

West Arundel Swim Team



Team Handbook Summer 2014

<http://WAST.Venitsports.com>

WEST ARUNDEL SWIM TEAM

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WEST ARUNDEL SWIM TEAM

Introduction

Dear Swimmers and Parents:

The West Arundel Swim Team (WAST) is an age-group competitive swim team. We participate in the Prince-Mont Swim League (PMSL) which consists of 40 teams from Maryland and Washington D.C. This year we will be in Division C along with the Ft Washington (FW), West Laurel (WLS), Montpelier (MC), Kings Landing Swim Team (KLS) and Hawthorn County Club (HCC). In addition to our regular scheduled meets we will participate in the Laurel Invitational Swim Meet (At the Fairland Aquatics Center), we will host the Aqua-Duck Mini Meet (for Swimmers 10 and younger) and we will Scrimmage the Laurel City Swim Team. The team will also participate in the Division C Championship Meet at the Montpelier Community (across Route 197) and the Prince-Mont Swim League All-Star Meet at Belair Swim and Reaquet (in Bowie)

The team practices in the evening, Monday through Thursday, from 7:00 until 9:00 PM and in the morning (Starting June 17) we will hold Wednesday and Friday mornings from 6:00-7:00 AM (these are optional practices)..Starting June 20th. Swimmers must attend at least two practices the week before a meet to participate in the meet. **NOTE:** Exceptions may be made in cases of vacation, camps, weather or other conflicts previously approved. The team will also have two swim camps. The swim camps are an opportunity for the swimmers to learn some new skills and have fun at the same. Camp #1 was held on June 19th from 12:00 PM until 3:30 PM and Camp #2 will be held on July 10th from 9:00 AM to 12:00 Noon (Lunch will be provided at Swim Camp #2).

Swimmer Team Rules:

1. Conduct appropriate for good sportsmanship must be exhibited at all times (Respect others and you will receive the respect you deserve!)
2. At swim meets, team members must stay for the entire meet...Unless other arrangements have been made with the coach.
3. Attend at least two practices during a week (It's better to show up late than not at all.)
4. Swimmers and their parents are permitted in the pool area during practice...**PLEASE Bring your Pool Pass to All Practices!!!!**...Please do not bring friends to watch you practice. Friends are always welcome to come to swim meets! Please bring your pool pass to practice. This is required for entry into the pool.
5. Swimmers are responsible for their own equipment (goggles, suits, etc.) Please make sure your name is on your swim equipment.
6. Do your BEST!
7. Have FUN!!!!!!

Parent Team Rules:

1. Have a positive attitude toward your swimmer. Make sure you encourage them!
2. At Swim Meets ALL Parents MUST display good sportsmanship (YOU ARE SETTING AN EXAMPLE FOR THE SWIMMERS). Please make sure that once the whistle is sounded for the start of an event – we MUST have QUIET for the Start. As a parent you are responsible for your actions...Please do not embarrass the team with inappropriate actions.
3. Please complete the Swim Team Vacation form – This form indicates if you will miss a meet or team activity. If plans change – Please send me an email as soon as possible – My email address is **dpws@aol.com**
4. Smoking is NOT permitted on the Pool Deck or near the athletes.

Pee-Wee Swimmers:

In addition to the normal swim team, the team will sponsor an opportunity for really young swimmers (3, 4 and 5 year olds) to participate in home meets. (The Pee-Wee Event will be held at the end of Home Swim Meets.) These swimmers are called Pee-Wees. Pee-Wees will not practice – They should be taking Swim Lessons!!!! The goal for the Pee-Wees is to help them improve their freestyle and to let them participate in some meets. If the Pee-Wee Swimmer starts to improve and gain confidence and pass the swim test...The Coach may move the swimmer to the 8 & Under age group.

Mission Statement:

To provide the swimmers at the West Arundel Swim Club an opportunity to improve their swimming ability, compete against other teams, and provide a fun atmosphere for the swimmers.

Team Goal for 2014:

This is a new season and our goal for 2014 is to have all Swimmers try/Swim all Events in their age group this season – You never know what you can do until you try....In addition by the end of the season to have every swimmer on the team improve their times in at least two of their events.

