** our sport, we

can reach team and individual goals.

“I told myself there was no way I was going to let this training go to waste. It was my time and I was ready to go.” – Katie Hoff, former world record holder, 400 IM

"The things you learn from sports – setting goals, being part of a team, confidence – that's invaluable. It's not about trophies and ribbons. It's about being on time for practice, accepting challenges and being fearful of the elements." – Summer Sanders, Olympic gold medalist in swimming.

From Your Head Coach

Dear WHS Swim Team and Parents:

My name is Coach John Pringle, and I will be your Head Coach for the WHS Boys Swim & Dive Program again this year! I am excited to be a part of this program, and for the opportunities we have this season. This season will be one for the ages! This season will require flexibility, determination, and most of all heart from every athlete, coach, and parent. Now more than ever our shared love for the sport of swimming needs to shine through. This is what will keep us ready to be competitive when our season is underway.

As the late Coach Elwyn wrote, “We will work hard, improve, and become better swimmers and better people. The challenges of swimming are an important preparation for the challenges of life. How we face them, and overcome them is of utmost importance. Be resilient! Prepare for the best season yet.”

This is my 2nd year coaching for the Boys Swim Team as the Boys Head Coach. Swimming is a great sport, which I have been involved with for the last 54 years! I began my competitive swimming career when I was 3 years old with my Dad’s summer league team and have always seemed to find my way home to the pool deck. From high school state meets, USA swimming meets, senior sectionals, to the collegiate level, I have been a part of many teams. I grew up swimming for the South Snohomish County Dolphins. I also swam for Mariner High School, where my team placed as high as second in the State meet. I also swam with the Mill Creek Summer Swim Team. I went on from Mariner to have a good career at Central Washington University, and I am a member of the CWU athletics Hall of Fame. I have coached at every level of our sport, having been a head coach for over 29 years in total at the collegiate, high school,

club, and summer league levels. My greatest moments came as the Head Coach of Snohomish High School where my girls teams rolled to 12 out of 13 district championships and at one point won the State Meet three years in-a-row! In 2002, I resigned from the boy's team position after the sudden death of my 1st wife and my assistant coach was hired as my replacement. That group of boys also went on to win 3 State titles.

With the pandemic of COVID-19, and the great loss of Coach Elwyn a bit over a year ago, we still have a lot to overcome. In my heart I know we will swim through this together. We will work harder than we ever have before **TOGETHER!** Coach Elwyn's mantra of empathy, dedication, and inclusion will constantly come to the forefront of my mind. When I see this team, athletes, parents, and coaches, I will always see Elwyn's legacy. We all are a part of Elwyn's legacy. Don't forget it, LIVE UP to it. With hard work, dedication to team goals, and following the **PATH** we will reach our destination!

Go Panthers!

Coach John Pringle, Head Coach

Attention: PARENTS!
DO NOT READ THIS!!
(Unless you want your child to have a great season!)

Parent involvement is crucial to hosting a dual meet and having a successful swim season.

Without your help, we cannot host home meets. Unlike other sports, which you and your child(ren) may have been involved with, swimming meets require the efforts of MANY adults to function. We need at least 13 timers, two or three scorers, a half dozen officials, and a runner. In addition, a deck computer operator and a scorer are required. In short, we need around 25-30 parents to properly run a meet. We cannot begin a meet if we do not have your support. With this in mind, I ask each of you to aid in the running our home meets. Sign up at the kick-off meeting and/or at the pool throughout the season.

Please try to arrive at **least** 20 minutes prior to the beginning of the meet and be ready to focus on putting on the best meet we can. Accuracy is important as athletes are trying to qualify for districts and the state meet. Therefore, when timing, please pay attention to the starter, the length of the race, and all other aspects of the meet.

Swimmers require proper nutrition and hydration to perform well at swim meets, but it is not always available because many meets begin directly after school. We would encourage you to bring a healthy snack (i.e. goldfish, fruit, Gatorade) that the whole team can enjoy which we will set out on a table for the athletes.

Thank you for your cooperation and support. You can check the meet schedule online through

the WHS Athletic Department website:

<http://www.wenatcheeschools.org/whs/athletics/index.cfm>. Any questions?

Contact coaches Pringle, Fryhover, Elwyn, or Norsen. Most days, Coach Pringle is available after practice should you have any concerns or need to talk, it is recommended, however, that you make an appointment.

Special Recognition

Our program could not maintain the high level of excellence we enjoy without the help of those who volunteer their time and talents to us. Be sure to tell them how much you appreciate their help when you see them.

WHS Administration – Eric Anderson, Ricardo Iñiguez, Donna Moser, Molly Butler and Jake Buholtz are very supportive of athletics in general and of swimming in particular. Invite them to home meets and say hello to them when they attend.

Jim Beeson and the Athletic Department staff – Jim Beeson is the Athletic Director for Wenatchee High School and responsible for scheduling the buses and supervising the athletic programs. The dedication of Mr. Beeson and his staff, Deanna Roman make it so WHS coaches are able to focus more on coaching and less on administrative details.

Stuff We Use

Equipment

Listed below are items you will need for training while a member of the team this year. A brief explanation follows each item, but if you don't understand; talk with one of the coaches.

Practice Suits – You can practice in any type of suit you have. Most Boys will wear more than one suit and most of the Boys team will wear boxer or baggy type suits. We like you to use a suit(s) that will create drag. This will allow you to feel great when in meets you can use just the team suit.

Team Suits – There are two basic types of material that suits are made of, nylon and lycra. Some of the newer, “Fastskin” type materials provide a tighter fit and are better at repelling the water than nylon. Nylon lasts longer and is good for practice suits. Hi-tech racing suits are made to repel water and decrease drag, they are more expensive and are only used at championship meets.

Competition Suits (NFHS Rule) - Suits worn by swimmers shall be limited to the following requirements:

a. only one swimsuit shall be permitted in competition. (A swimmer with special

needs may request customization through his/her school to the state association.)

b. the swimsuit shall be:

1. constructed of a woven/knit textile material;
2. permeable (100 percent to air and water);
3. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
4. made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings, and waist openings); and
5. constructed so that the style/shape of the suit for males shall not extend above the waist nor below the top of the kneecap and for females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.

All suits will fade in color and wear out because of the pool chemicals. To prolong the life of your suits, I suggest you rinse your suits in cold water after each use and allow them to drip dry without wringing them out.

Team Caps - Swim caps can be worn during practice to keep the hair from becoming too damaged. At meets, *all* swimmers will wear caps because once you are in the water the only thing that distinguishes you from the other swimmers is your cap, It also reduces drag from your hair. Wear a cap in practice the day before a meet to get accustomed to them. Caps may be purchased in the ASB office for \$12.00. The WIAA has graciously approved us to wear these caps at all meets.

Goggles- There are many types of goggles the swimmers use for practice and in meets. Many goggles have a cushion (silicone or foam) around the eye pieces for comfort. Swedish goggles are smaller, fit into the eye socket and seem to stay on better during the start and turns. *You* need to find the one that works best for you, adjust them, wear them, and take care of them. When we travel to meets, it is a good idea to have two pairs of goggles. They are a lot like shoelaces, you never know when they are going to break, but it will not happen at a convenient time.

“The water is your friend. You don’t have to fight with water, just share the same spirit as the water, and it will help you move.”

Alexander Popov

“Sammy’s” [Optional] – these are an artificial chamois which you can use to dry off quickly, ring them out, and they are ready for the next time. They save having to carry a lot of towels for meets.

Fins- We use them throughout the season. They make learning and swimming nearly all of the strokes easier, get you used to swimming fast, and develop the leg muscles. You will need to have fins with **short** blades. We have a supply of these but you may wish to purchase your own.

Paddles & Pull Buoys [Optional] – We have a supply available for team members to use, but if

you have a special pair that you like, you are welcome to use those.

Sweats/Warmups/Jackets – At meets you will need something to wear as we march out at the start and to wear after your races to keep the body warm. Everyone must purchase a warm-up jacket. You can purchase all team gear on our team BSN Store.

Team T-shirt – These are designed by the captains and will be available on the Team BSN Store.

Water Bottles – Fill them before every practice and **you should drink one or two full bottles** every workout. Water bottles must be your own and water brought from home. Do not share your water bottles.

Team Rules

Practices

We sometimes hear ourselves or teammates say “swimming is boring” or “swimming just isn’t fun anymore.” Instead of giving up, figure out why it is boring or not fun anymore and make it better.

Fun does not always have to be games and relays. Think about how much fun you have at a meet when you swim best times, set a record, make a qualifying time, or win a tough race. That’s FUN. How about when the coaches give you a challenge set in practice and you achieve all your times, that’s FUN, too.

Making a game out of workout sets and even meets makes swimming FUN. Be creative in challenging yourself. Imagine a TV announcer describing your race at the Olympic Games: “Here comes (you) moving to challenge for the lead. (You) is looking very strong and his/her stroke is smooth, powerful, and effortless. After that last turn (you) has...” The reward for meeting these challenges is usually good feelings about yourself and ultimately FUN!

Here are some suggestions for making practice **FUN**:

1. Be the first person on the deck, ready for practice each day.
2. Be the first one in the water, be supportive and encourage your teammates.
3. Make each practice or set a little better than the one before.
4. Count your strokes per length and keep them consistent.
5. Always know what number you are on the set.
6. Develop the fastest turns and best streamline off the wall.
7. Figure out your next send off time and repeat times for the set.
8. Push yourself a little further than you have ever gone before.
9. Have positive self-talk in every practice.

Remember, Swimming **fast** is really **FUN!**

I try to make the good days great and take something positive from the days I'm not feeling good – work on technique or something like that.

Katie Ledecky

Rules

Afternoon swimming practices normally begin at 3:50 pm and finish at 6:00 pm Friday practice will normally end at 5:30pm. You are tardy if you are not in the pool, or ready for dry-land training, by 3:50pm. All swimmers and divers are required to attend the Tuesday swimming practice after school. Divers are encouraged to swim **at least** one other day per week, as determined by the coaching staff (usually Fridays). To be eligible to participate in an activity, meet, or practice, you must attend all of your classes the day of (or the day preceding the meet in the case of a holiday or Saturday event) the contest. In addition, you must have 10 practices in order to be eligible for competition (WIAA rule).

In addition to the regular practice schedule above, there will be some Saturday practices during the season.

You are expected to be at **all** practices unless prior arrangements have been made with me, or you are absent during the school day and it is excused through the attendance office.

Anyone missing more than one practice during the week preceding a meet will not be eligible to swim in that week's meet. In addition, the WIAA requires attendance the day prior to a meet for meet participation.

Anyone who is going to be late to practice must notify me prior to practice that day. I teach in the gym area periods 2-4, and my prep period is during 1st period. Please do not rely on a teammate to communicate a tardy, it is always your responsibility and best done in writing!

If you feel you have a special case involving any of these team rules, please see Coach Pringle.

Etiquette & Guidelines

To make practice a more pleasant place to be, please follow the guidelines listed below. With the large number of swimmers and divers we are working with, everyone will need to do their part to keep the team a family.

I Will:

BE ON TIME!!!

STRETCH BEFORE PRACTICE

DO THE ENTIRE WARM UP

FINISH THE ENTIRE SET, UNLESS STOPPED BY THE COACHES (swimming

is not like car racing. The race is not over when the first person finishes.)

KEEP UP WITH THE REST OF THE LANE

DO THE PRACTICE SET THE WAY THE COACHES TELL ME TO

HELP PUT EQUIPMENT AWAY WHEN FINISHED

WAIT EITHER 5 (OR 10) SECONDS AFTER THE PERSON IN FRONT

OF ME BEFORE LEAVING

ALWAYS DO LEGAL TURNS FOR FLY, BREAST, AND THE I.M.

ALWAYS DO FLIP TURNS FOR FREE AND BACK

STREAMLINE OFF ALL STARTS AND TURNS

DO LEGAL RELAY TAKEOFFS

KNOW HOW TO USE THE PACE CLOCK

BE ABLE TO TELL THE COACHES MY TIMES DURING A MAIN

SET

KNOW HOW MANY ARE LEFT IN EACH SET

MOVE TO THE SIDE OF THE LANE IF MY FEET ARE TOUCHED BY

THE PERSON BEHIND ME

I Will Not:

STOP AT ANY TIME DURING A SET

BE A WIMP (You're never as tired as you think you are)

GROVEL (No complaining or moaning - just be happy)

Have fun and enjoy it because there's no guarantee you'll ever be back there again.

[Katie Leducky](#)

Traveling

Rules

Obey bus rules. Avoid being on the bus without a coach. Avoid being disruptive as teammates may be studying and/or resting. Keep hands and head inside the bus. Stay seated, no yelling, no throwing.

Arrive at the bus at least 10 minutes before departure. WE WILL NOT WAIT.

Dress with class. This is an important occasion and you are a representative of Wenatchee High School, our community, and our team. Wear team attire.

If we go into stores or restaurants, be polite. Tips in nice restaurants (where service is provided) are appropriate. Bring money on trips for food or pack a meal. Be sure to clean up after yourself.

Be sure to pack your equipment the night before the meet. Bring extra goggles, suits, and towels. Check everything twice the night before.

Everyone should go to and from meets in school-provided transportation. At the conclusion of the meet, after the 400 free relay is complete and coaches have had a chance to talk to swimmers in the relay, parents may sign their athlete out and take them home. We prefer the team to ride together, but understand there may be times where it is more convenient to sign your athlete out. If you wish your student-athlete to go with another parent or adult, the departure from group form must be filled out in advance and approved by the coaching staff and the athletic office. This includes meets at Eastmont YMCA Pool (available on line in the athletics website).

It is WHS policy that athletes be accompanied by a coach wherever they may eat out on road trips. You will usually have a choice as we have as many as four coaches who will often pick different eating establishments.

Relax as much as possible on the road – talk or think about your event quietly. Visualize yourself swimming the perfect race.