Weather Policy:

For practice: If it is thundering or lightening, practice will be canceled.

For meets: Please do not assume a meet is canceled. Show up at the pool at the designated time for an announcement or call 301-725-7711 and listen for a recorded message, or visit the West Arundel Swim Team Web-Site.

Practice Schedule: The regular practice schedule is as follows (Note: Please Bring Your Pool Pass to Practice). As can be seen by the below schedule, we will continue to have the early Wednesday and Friday morning practice. This is an optional practice that gives the swimmers the opportunity to improve on their strokes – At the early morning practice there are less swimmers and swimmers will receive more one-on-one stroke correction.

Beginning June 14th:	Practice Days:	Monday thru Thursday
	Practice Times:	10 & Under.....7:00 - 8:00 PM
		11 & Up.....8:00 - 9:00 PM
	Special Morning Practice:	Wednesdays and Fridays (Starts June 20th) - optional
		All Ages.....6:00-7:00 AM (Fri and Wed AM)

Note: If you own a pair of fins - Please bring them to practices on Monday, Wednesday & Friday AM. (Please make sure you have your name on your fins – a Black Sharpie or nail polish both work well.)

If you own a kickboard – Please bring it to practices on Tuesday evening and Friday AM. (Please make sure you have your name on your kickboard.)

Practice Requirement: Swimmers must attend at least two of the practices the week before a meet to participate in the meet. *The more a swimmer practices, the more they will improve their swimming ability.* NOTE: Exceptions to the practice requirement may be made in cases of vacation, camps, weather or other conflicts previously approved.

Questions: If you have any questions feel free to call Coach John Venit at (301) 725-7711 or at the Pool at (301) 725-9831 or Cell (301) 254-7946 (I usually do not answer the Cell Phone – Please leave a Message). Or you can contact the Meet Manager, Cherlynn Venit at (301) 725-7711.

WEST ARUNDEL SWIM TEAM

MEET SCHEDULE 2014

Footnote	Date	Day	Opponent	Location	Meet at WA Pool
#	June 14	Saturday	Ft Washington	FW	7:00 am
#	June 21	Saturday	West Laurel	WA	7:00 am
#	June 28	Saturday	Kings Landing	KLS	7:00 am
***	July 1	Tuesday	Mini-Meet	WA	5:30 pm
#	July 5	Saturday	Montpelier	WA	7:15 am
#	July 12	Saturday	Hawthorne	HCC	7:00 am
**	July 13	Sunday	Laurel Invitational	Fairland	4:00 pm
+	July 16	Wednesday	Laurel City	WA	5:00 pm
##	July 19	Saturday	Division Champs	MC	7:00 am
****	July 26	Saturday	PMSL All-Stars	BSR	7:00 am

Key: Prince-Mont Swim League Sponsored Meets

WA – West Arundel Swim Team

FW – Fort Washington

WLS – West Laurel Swim Club

KLS – Kings Landing

MC – Montpelier Community Assn

HCC – Hawthorne County Club

Division Champs - Divisional “C” Championship Meet

PMSL All-Stars - Prince Mont Swim League All-Stars at Belair Swim and Racquet

Other Meets – Fun Meets

Laurel Inv - Greater Laurel Invitational Swim Meet at Fairland Aquatics Center

Mini-Meet – Aqua-Duck Mini Meet for 10 & Unders

Footnote:

Regular Season Meets -- Counts toward regular season record and is important to win Division C Championship (In 1997, 1999, 2001, 2004, and 2008 West Arundel won the Divisional Title)

Div Champ - Prince-Mont Division C Championship Meet.

+ **Scrimmage Meet** -- Does not count toward season record – To Be Scheduled

** **Laurel Invitational** -- At least two swimmers per event will represent West Arundel at this meet.

*** **Aqua-Duck Mini Meet** – We sponsor this “Mini Meet” is for swimmers aged 10 and under only. Swimmers will swim against other swimmers their own age.

**** **PMSL All-Stars** - Winners of events in the Divisional Meet are invited to swim in the PMSL All-Stars Meet. Other swimmers are invited on the basis of times in comparison to all times in the PMSL.