Know what races you are in and when they are swum.

"You have to expect things of yourself before you can do them." Michael Jordan

Swim Meets

Rules

Stay at the meet site at all times. Cheer for your teammates!

Keep track of your warm-ups, parka, and bag. You are responsible if items are lost.

Know the rules of the meet.

Know your personal bests. If possible, know team score during the meet.

Be positive, if something occurs that you object to, speak to the coach. For example, if you question a call made by an official, then immediately speak to your coach. We will solve the issue together.

We help each other get our best performances!

At home meets you will be **required** to stay until the completion of meet clean-up, unless cleared by the head coach. Please do NOT leave early.

The varsity squad will consist of the top three swimmers in each event. The junior varsity will be all other swimmers in an event. For some meets, like districts, the top four swimmers in each event are all considered varsity.

You may participate in up to two individual and two relay events in any one meet, or one individual and three relay events. If you are asked to do more than four events immediately talk with one of your coaches.

“Cardinal Rules of Practice”

Be on Time - Everything we do at practice is done with a purpose. Missing what we discuss before getting in the water, the warm-up, explaining what we want to accomplish in practice, etc. are important and done with a purpose. It is rude and inconsiderate for you to think that you are so important that you don't need it.

Stretch before and after practice to prepare your body for work by warming up the muscles and to help avoid stiffness and soreness from day to day.

Streamline off the wall (work for 7-10 yards, past the flags) – conserve energy while you maintain the most efficient swimming position supplemented with dolphin kicks. Take advantage of “Free Speed!”

Alternate Breathing (freestyle) - Use either 3-3 or 3-2 breathing pattern to balance out your stroke, increase your endurance, and allow you to see swimmers on both sides of you.

Long and Short Axis (hip action) – Freestyle and backstroke are long axis strokes; the hips roll from side to side. Butterfly and breaststroke are short axis strokes; the hips move in an up and down motion, whipping the legs.

Stretch before you catch (swim TALL) – In all four strokes extend forward prior to your catch (the beginning of your pull). This thrust and stretch forward will allow you a longer stroke and increase your efficiency.

Finish the pull (completely and quickly) – In all of the strokes except breaststroke, the first portion of the pull is setting up the arms for the power phase of the stroke. After the catch, you begin to propel the body forward; apply pressure on the water as long as possible increasing the power and speed until the hand exits the water.

Know your times during a set – Set goals for each set. Keep all repeats at the same pace, and try to improve your time from the last time that you did that set.

Train your mind and body in practice - In a race you don't think about what you are doing. If you practice illegal, sloppy, or slow turns, starts and strokes in practice, they will come back to haunt you in a race.

Important Information

1. Everyone is to be dressed in our team shirts on all meet days unless the team decides to dress up.
2. All athletes can swim/dive a possible four events; at least 2 must be relays.
3. All swimmers should complete the team warm-up
 - 5-10 minute stretching with the coaches/captains.
 - 10 minute continuous swim.
 - 5 minutes – pace 50's.
 - 6 minutes – turn practice at both ends.
 - 6 minutes – 20 yard sprints from a start.
 - 5 minutes cool down.
4. When possible all swimmers should loosen up 5 – 10 minutes before you swim in each race and loosen down after the race until your heart rate has returned to normal. When no cool down pool is available, walk around slowly and move your arms to help reduce the build-up of lactic acid.
5. All swimmers should talk with one of the coaches before and after each race.
6. No token efforts, you never want to have to say you didn't give your best effort.
7. Dry off and dress warm between your races.
8. **Stay together on the pool deck during the meet, even diving.**
9. Display good sportsmanship **ALWAYS**.
10. Clean the team area after meets.

It is hard to fail, but it is worse never to have tried to succeed.

Theodore Roosevelt

Event List

Most meets will generally follow this same order:

1. 200 Medley Relay
2. 200 Freestyle
3. 200 Individual Medley
4. 50 Freestyle
5. Diving (May be moved to beginning of meet)
15 Minute Break
6. 100 Butterfly
7. 100 Freestyle
8. 500 Freestyle
9. 200 Freestyle Relay
10. 100 Backstroke
11. 100 Breaststroke
12. 400 Freestyle Relay

Scoring

8 lanes		6 lanes
Points	Place	Points
8	1 st	6
6	2 nd	4
5	3 rd	3
4	4 th	2
3	5 th	1
2	6 th	0
1	7 th	-
0	8 th	-

Relays

8 lanes		6 lanes
Points	Place	Points
10	1 st	8
5	2 nd	4
3	3 rd	2

Injury Procedures

Report all injuries to the head coach and to the athletic trainer, Dale Blair. This allows for an accident report form to be completed.

If you are seeing a doctor, be sure to let me know.

Once you have been to the doctor, you *must* have him/her complete a ‘return to play’ form and return it to the coach/athletic trainer before you may practice or compete.

Our Ups & Downs

Strengths

1. We have all the time we need for practices, we will have more practices and log more miles than we ever have before.
2. Our team has great team spirit and unity- we are like a large family, all supporting each other.
3. Our coaches have a wealth of knowledge and experience about what it takes to be a winner.
4. Our team has a history of winning and swimming the right way, our opponents know we will swim hard. This year, we can take back our title of district team champions.
5. Encouragement from students, parents, school administration, and the community. Let's make it so crowd support is always there.
6. Alumni Support- Graduates of the swimming program are always willing to support the team in whatever manner they can, financially or otherwise!
7. Socials/Dinners- We try to mold the team into a family, where everyone cares about and tries to help each other. The socials/dinners go a long way to help us obtain this goal.
8. Academics- We take pride in the number of team members on the honor roll. The team GPA is also among the highest of any organization in the school. Let's make academic state champions a priority.
9. Velocity Swimming - The many coaches you've had have done a great job introducing and teaching many of you basics of competitive swimming and giving you a head start on swimming in high school. If you want to improve your swimming skills, consider training year-around if you are not involved in other HS Sports.
10. Recognition & Awards- The Wenatchee World, The Apple Leaf, and KPQ provide us with excellent coverage publicizing the team during the season.

Weaknesses

1. Video taping- we need to tape and analyze all the strokes, turns, starts of all swimmers and the dives of all divers.
2. Our breathing patterns are poor and we need to work on building the race to where the finish is our strongest part. Streamline!
3. Concentration-This year we will do a lot of work on setting daily goals in practice.
4. Nutrition- A concern exists regarding the nutritional needs of many team members.
5. Starting practices on time.
6. We can do a better job of advertising meets and the results at the high school.
7. We need to look our best and dress nicely on meet days.
8. Believing and Working – we have too many team members doubting their own ability, so they end up hoping and wishing to be successful.

**Some people dream of success,
Others wake up & *work* hard at it.**

Something to Think About

Wouldn't it be great if everyone we competed against would:

1. Look for every excuse imaginable to miss practice- they really don't care whether they improve.
2. Stop in practice every time they hurt- they will never be able to finish strong and win close races.
3. Stall for half the warm-up and never cool down - they will always have sore muscles.
4. Breathe going into and rest on the turns - they will always have slow ones.
5. Breathe on only one side - they will have unbalanced strokes and can only see where we are half of the time.
6. Not streamline - they have to swim a lot further every length of the race.
7. Consider Saturday and morning practices as optional - two-day rest periods will hurt their taper.
8. Never take the advice of their coach - they will do the same as they have always done and expect different results.
9. Not take school seriously - they may be scholastically ineligible for the championships.
10. Think only of themselves - they will never sacrifice to become better.
11. Think mental training is a bunch of "hooy" – they think swimming fast is all physical.
12. Swim only their favorite stroke - they would never help their team out a whole lot.
13. Only work hard when the coach was watching them - they only work hard about 20% of the time.
14. Think a candy bar and a blended rebel are OK for a meal - they are a piece of extra fat, double chocolate, cake.

But if everyone we swam against and competed against had these habits, it wouldn't be much fun and winning wouldn't mean very much!

Swimming

Key Words/Phrases

In the following pages, all of the strokes are broken down into small details. Learn the “Que” words that will give you one thing to work on for a particular set or race. If you have any question, please ask one of the coaches to help.

The Fundamentals

“Streamline” – When entering the water from a start or pushing off the wall on the turn you want one hand on top of the other, your arms straight and pressed against the side of your head just behind the ears.

“Stay Away From the Wall” – The ideal leg position for the push from the wall is the same as for testing vertical leap. Also remember that if you can turn just six inches further away than you are now that it is six inches in and six inches out. That will save you a foot on each turn.

“Drive to the Wall” – Start to **plan** your turns and finish at the flags. At the finish of every race come into the wall hard with the top of your head pointed at the pad, stretch, and touch the pad below the water level with the fingers fully extended.

“Answer the Phone” – During the turns of breaststroke and butterfly, bring the hand past the ear after it leaves the wall. Remember: the shortest distance between two points is a straight line.

“Bounce Off the Wall” – During breaststroke and butterfly turns change direction the instant the hands contact the wall; like a “super ball.”

Freestyle

“Bite of Air” – quick bites of air are what you want when swimming. These will keep your stroke smooth and continuous. Breathe as though you are trying to sneak a breath.

“Follow Through” – The power in freestyle comes during the final push of the hand back to the legs. Stick your thumb out and brush it against your leg to insure you are getting everything out of every pull.

“Alternate Breathing” – This means breathing every three strokes, thus allowing you to see and breathe on both sides of your body. This will also help you keep your head up, avoid the arms

from crossing over, and balance out your stroke.

“Left Arm Pull” – If you are right handed, you want to pull with the left arm first to get to the surface.

“Reach and Roll” – As your hand enters the water on the recovery, reach out and roll partially onto the same side. This will help you get more from every stroke as well as making the recovery of the opposite arm easier.

“Attack the Turn” – The turns are where winners pull ahead of their opponents. Getting in and out of turns fast pays big dividends.

“Touch & Push” – When the feet touch the wall on a turn begin to push off; get your body straight and streamlined, then begin to roll onto the stomach.

“Kick-Pull-Pull” – After the start and each turn you want to establish a high rate of turn over. This will set your tempo for the entire length. After you have taken your first kick, begin the pull with the left arm; half way through this first pull begin the pull with the right arm which will “pop” you up to the surface. Keep your head up and your face in the water. This stroke should power you to the surface and may also be called a **“breakout”** stroke.

Freestyle Tips from Tom Jager

Former Olympic Gold Medalist and former Washington State University Head Coach

“Master Blaster”

*The following is a reprint from **Fitness Swimmer** June/July 1997 by Mary Bolster.*

On March 24, 1990, Tom Jager blasted off the blocks and sprinted 50 meters in 21.81 seconds. The record stood for a remarkable 10+ years! Jager’s secret? He doesn’t out sprint the competition; he outsmarts it. (Frederick Bousquet now holds the world record)

1. To swim fast, swim slow: “When I say slow, I mean really slow- as slow as you can go,” explains Jager. When you slow down your stroke, you’re forced to concentrate on your form. It’s no coincidence that the world’s fastest swimmers have the slowest turnover. “Turning over faster is not sprinting,” Jager says. “Swimming faster is sprinting.” If you have an inefficient stroke and you try to sprint, you end up creating splash instead of speed.

2. Use your leverage: When you really give all you’ve got, your tendency is to put your head down and go. But burying your head shortens your stroke and creates a barge effect. “Stretch your stomach, and leverage your neck and jaw against the surface like a bow of a boat.”

3. Get your kicks: If you’re swimming efficiently, your kick becomes a motor. Just any kick won’t do, though; keep it small, compact, and rapid. Try not to bend your knees too much. Kicking harder is not kicking bigger. “The motorboat has a big engine but the propellers are very small. When I went 21.81, I felt like I was swimming downhill – my arms trying to rotate as efficiently as possible to stay out of the way of the rest of my body, which was in hot pursuit.”

4. Put out some feelers: If you learn to swim all four strokes, you'll learn to manipulate the water in different ways. You'll develop a better feel for the water. You'll better understand every pitch of your hands, body, and feet.

5. Keep your head above water: there are two ways to keep your head on top of the water. Either point your nose forward and keep your eyes just below the surface, or place your face right on top of the water by tucking your chin into your neck. "The first way is harder, but better," says Jager.

6. Save yourself: On race day, don't leave your best sprint in the warm up pool – it's a waste of energy. "I very seldom did hard 25 sprints when I warmed up before a competition. I knew I was a sprinter. Why show off before hand? I saved every bit of energy for those 22 seconds or less."

7. Practice blasting: Use fins or pool walls to simulate speed. Jager says walls are best because when you race, you can't use extra equipment like fins, but you'll always have a wall; practice blasting off the wall and holding that speed for as long as you can. "The longer you hold that speed, the better sprinter you will be," Jager says.

8. Burn your turns: Attack every wall. Instead of trying to get a little rest on the turn, accelerate into the wall. The faster you go into your turn, accelerate into the wall. The faster you go into your turn, the faster you'll come blasting off the wall. Swim as fast as you can until you think you are about to hit your face, then duck!

9. Don't drop your kick: The finish wall is crucial. Stretch out your hand and touch it. Don't stop kicking. If you stop kicking, you'll drop down as fast as you're moving forward. You may think breathing slows you down during the sprint. Not if you practice breathing while sprinting. Do lots of 25 sprints with one of two breaths. "It's all about hydrodynamics. If you have a full balloon of air in your lungs, it'll be easier to ride on top of the water."

10. Be a front-runner: Get out in front and stay there! It's the perfect sprint strategy.

Backstroke

The following 7 tips were given by John Naber, winner of 3 Golds and a Silver at the 1976 Olympic Games in Montreal.

1. Rifle Barrel: As your arm exits the water on the recovery, you want to sight the straight down the arm over the little finger as you would sight down the barrel of a rifle.

2. Speedo Panel: Many competitive suits have a panel that runs down the hip. During the pull, rotate the opposite hip up. This will help you obtain the desired roll for swimming the backstroke.