Additional Activities and Dates to Remember:

Along with the meet schedule the team also has a number of activities planned for this season and dates to remember which include:

Fin Practice—Bring your FINS to practice.....	Mon/Wed/Fri AM
Special Morning Practices 6:00-7:00 AM.....	Wed and Fri
Swim Camp #1.....	June 19th
Swim-A-Thon.....	July 7th
Swim Camp #2 (Bring Fins and Kickboards).....	July 10th
Swim-A-Thon Make-Up.....	July 21st
Team Pictures.....	July 12th
Swim Team Party.....	July 19th
15th Annual Crab Feast & Swim.....	Aug 9th
Swim Team Awards Night.....	TBA
Swim Team Camp-Out.....	TBA
16th Annual Chili Cook-Off.....	Labor Day Weekend

Team Parties/Function/Field Trips: In order to give the swimmers some Fun time with the team, the team will schedule a couple of team parties or functions . **These parties/functions are for the team members and their parents only!** Please do not bring friends to the team parties/functions.

Team Awards Night: (Aug. TBA at 6:00 pm) All Team Awards will be presented at the Swim Team Awards Night.

Swim Team Camp-Out: (Aug. TBA – ALL Night) – Bring your Tent and Sleeping Bag and Camp at the Pool with the Team – Permission Form is Required.

Team Pictures:

The date for team pictures has been tentatively scheduled for July 12th. We will be taking a group picture as well as individual pictures for those interested. Pictures will be at the West Arundel Swim Club after our Home Swim Meet.

Thank you to our Team Helpers

Thank You to Cherlynn Venit for Being out League Rep, Suzanne Sturgis for being the League Alternate, Dean Webb for Being our Data Manager, Rick Moyer for keeping the Website updated, and Bill McMahon for sending out reminder emails.

Questions: If you have any questions feel free to call Coach John Venit at (301) 725-7711 or at the Pool at (301) 725-9831. Or you can contact the Meet Manager, Cherlynn Venit at (301) 725-7711...Or you can Text coach John at 301-254-7946.

Website Information

<http://WAST.Venitsports.com>

WAST Parent Volunteers

Each year the success of our season is determined by not only our swimmers but the support of the swimmers' parents. Below are listed the number of personnel required to run a successful meet. A brief description is provided along with a volunteer form which will help us to know what jobs each parent may be interested in. Please choose more than one type of job so we can have coverage through the season. We will provide any required training!!

Referee (1) - Home Meet Only: Responsible for the overall conduct of competition. Conducts the meet to ensure that all swimmers have the fairest opportunity to compete against one another.

Starter (1) - Away Meets Only: Calls the swimmers to the blocks, gives the instruction to ensure a fair start and then signals the start.

Stroke and Turn Judge (2) - Observes swimmers and ensures that they perform the strokes and execute the turns as prescribed by the rules.

Clerk of Course (2) - Lines up and checks swimmers, sends them to starting area.

Head Judge (1) - Away Meets Only: Takes time cards and compares cards looking for discrepancies (uses Place Judge Forms) and attaches DQ Slips and arranges in order of finish.

Announcer (1) - Home Meets Only: Provides bits of information over the PA System. Calls swimmers to clerk of course, announces score, etc.

Place Judge (1) - Judges the visual finishes of all races and indicates First and Second Place finishers on Form.

Head Timer (1) - Home Meets Only: Ensures timers are ready for start of race and after race collects time cards from timers, checks for discrepancies and turns them over to runner to deliver to head judge.

Roving Timer (1) - Home Meets Only: Back-up timer who is used during race in case a timer fails to start watch or in case a watch fails.

Scorer (1) - Records the names, times, and points awarded from each event to each team. Home Meets using computer. Away meets may be computer or handwritten.

Timers (9) - Starts watch at the start of every race (according to strobe on starting system) and stops watch at the end of the race. Three timers per lane are required.

Team Rep (1) - Team Representative that receives an explanation of all DQs from the Referee and acts as point of contact between coach and referee.

Ribbon Writer (2) - Sticks labels or writes by hand the event, time and swimmer's name on the back of ribbons.

Runners (3) - Home Meets Only: Transports time cards from head timer and delivers to the head judge.

Any Job (Need Many) – Both Home and Away: If you just want to help – Let John or Cherlynn know and we will put you to work in many different ways!

WEST ARUNDEL SWIM TEAM

Fund Raisers

In order to keep the cost of swimming for the West Arundel Swim Team low we hold a number of fund raisers. In addition – The team uses some of the fund raiser money to purchase items for the team – In 1999 the Team won the PMSL Division “F” Championship – So the team decided to purchase a “Tube Slide” for the Pool. In 2001, the Team installed the cemented basketball court. In 2004, the Team donated sand chairs and lounge chairs to the pool. In 2008 the team purchased for the Swim Club the Fountain in the wading pool. Listed below are the fund raisers and dates we have scheduled this year:

Business Sponsor

One of our big fund raisers is our Business Sponsor Program. If a parent or swimmer gets a business to sponsor our team, that parent or swimmer will earn 50 pts toward their letter (WA). See the attached Business Sponsor Form. Please Turn in Business Sponsor Forms as soon as possible so we can order a sponsor sign.

Donations for the Concession Stand

The team will have a concession stand at all HOME Meets - All families are asked to participate and earn points toward a "WA" Letter [10 pts per meet]) in this fund raiser - **Please donate a 12 pack of a name brand soda, Gatorade/Powerade, or ½ liter bottled water, etc.)**

Swim-A-Thon

The team will be holding its Swim-A-Thon on Monday, July 10th from 7:00 - 9:00 PM at the pool (Make-up date will be July 14th). For participating and turning in Swim-A-Thon Funds each swimmer will earn 30 pts toward a "WA" Letter and every swimmer that earns \$15.00 or more (and turns it in by July 21st) will receive a special award at the end of the season.

Crab Feast

The team will be hosting its 14th Annual Crab Feast & Swim on August 9th from 6:00 - 10:00 PM. ALL YOU CAN EAT MARYLAND CRABS, Corn, Crab Soup, Chicken, Salads, Desserts, etc. **Watch for an Announcement Sign at the Pool about the Crab Feast.**



WEST ARUNDEL SWIM TEAM



Business/Corporate Sponsor 2014

If your business would like to sponsor the West Arundel Swim Team, please fill out the form below, enclose your check (Payable to WAST) for \$150.00 (Returning Sponsors: \$125.00) and mail it to WAST, 414 Forest Bridge Ct, Laurel, MD 20724 as soon as possible.

The WAST is made of swimmers ranging in age from 4 to 18 years old. The team trains five days a week at the West Arundel Swim Club in Laurel and the team is a member of the Prince-Mont Swim League.

Your sponsorship will be used to purchase ribbons, awards and equipment for the swimmers of the West Arundel Swim Team. The team will also use part of your sponsorship to purchase a banner of the Sponsor's business logo which will be displayed at all home swim meets.

Please turn in Business Sponsor Form As Soon As Possible

For more information contact: John Venit (301) 725-7711

THANK YOU FOR YOUR SUPPORT!

West Arundel Swim Team (WAST) 2014 Business/Corporate Sponsor

Name of Business: _____

Point of Contact: _____ Phone # _____

Sponsor Logo: _____

(as you want it to appear on your banner)

OR

Please Provide a One Color Logo for your Sponsor Banner

Team Member Point of Contact: _____

WEST ARUNDEL SWIM TEAM

TEAM SUITS and SWIM EQUIPMENT

Team Swim Suits and Swim Equipment (Goggles, Swim Caps, and Fins) are not required to be on the team. These items make us look like a team - but once again, they are not required.

SWIM SUITS

Team Swim Suits will be on sale at the pool from June 19 until June 27th (Not a requirement to be on the team). The suits are Yingfa brand and are made of lycra and nylon. The suits are Black with our Team Logo printed on the Suits. Swimmers must have paid their registration fee before purchasing a suit. See Attached Swim Suit Order Form for more details

Suit Prices (Black Suit with Team Logo)

Girls: \$33.00

**Boys: \$30.00 (Jammers - long racing shorts like biker pants)
\$20.00 (Speedo Style)**

GOGGLES

Goggles are sold in the snack bar. Goggles range in price from \$3.00 to \$8.50. Goggles are not required for practices but are good for the eyes!!! If you purchase a pair of goggles please write the swimmer's name on the goggle strap. Loaner goggles will **not** be available at practices!!!!!!