3. Boil Water: The kick should make the water look like it is boiling.

4. Arm Wrestle: During the pull get the arm in the same position as you would if you were going to arm-wrestle someone. This will allow you to gain maximum leverage.

5. Shot Put: At the finish of each pull, push the water down with a flip of the wrist as the arm straightens out.

6. Little finger first: Have the little finger lead the way in and out of the water.

7. Bar-B-Que Skewer: The body turns from side to side with each arm pull while the head remains in a fixed position.

"Streamline": Stretch off the start and turn, take 6 to 8 short-fast dolphin kicks to maintain your

speed. Deep water is very fast.

“Turnover”: Keep the arm speed fast on the recover. You want to get it pulling water again as soon as possible. A faster kick will help you increase the arm speed.

Breaststroke

“Scull out- scull in”: During the arm pull, place the hands in a position to scull out and then in.

“Push the elbows together”: During the arm recovery, try to push the elbows together as the arms shoot forward.

“Swim breast- think fly”: This will help you to achieve the wavelike motion of the breaststroke.

“Elbows and knees in” – The breaststroke need to be performed in as narrow a space as possible. Both the arms and feet will appear to have a straight up and back motion.

“One-thousand one, One-thousand two” – Take full advantage of the speed you get from the start and wall. Streamline, count “One-thousand one, One-thousand two”, then take the underwater pull and kick.

“Fast hands and feet” - Once the pull and kick are started, you want the hands and feet to move through their full range of motion as fast as possible.

“Hold the head still” – During the underwater pull and while swimming the breaststroke, hold the head still. This will prevent a dolphin kick on the underwater pull as well as maintain the proper body position for the stroke.

“Welcome the pain” – Near the end of the race when the legs and lungs are burning, the arms seem to be doing nothing, and the head is throbbing, welcome this feeling. It will tell you that have given the race all you have. Note: This feeling will not be there after the taper.

“Stretch on the recovery” – When the arms finish the recovery; lock the elbows, press the arms against the head and look at the bottom. For the split second you do this at the end of each stroke, you become more aware of finishing out the kick and streamlining.

“Hips High” – Keep the hips high and level during the entire stroke.

***Try not, Do or Do not,
there is no try. –Yoda***

Butterfly

“Hands In – Hips Up” – As the hands enter the water on the recovery, push the hips up to get level with the pull.

“Kick In – Kick Out” – The kicks take place as the arms enter and exit the water.

“Get On Top of the Stroke” – Just prior to beginning the pull rotate the elbows slightly upward

to gain the ultimate leverage for the power during the pull.

“Keep momentum forward” – The pull for the fly is in the shape of an hour-glass with the exception being your hands flare out of water near the suit line and lunge forward.

“Swim Long” – Stretch out as the arms enter the water to allow the body to get horizontal for the arm pull and then finish the pull with the arms fully extended at the side.

“Throw the arms” – During the arm pull recovery, keep the arms straight and throw the arms over the water keeping the finger-tips close the surface. Also, after each breath make sure to get your head DOWN.

“Rhythm” – Take three to five aggressive dolphin kicks off the start and after the turns to establish your rhythm before the first arm stroke. Pushing off on your side and kicking sideways will give you more water to kick and increase the efficiency of the kicks.

Individual Medley (I.M)

“Fast Fly” – The only way to swim fly, is fast. Get this portion of the race over with as soon as possible.

“Pull the back” Use your legs to maintain body position during the backstroke, letting your arms do the bulk of the work. This will save the legs for breaststroke.

“Free = Fly” – Work on bringing the freestyle split within 1 second of the butterfly split.

“7 chances” The seven turns used in the I.M. provide you with seven chances to improve your time. Practice wall seven every day and take advantage of the wall to cut the distance you have to swim each length.

“Best Stroke Wins” – Use your best or favorite stroke to win the race. Using it to catch up with the field is of no advantage.

Miscellaneous Tips/Tidbits

Learning to Inhale

Breathe with your whole body

1. **Hide your head** – keep it in line with the spine.
2. **Role Play** – imagine breathing through your navel.
3. **Find your rhythm** –breathing should not disrupt your stroke rhythm.
4. **Emphasize the exhale** – blow air out strong and steady as soon as your face submerges.
5. **Bilateral bonus points** – balance your stroke with alternate breathing.
6. **Stand before “take your mark”**- the most efficient position for breathing is standing upright, don’t lose that advantage by taking your mark earlier then is required.

Divide & Conquer

1. **Divide** the distance **events in half** and have equal splits.

2. After the start focus on a **long smooth stroke**.
3. The more **warmed up** you are, the better you'll swim.
4. Ignore the other swimmers the first half of the race. **Swim your own race.**
5. **Save your kick.**
6. **Block out the pain – concentrate on technique.**
7. Go for broke at the end – **be tough.**

***There is no elevator to success,
You have to take the stairs***

Down Under

1. You move **40% faster** underwater because the water slips around you easier.
2. Push off the wall at a depth no greater than **20% of your height**.
3. **Minimize the angle** from the push off the breaking the surface.
4. The farther you get from the wall, the **tighter & faster** the kick should be.
5. Keep the **body in motion**.
6. Work on the **drills**:
 - A. Glide with **balance**
 - B. Glide on your **back and side**
 - C. Work with **flippers**
 - D. Improve the **dolphin kick**
7. **Sneak the breaststroke recovery.**

Swimming Your Best 100

1. **Stay long** – Increase your distance per stroke.
2. **Stay level** – Streamline.
3. **Stay Sane** – Don't kill yourself at the start.
4. **Stay Calm** – Maintain your speed off the block when breaking the surface to swim.
5. **Stay in Sync** – A strong kick is vital.
6. **Stay Alive** – Have a good breathing pattern.
7. **Stay Smooth** – The body core is the rhythmical area. The power is in the hands and feet.
8. **Stay With It** – Swim lots of 100's and 125's.
9. **Stay Tough** – Have a fierce competitiveness accelerate at the end of the race.

*Equipped with identical motors, a speedboat will always beat a barge.
- Streamline*

Going Long

Use your head when swimming distance.

1. **Save your stroke** – the ‘longer’ you swim, the more energy you save.
2. **Be consistent** – maintain a moderately fast pace tirelessly for a long time.
3. **Get rhythm** – speed adjustments are made from the torso rolling, not in the arms.
4. **Breathe bilaterally.**
5. **Increase your pace rates.**

Get Tall

Froudes Law – as you increase the length of a vessel at the waterline, relative to its width and draft, wave drag decreases.

Use your arms to lengthen your vessel – Freestyle.

1. Hide your head and **swim downhill.**
2. **Lengthen the body** with each stroke.
3. **Reach through**, not over, **the water.**
4. Reach with a **weightless arm** – pretend each stroke is a reach for the wall at the finish.
5. **Roll your shoulder.**
6. Always try to have **one hand in front of the head.**
7. Back – increase the body roll.
8. Breaststroke – **streamline** on the recovery.
9. Butterfly – **land forward** on the recovery.