SWIM CAPS

Each Swimmer will receive one free Silicone cap during the swim season. If an additional cap is need it can be purchased for \$9.00. **Silicone caps** with the team logo will be offered for a cost of \$8.00 per cap (Silicone Caps are Avaialable in the Snack Bar)

FINS

The team will be using fins in practice....The team has a limited supply of fins...So if you own a pair please bring them to practice on Monday and Wednesday Nights, Friday mornings and Swim Camps. If your swimmer does not own a pair you can purchase them at a sporting goods store (like Sports Authority) or order a pair through the team (\$20.00/pair)...See Coach John for Details. The main rule with fins is to make sure you write your name on the fins and swimmers please do not lend out your fins!!!!



WEST ARUNDEL SWIM TEAM

Swim Suit Information/Order Form

2014

Suit Color: Black with Yellow and Gray Duck Logo Printed on Suit

Manufacturer: Yingfa

Material: Nylon and Lycra

Suits are on Sale starting June 19th (Wednesday) – Until June 27th

Suit Prices: Yingfa Suit Prices (with Mascot Imprinted on Suit)

Girls: \$33.00

Boys: \$30.00 (Jammers - long racing shorts like biker pants)

Boys: \$20.00 (Speedo Style)

Please Make Checks Payable to **WAST**

These Yingfa suits are a durable suit which can be purchased at a “team cost” which saves our team members money. The Retail Price of these Suits are Female \$60.00 and Male \$50.00. The suits are black with the Team Logo Printed on the Suit.

Proper Care of your Swim Suit Includes:

1. Purchase the proper size suit. Suits should fit snugly (a suit that is baggy will rub against the swimmer’s body causing it to wear quicker than normal).
2. Never leave your suit rolled up in a towel or in a gym bag. Your suit should be hung up to drip dry (Please hang your suit up – “Up-side down”).
3. Always rinse your suit with cold water after swimming. This will remove the chlorine which causes a break down of the nylon and lycra.
4. Avoid sitting on rough surfaces (Cement) -- This causes the bottom of the suit to wear quickly.

(Please detach the below form and submit with payment)

West Arundel Swim Team Suit Purchase Order Form - 2014

Name: _____

Sizes: XXS (20-22) XS (22-24) SM (24-26) MED (26-28) LG (28-30) XL (30-32) XXL (32-34) 3XL (34-36)
Girls Sizes – Start at XXS (20-22) and Boys Sizes - Start at XS (22-24)

(Circle Size Needed)

Suit Prices: Girls: \$33.00

Boys: \$30.00 (Jammers - long racing shorts like biker pants)

Boys: \$20.00 (Speedo Style)

Amount Enclosed: \$ _____ Check Number: _____

Note: Please Make Checks Payable to WAST

***Please Return Order Form and Payment in a Sealed Envelope with the Swimmers Name on the Front of the Envelope!!! – Please drop in the Swim Team Drop Box**

West Arundel Swim Team

Directions to Away Meets

FORT WASHINGTON SWIM TEAM (FW)

13602 Kings Charles Terrace, Captain's Cove, Fort Washington, MD 20744
(301) 292-6260
fwsharks.com

June 14, 2014 Meet at WA at 7:00 AM Approx Travel Time: 50 mins

Directions: From Capital Beltway, take exit 3A (Indian Head Hwy) Route 210 south approx. 5 miles to Fort Washington Shopping Center. Turn R at traffic light onto Ft. Washington Rd. for approx. 3.2 miles. Turn L onto Warburton Dr. which is the last possible turn before entering the Fort Washington Park. Continue on Warburton until Fort Washington Marina area. Pool is on the right.

KINGS LANDING SWIM TEAM (KLS)

3255 Kings Landing Road, Huntingtown, Maryland 20638
(410) 535-3321
www.co.cal.md.us/residents/parks/events/kingslanding/

June 28, 2014 Meet at WA at 6:45 AM Approx Travel Time: 1 hr plus

Directions: Travel South of MD Rt. 4 (Beltway Exit 11A) Turn right into Old Town Road. Turn right onto Hunting Creek Rd. Continue straight onto Huntingtown Rd. Continue straight at four-way stop sign onto Kings Landing Road. Follow signs in the park to the pool.