Getting Faster

(Fail Safe)

1. Fear of failure will **prevent you from staying loose and taking the risks** necessary to succeed.

2. Worries **tighten muscles, destroy mechanics** and **sap endurance.**

3. Remember that **setbacks are temporary.**

4. **Stay specific** in explaining why you did not succeed. This will give you something to work on.

5. **Don't be afraid to fail.** It's uncomfortable and sometimes hurts badly, but it's necessary to become better as an athlete. Michael Jordan was cut from his high school basketball team.

Olympic Gold Medalist, Rowdy Gaines, on finishing the 100m Freestyle:
Remember not to breathe during the last seven meters. The oxygen after that point won't reach the muscles in time to do them any good.

Diving

Key Words/Phrases

“**Rip It**” - The cleanest possible entry, no splash

“**Ride the board**” – Learn to work with the board. Getting yourself into position and allowing the board to throw you is the key to great diving.

“**Arms up**” – During the hurdle and take off, you want the arms above the eyes.

“**Reach for the bottom**” – Always dive for the bottom to insure your line-up is maintained until your entire body is in the water.

“**Square it off**” – Stop the twisting of the body by placing the arms out to the side and preparing for the line-up.

“**Press the chest**” – Learn to lead with the chest instead of relying on the head.

“**Spot**” – Learn to spot the water for your line up.

“**Stand tall**” – Maintain an erect body position during the approach and take off.

“**10**” Always perform the dive perfectly in your mind before you begin the approach.

“**Launch Position**” – Learn to work with the board. Get your body in the proper position on the takeoff to take maximum advantage of the height the board will give you.

Types of Dives

Of the six dive types, the first four involve rotating in directions relative to the board and starting position. The fifth includes any dive with a twist. The final group begins with an armstand.

Forward Group

The diver faces the front of the board and rotates toward the water. Dives in this group vary from the simple front dive to the difficult forward four and one half somersault.

Backward Group

All dives in the backward group begin with the diver on the end of the board with back to the water. The direction of rotation is away from the board.

Reverse Group

Formerly called "gainers," these dives begin with the diver facing the front of the board and rotating toward the board.

Inward Group

Formerly called "cutaways." The diver stands on the end of the board with back to the water and rotates toward the board.

Twisting Group

Any dive that uses a twist (excluding armstands) is included in this group. There are four types: forward, backward, reverse and inward.

Diving Positions

Divers use one or more of the four body positions during each dive:

Pike

The legs are straight with the body bent at the waist. Like the straight position, arm placement is dictated by the particular dive or by the choice of the diver.

Straight

No bend at the waist or knees. Depending on the dive, there may be an arch in the back. Arm placement is the diver's choice or is defined by the dive performed.

Tuck

Body is bent at the waist and knees, with thighs drawn to the chest and heels kept close to the buttocks. Feet and knees should be kept together and toes should be pointed.

Free

Indicates the diver's option to use any of the above three positions, or combinations thereof, when performing a twisting dive.

Mental Training

Goal Setting

Begin with a vivid dream. “Dare” to see yourself in a situation where you have accomplished something you have really worked hard for. All-American, State Champion, District Champion, or qualifying for the state meet. This can be anything you really want to be. Keep the dream, but break up the journey for the dream like steps on a ladder.

Each step on the ladder is a specific short term goal that will move you closer to your ultimate dream. Training goals or time goals are good examples of short term goals. The distance between each stop on the ladder should be hard enough to require you to work hard and concentrate on attaining your goal but realistic enough that you truly believe you can achieve them. Being motivated to succeed depends a lot on how you set your goals.

State your goal in a positive manner, “I will score in four events at the state championships this year.” Be specific and lock yourself into the final result. Avoid setting a time limit to achieve a goal whenever possible. “I will break a minute in the 100 Free.” Share your goals with only those who will help you to attain them, coach, friends, parents, etc. It is important to reset your goals as you approach or reach them.

People who set and attain goals succeed because they know where they are going. The key to successful goal setting is believing. Believing in a dream. Writing goals down and then putting up where you can see them is important, but they must also be written in the heart and mind.

Avoid setting championship goals too early in the season, you may get caught up wondering how you are ever going to accomplish your goal in the early part of the season and then lower it. Remember the steps of the ladder and achieve each step to your goal one at a time. “The man on top of the mountain didn’t just fall there!” You must **expect** to do well.

Approach *each* workout and meet with positive goals and expectations. Expect yourself to be successful, just as your coaches do. You are the controlling factor as to whether you are successful or not. Many times swimmers will come to us and wanting us to tell them why they had a bad race. Knowing yourself and then being honest with yourself will help you to determine why you didn’t swim as fast as you wanted to. The top swimmers understand and can explain their poor swims as well as their great ones. These people are a joy to coach.

**Life takes on meaning when you become motivated,
set goals and *charge* after them!**

Emotional Rescue

There are three levels of training & performance:

1. **Physical** – stroke mechanics, yardage, starts, dryland, weights, turns.
2. **Mental** – set goals, rehearse races, learn to concentrate, psych up.
3. **Emotional** – harnessing emotions and transforming their energy into intense focus.
 - A. **Develop an emotionally compelling reason** to push yourself every day.
 - B. **Dig Deep** – hunt for emotions
 - C. **Cue in** – think of a word, phrase, image, or physical action to link them.
 - D. **Repeat Regularly**
 - E. **Accentuate the positive**

How Do You Think?

Winners Think:

Success is a result of ability.

Failure is due to insufficient effort.

Success is directly related to effort.

Occasional failure is part of sport.

Losers Think:

Success is due to luck.

Failure is due to lack of ability.

Effort makes no difference -- "Why Try?"

- Regular failure is part of sport – need a list of excuses handy...

Excuse List

This list is intended to simplify the problem of selecting the proper excuse to suit the occasion. While some swimmers are so bad that they don't need an excuse, most will at some time be in need of an explanation to account for a poor performance. This handy check-list may prove to be helpful. For those who have the ingenuity to be original, there are blank spaces that can be used.