HAWTHORNE COUNTRY CLUB (HCC)

RT. 225, La Plata, MD 20646
(301) 609-3105

July 12, 2014 Meet at WA at 6:45 AM Approx Travel Time: 1 hr plus

Directions: From Capital Beltway to Rt. 5 (Branch Ave.) South. Rt. 5 becomes Rt. 301, continue South to La Plata. Turn R at Rt. 225, pool is on R about 1 1/4 miles.

Fairland Aquatic Center (FAC) - 25 Meters (301) 206-2359

Laurel Invitational Swim Meet –
Old Gunpowder Road, Laurel, MD 20707

July 13, 2014 (Sunday) Meet at WA at 4:00 pm Approx. Travel Time: 15 min

Directions: Take Route 198 West toward Burtonsville. Turn Left onto Old Gunpowder and follow for approximately 2 miles. Pool will be on the Right.

West Arundel Swim Team

Directions to Away Meets

MONTPELIER COMMUNITY ASSN., INC. (MC)

12401 Cedarbrook Lane, Laurel, MD 20708
(301) 317-0106

July 19, 2014 Meet at WA at 7:30 am Approx. Travel Time: 10 min

Directions: From Capital Beltway, take the Baltimore-Washington Parkway north to Route 197. Exit at 197 towards Laurel. At the third light turn left onto Montpelier Drive. Make the second left onto Cedarbrook Lane. The pool is on the left approximately 1/2 mile.

Belair Swim and Racquet (BSR)

12728 Midwood Lane, Bowie, MD 20715 (301) 262-3349

July 26, 2014 Meet at WA at 7:00 am Approx. Travel Time: 30 min

Directions: From Capital Beltway, take Rt 50 (Annapolis exit). Turn off at Collington Rd. (Md. Route 197 N) exit. Take a left at the light. Follow Rt. 197 north to Rt. 450. Turn R on Rt. 450 about 1 mile to Millstream Dr. Turn L take next L onto Midwood and approx. 1,000 feet to pool, on left.



Important Information for Parents and Swimmers

Proper Sizing of Swim Suit:

- Swim Suits should fit “Snuggly” or Tight – Like a Second Skin
- If a suit has wrinkles then the suit will wear out faster – If the excess material in the suit moves against the skin the suit will wear thin and wear-out
- Do not buy a suit that your swimmer will grow into –
 - o For a Girl’s Suit - If the Shoulder straps can be extended to the swimmers ears the suit is too big. If the suit has wrinkles on the abdomen or check it is too big. The Best Fit is a Tight Fit – The suit will stretch over time.
 - o For a Boy’s Suit – If the suit has wrinkles in the legs then it is too big – The suit should act as an athletic supporter.

Care for your Swim Suit:

- Do Not Leave a wet suit in your bag or in a rolled-up towel
- Do Not Ring Out your Suit – this damages the material
- Do Not Machine wash your suit often – the more you machine wash your suit the quicker the fabric will break down (If you machine wash your suit – please use the gentle cycle). Avoid a clothes dryer – the heat of the dryer also breaks down the fabric (use low heat only)
- Do rinse your suit with cold water after each use
- Do hang your suit upside down to drip dry

Care for your swim cap:

- Do not leave a wet cap in your bag
- Do not leave you cap in the sun
- Do not stick sharp objects into your cap
- Dry your cap with a towel
- Use baby Powder on the inside of your cap to keep it from sticking together

To Keep Goggles Clear:

- Spitting in or licking the inside of your goggles will help keep them from fogging-up
- Saliva acts as a defogger and will help keep your goggles clear

To Help Prevent “Swimmers Ear” and Ear Infections:

- Many Ear Infections are caused by water being trapped in the inner ear.
- To help Prevent Ear Infections take the following actions:
 - o Do Not clean your ear canal with a “Q-Tip”
 - o Never place any objects smaller than your elbow into your ear
 - o If water gets trapped in your ear – Put 2 or 3 drops of the following solution in each ear, swish around, and empty out of ear.
 - “Swimmers Ear” Solution:
 - 1/3 Hydrogen Peroxide
 - 1/3 Rubbing Alcohol
 - 1/3 Vinegar
 - Mix all three together to make “Swimmers Ear” Solution
 - Place in bottle with dropper

Keys to Becoming a Better Swimmer

Some of the keys to becoming a better swimmer...