Ate too much
Weak from lack of food
Ate school lunch
Not enough time to warm up
Warmed up too much
Not enough training
Over trained
Not enough sleep
Too much sleep
My phone died
Need Carbo/Energy drink
Need yogurt
Not enough weight training
Too much weight training
Not enough endurance running
Too much endurance running
Building up slowly for four years from now
Don't want to improve too rapidly
Saving myself for _____ (name of girl/boy friend, event etc.)
Too tired from the bus trip
Started my sprint too soon
Started my sprint too late
Worried about school
Worried about money
Cramp in leg
Cramp in _____ (fill in location)
Chicken
Cold feet

Thought I was having a heart attack
Thought there was another lap to go
Can't swim when I'm ahead
Can't swim when I'm behind
Can't swim
Too much competition
No competition
Too many meets
Not enough meets
Heard they weren't given medals
Wanted to see what the other places medals looked like
Too many people depending on me
Nobody cared about me
Don't like organized sports
Only swim for fun
Felt great, that's a bad sign
Girl/boy friend too friendly
When I saw that _____ was in the race, I choked
Thought too much
Didn't think
Water was too cold
The water was too warm
Everyone jumped, but me
Poor Judges
Poor starter
Poor pool
Water too hard
Water too soft
Pool too long
Pool too short
Didn't have my lucky suit on
No string in my suit
No suit
Can't swim when _____ is watching me
Can't swim when _____ isn't watching me
Slipped on the blocks
Can't stand too much success
Over anxious
Mind was too tense (two-tenths of a normal mind)
Heard we weren't stopping to eat after the meet
Coach is an American and doesn't understand foreign swimmers
Coach is a _____
Got discouraged when _____ passed me
Looking forward to outdoor season
Looking forward to the end of the season

My horoscope said to expect a bad day
He/She pulled on the lane lines
I pulled on the lane lines and got tangled up
My phone broke

*He that is good for making excuses is
seldom good for anything else.*

Risks

(Author unknown)

To laugh is to risk appearing the fool.
To weep is to risk appearing sentimental.
To reach out for another is to risk involvement.
To expose feelings is to risk exposing your true self.
To place your ideas, your dreams, before a crowd is to risk their loss.
To love is to risk not being loved in return.
To live is to risk dying.
To hope is to risk despair.
To try is to risk failure.
But risks must be taken, because the greatest hazard in life is to risk nothing.
The person who risks nothing, does nothing, has nothing, and is nothing.
They may avoid suffering and sorrow, but they cannot learn, feel, change, grow, love and live.
Chained by their attitudes, they are a slave, they have forfeited their freedom.
Only a person who risks is free.

Jeff Farrell, who made the 1960 Olympic team, did so just six

days after having surgery for a ruptured appendix!

Staying Healthy During Swim Season

Hair Care

The chlorine in pool water is very destructive to hair. Along with ultra-violet light, it damages the hair's protective outer cuticle, making the inner layer vulnerable to any outside elements. Chlorine bonds to the hair and will stay there until removed. It builds up on and hardens the shaft, and after repeated exposure, your hair will turn brisk and look synthetic.

To protect your hair from chlorine damage: get a good watertight cap and use a deep, protective conditioner in your hair *before* you put it on.

After swimming, **wash your hair with a shampoo that removes chlorine.** These shampoos contain sodium thiosulfate, which removes chlorine and other things that do not belong in your hair. Then use a good conditioner.

Swimmer's Ear

What is it?

Water gets trapped in the ear canal by small amounts of ear wax and is allowed to puddle on the skin lining the ear canal. Like any skin of the body, the water causes irritation, chafing and cracking of the skin. This will lead to infection, swelling and severe pain. The consistent use of headphones (especially earbuds) will contribute to the ear canal softening and irritation.

How can I prevent it?

Thoroughly clean the ear canal by putting rubbing alcohol in the ear after swimming. Cotton swabs should not be used. **Do not use alcohol if you suspect that you already have swimmers' ear** A solution made of equal part vinegar and water will also work, but this must be left in the ear for about five minutes to be effective. Ear plugs will also be of benefit in keeping water out of the ear.

How do I treat it?

At the first signs of pain a few drops of white vinegar placed in the ear for about five minutes will help, if this is done for a week the symptoms will gradually disappear. If this does not help or the pain gets worse, you will need an antibiotic from your doctor and may have to stay out of the water for a week.

Diet

It's important to maintain a healthy diet during swim season in order to perform at your highest level. Food is your main source of energy and you must have something for your body to use in order to train well, hydration is also important because you lose fluids and electrolytes when you sweat. Make sure to bring healthy, energy efficient snacks such as powerbars, goldfish and Gatorade to swim meets. You also need to bring snacks to eat before practices which begin at 3:20pm and water/sports drinks to have throughout. For tips on maintaining a complete nutritious diet, please visit these websites:

1. <http://www.mypyramid.gov/>
2. www.fitness.gov/faq.htm
3. www.gssiweb.com

Sports Science Library
Sports Nutrition

Sleep

Getting enough sleep during swim season is crucial to your ability to train hard and compete well. We will be working out at a high intensity over the course of the season and if you show up to practice already tired, you will not be able to train at the desired level. At minimum, please try to sleep for eight uninterrupted hours each night.

Core Strength

Swimming relies largely on the “core” strength of the body. Core strength refers to the muscles of your abs and back and their ability to support your spine and keep your body stable and balanced. To maintain your performance throughout the season, it is often necessary to complete extra training on your own. Panther Circuit is a medicine ball series run Tuesday and Thursday mornings in the WHS main gym from 6:30 – 7:30am and is open to students and community members who wish to increase their core strength.

Another way to improve your strength is by developing a short workout routine that you complete every day. This entails doing a fixed number of sit ups and push ups every day, increasing the amount you are doing of each as the season progresses. It helps to complete your exercises at the same time each day and should include stretching (flexibility is another important part of fast swimming). For more tips, talk to your coaches.

Use Common Sense

Remaining healthy during the season is a key factor to our success. There are several things you can do to be in top physical shape during the season. You invest a lot of time and effort into getting ready for a “peak performance,” don't lose it all by being sick and having to start all over again. Your performance affects not only you, but our whole team.

The whole world steps aside for the man who knows where he is going.

Invisible Training for Invincible Swimmers

By: Neil Romney

1) Sleep

- a) Most teenagers need at least 8 hours/night; some, especially those in heavy training may need 9 or 10.
- i) Go to bed and get up at the same time on weekends to maintain the sleep cycle.
- ii) In the long term, you must learn to manage your time wisely in order to get to bed early.

2) Diet

a) Drink

- i) Bring a water bottle to practice and drink frequently (20 oz./hour)
- ii) What to drink to rehydrate:
 - (1) Water is the best thirst quencher, and the US has the best tap water- use it.
 - (2) If using a sports drink, dilute it with at least equal volumes of water.
 - (3) Consider a carbohydrate replacement drink if you're bonking during practice.
- (4) What to drink at meals:
 - (a) Skim milk is a good source of protein and Vitamin D.
 - (b) If you must have a sweet drink, drink diluted fruit juice and avoid pop.

b) Food

- i) General guidelines for healthy eating:
 - (1) Make changes gradually
 - (2) Don't deny yourself everything that you crave
 - (3) Devise a healthy, performance oriented diet that is practical and sustainable
 - (4) No one meal is critical; the overall balance is
 - (5) Eat a wide variety of foods with special emphasis on:
 - (a) Whole grains (wheat, corn, rice, barley)
 - (b) Lean meats, fowl, and fish
 - (c) Legumes
 - (d) Fresh fruits and vegetables
 - (6) Avoid or minimize consumption of the following:
 - (a) Processed or packaged foods
 - (b) Condiments including salt, sugar, mayo, and butter
 - (c) Fast food
 - (d) Candy
 - (e) Fatty meats
 - (7) relish your carbs- no carbs =no zip
 - (8) Anchor meats with some protein, unsaturated fat