Even though we require swimmers to make two practices a week it is a benefit of every athlete to practice more rather than less – We offer Evening Practices Monday, Tuesday, Wednesday, and Thursday from 7-8 pm for swimmers 10 and Under and 8-9 pm for swimmers 11 and Up. In addition we will hold early morning practices on Wednesday and Friday from 6:00 -7:00 AM (for all age groups). Practices will provide the opportunity for swimmers to learn proper technique and practice swimming more efficiently.

QUALITY - One of the keys is to practice what you learn...If you swim a “quality practice” you will improve each and every week. In addition, the more often you swim a quality practice the better swimmer you will become. Remember – Swimmers on the U.S. Olympic Team did not make the Olympic Swim Team without putting in quality practice sessions.

TRAIN EXPLOSIVELY – Many swimmers train slow when they do a workout – But when you train/swim slow – You become SLOW. If you want to become a FAST swimmer – You want to train for speed! This means practicing with explosiveness and speed (But don’t forget QUALITY).

DON’T THINK ABOUT IT – Practice is about learning and training our body to do something so it becomes a HABIT. When we practice you should think about what we are doing...this will lead to improvement...Then we need to make these swimming movements a habit. When it is time to swim in a race we should NOT think about what we are doing...We simply need to perform the swim stroke with little or not thought. In a race don’t think about the details of swimming just clear your mind of all thoughts and let your body take over. If you practiced with quality the SWIMMING HABITS you develop will takeover and you will become a **better and faster swimmer**.

NUTRITION and HYDRATION – Your body needs fuel to keep active (both at practice and at meets) and that fuel is found in food and drink – Please refer to the Nutrition Guide at the end of the Handbook. **Remember** – Please drink at least 8 oz of water before the start of practice and make sure you bring a water bottle to practice to keep you hydrated during practice.

OTHER OPPORTUNITIES TO SWIM – If you are interested in getting additional swim time or practice ...The West Arundel Swim Team sponsors the following during the non-summer months:

- **Sunday Evening Swimming** – The team runs practices to improve strokes and turns on Sunday Nights from December to April from 7:00 – 8:00 pm at the Fairland Aquatics Center (Indoor Pool)

OR – You can sign up for a United States Swim Team – There are a number of them in the Local Area – Please Contact Coach John for Additional Information.

West Arundel Swimmers Nutrition Guide

PEAK PERFORMANCE (fueling your sport)

Does a "high-power" athlete, such as a sprinter, need a different diet than an endurance athlete like a distance swimmer? Not really - both rely on **carbohydrates** as their primary fuel. Carbohydrates are the only nutrient that can supply energy to working muscles for short-duration, high-intensity exercise...and carbs are the major fuel used by your body for endurance exercise.

Good nutrition is a teen athlete's best friend - the *extra edge* you need to have a winning season. Fatigue from lack of fuel defeats more athletes than any other competitor. No matter how big your muscles, they have a limited capacity to store energy. They must be refueled before, during, and after exercise

EAT several small to medium sized meals and snacks each day. *Be sure to include breakfast!*

ON EVENT DAY...

The pre-event meal is important to fuel your muscles for competition. Since fat and protein take longer to leave the stomach than carbohydrate, eating too much fat or protein before an event increases your risk of indigestion, nausea, and vomiting during the event. Sugary foods (candy and sweets) are a quick source of energy but healthier carbs provide energy PLUS the mineral and vitamin benefits.