LETTERING POLICY

1. In order to earn a junior varsity certificate or varsity letter, you must **participate** in the program for the **entire season** without violating the athletic contract. In addition, the athlete desiring a letter will live up to the **team covenants, know them**, and lead by example.
2. Also, to earn a varsity letter you must participate in at least **80%** of **varsity** meets.
3. Attendance is vital to a successful season and to lettering. Athletes desiring a Varsity letter or a JV certificate **must attend at least 90%** of team practices. Three tardies will equal an absence. Be on time and ready to work!
4. Qualifying times. To achieve a varsity letter in swimming an athlete must achieve lettering times in a minimum of THREE events. To achieve a JV letter a lettering time must be met in at least one event. Consistent improvement over the season may, at the discretion of the coaching staff, be used in place of one lettering time. In addition, scoring in an individual event at districts, will count as a lettering time.
5. An athlete who participates in the swim/dive program all four years and has not earned a varsity letter will have earned one.
6. **SPECIAL NOTE: WHEN THE STUDENT/ATHLETE VIOLATES THE CONTRACT FOR OFFENSES INVOLVING TOBACCO, ALCOHOL/DRUGS, OR STEROIDS/LEGEND DRUGS THEY FORFEIT THEIR OPPORTUNITY TO EARN ANY CERTIFICATE, AWARD OR LETTER FOR THAT SPORT SEASON, REGARDLESS OF WHETHER OR NOT THEY HAVE BEEN SUSPENDED OR REINSTATED DURING THAT SPORT SEASON.**
7. The coaches reserve the right to make final decisions concerning the earning of letter awards.
8. Divers, in addition to numbers 1-3, and 5-6, must achieve a score of at least 180 points in a six-dive meet and/or 270 points in an 11-dive meet.

Special Recognition/Season Awards:

At the end of the season there will be special recognition awards given for the following:

Most Valuable Swimmer/Diver
Most Inspirational Swimmer
Team Captains

Most Improved Swimmer/Diver
Most Dedicated Swimmer

Melinda Mills Memorial Award (Boys Team) – Will go to the swimmer/diver who shows improvement, leadership, and embodies Panther team spirit.

District Team

In a perfect world all swimmers who make district-qualifying times would swim those events. However, each team is limited to one relay and four individuals per event. As a result, making district time does not always mean you will be on the district team. However, the coaching staff will always create the district team with the following goals in mind:

1. It is our goal to win the district title while sending as many athletes as possible to the state meet. This gives us the best chance to compete at state and accomplish the larger goal of bringing a state championship to WHS.
2. Typically, the fastest four swimmers, in each event, will swim those events. From time to time, in order to score more points, you may swim one event over another. For example, if Jane is the 3rd fastest on the team in the 50 free, but is more likely to place high/score well, in the 100 fly (where she was 4th fastest on the team), in this event, Jane would end up swimming the 100 fly.
3. We believe our athletes/program should be a model for the high school and community at large. Our district team represents our school, our families, and our community.
4. The coaching staff will make the final determination of who will be on the district team with the above goals in mind.

Important Qualifying Times

Boys Season

Event	Letter**	District	State*
200 Med Relay		- - -	1:40.00
200 Free	2:15.99	2:15.99	1:47.40
200 I.M.	2:31.99	2:31.99	2:00.00
50 Free	25.50	25.99	:22.25
Diving	11 dive list		335/11.6 dd
100 Fly	1:07.99	1:08.99	:52.90
100 Free	:58.00	58.99	:52.90
500 Free	6:05.00	6:09.99	4:54.00
200 Free Relay		- - -	1:30.70
100 Back	1:09.00	1:09.99	:54.80
100 Breast	1:15.00	1:15.99	1:00.30
400 Free Relay		- - -	3:21.00

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* There will be no State Meet this season due to COVID-19.

The Middle 50

PACING THE MIDDLE SEGMENT OF A RACE TO ACHIEVE A GOAL TIME.

IN A 100		IN A 200 FREE		IN A 500 FREE	
in the middle 50 to break - go under.		in the middle 100 to break - go under.		stay just under to break for each 100	
1:20	:41	2:10	1:06	6:00	1:12
1:18	:40	2:08	1:05	5:55	1:11
1:16	:39	2:06	1:04	5:50	1:10
1:14	:38	2:04	1:03	5:45	1:09
1:12	:37	2:02	1:02	5:40	1:08
1:10	:36	2:00	1:01	5:35	1:07
1:08	:35	1:58	1:00	5:30	1:06
1:06	:34	1:56	:59	5:25	1:05
1:04	:33	1:54	:58	5:20	1:04
1:02	:32	1:52	:57	5:15	1:03
1:00	:31	1:50	:56	5:10	1:02
:58	:30	1:48	:55	5:05	1:01
:56	:29	1:46	:54	5:00	1:00
:54	:28	1:44	:53	4:55	:59
:52	:27	1:42	:52	4:50	:58
:50	:26	1:40	:51	4:45	:57
:48	:25	1:38	:50	4:40	:56
:46	:24	1:36	:49	4:35	:55

divide column 2 by
2 to get an average

divide 2nd column by
2 to get an average 50

25 speed

& by 4 to get 25.

Panther All-Americans/State Champs

NISCA Academic All-Americans

2015-2016

Kayli Brown

Brian McDarment

2010-2011

Taylor Christensen

2009-2010

Samantha Bennett

Molly Grater

2008-2009

Audrey Bastian

Kelleen Dunley

Karlie Neff

2007-2008

Kara Fisher

Megan Grater

All-Americans

2019-2020

Connor Elwyn 100 Back, 200 Med Rel.

Benjamin Grigsby 200 Med Rel.

Andreas Broxson 200 Med Rel.

Christian Cutter 200 Med Rel.

Rae Ann Dressel 100 Breast

2018-2019

Connor Elwyn 100 Back

2016-2017

Isabelle Dressel 100 Breast
2015-2016
Jess Wierzbicki 100 Butterfly
Jared Vargas 100 Breaststroke
2006
Ben Shea, Diving

1994 & 1995
Robin Davidson, 100 Breaststroke

State Champions

2020 Connor Elwyn, 100 Back
2020 C. Elwyn, Chr Cutter, A Broxson, B. Grigsby; 200 Med Relay
2019 Connor Elwyn 100 Free, 100 Back
2014 & 2015 Jessica Wierzbicki, 100 Butterfly
2012 Hannah Bruggman, 100 Freestyle
1995 Robin Davidson, 100 Breaststroke (tie)
1993 Chris Cushman, 50 Freestyle

Meet Evaluation Forms
Complete at the end of each meet.

Meet _____ Date _____ Site _____

I had a healthy Breakfast	Yes	No
I had a healthy Lunch	Yes	No
I had fluids and/or snacks during the meet	Yes	No

During the warm-up I felt....

Crappy	Great
0 5	10

1. _____
2. _____
3. _____

4. _____

During your best swim of the meet, what were you thinking about?

What felt good about your swims?

What one thing will you work on to improve your next meet?

Are you on track for meeting your goals? Do they need modification?