More than 3 hours before

Fruit or vegetable juice
Fresh fruit, lowfat yogurt
Bread, bagels, rolls
Baked potato, boiled rice,
Pasta with tomato sauce
Low fat yogurt, cereal with 1% milk
Baked chicken or fish, tuna, lowfat cheese

2 hours before

fruit or vegetable juice
fresh fruit
bread, bagels, rolls
(no added fats)

>1 hour before

fruit or vegetable juice
fresh fruit (low fiber-
plums, melon, cherries,
peaches, applesauce)

Remember to **sip fluids during the meet**, about 4oz every 15 minutes. Fluids like half-strength juices (diluted with water) or sports drinks supply needed carbohydrate and leave the stomach quickly.

AFTER the meet - eat carbohydrate foods to restore muscle glycogen.

GOOD FOOD - FAST

<u>GO FOR IT!</u>	<u>CAUTION</u>	<u>NOT SO FAST (think again)</u>
1% or fat free milk	2% milk	whole milk
frozen yogurt, sorbet	soft-serve ice cream	scoop ice cream
low fat milk shakes	milk shakes	
bagels, English muffins	cornbread	biscuit, croissant
pancakes, waffles	French fries (small)	French fries (large, curly, cheese, or other fries)
cereal, bread sticks		pie, cookies, brownie
baked potato		
veggies (salad bar)	tuna/chicken salad	croutons
pasta bar	coleslaw	bacon bits
fresh fruit	macaroni/potato salad	more than 2 Tbsp dressing
soup (broth type)	cream soups	
grilled chicken	cheeseburgers	fried chicken (and sandwich)
chili with beans	steak sandwiches	fried fish (and sandwich)
plain hamburgers	cheese pizza	chicken nuggets
chicken/turkey, ham, deli sandwich or sub		"super", "deluxe", "supreme" meat, pepperoni, or extra cheese pizza
		breakfast biscuits, sausage, bacon
catsup	lowfat dressings	mayonnaise (lots of...)
mustard		cheese sauces
barbecue sauce		alfredo, hollandaise sauce extra butter

WHAT ABOUT WATER? Swimmers often do not realize that they lose body water through sweat. It is easy to become dehydrated after intense exercise and sitting around in the hot, humid poolside environment. Your body's thirst mechanism does not work well during exercise so "feeling thirsty" is not a good guide.

Before exercise
1-2 hours before-
drink 10-14oz **cold**
water or juice.

During exercise
Drink 4oz **cold** water,
dilute juice, or a
sports drink every
15 minutes.

After exercise
Drink 2 cups of **cold**
water or undiluted juice for
every pound of weight loss.

15-30 minutes before your event, drink 1 cup of **cold** water or dilute juice.
For training season, your general meal rule is:

***high CARB** (2.5g to 5g of your body weight each day),
Some carbs ARE better than others! Simple sugars from fruit, milk and yogurt, and complex carbohydrates (*whole-grain* bread, cereals, rice, pasta, and potatoes) give you energy plus vitamins, minerals, and fiber.

***moderate PROTEIN** (between 1/2g- 1g per pound of your weight),

***low FAT** (limit fried foods, high fat snacks with >5g fat/serving and go easy on added butter, cream cheese, cheese, and salad dressings)

Try dividing your day into 5-6 eating zones...

Zone #1 should be within an hour of getting up in the morning. Try cereal + fruit + lowfat milk OR scrambled egg + lowfat bacon + toast + juice, OR lowfat cheese or peanut butter sandwich + juice OR granola or power bar + yogurt.

If swim practice is in the morning, eat something light (like juice + a plain bagel or dry cereal, OR a banana + yogurt) before practice. Your pre-breakfast should be mostly carbs - limit or avoid high fat and high protein foods. Then bag a breakfast to eat after training. **NOTE:** A high carb meal eaten within 1-2 hours after training will restore muscle energy stores (glycogen) best.

Zone #2 is your mid-day meal. Bag a lunch if you can't find what you want in the cafeteria. Include a lowfat protein food + bread or other starchy food + fruit/vegetables or juice.

Zone #3 is your afternoon snack, before afternoon sports or activities.

SNACK IDEAS: dried or fresh fruit (apple, orange, banana, grapes, melon, peach, pear, etc), pretzels, graham and animal crackers, fruit and granola bars, bagels, lowfat cheese or yogurt, pudding, cereal with lowfat milk)

Zone #4 might be after practice or games when you need to replenish your energy. Keep a high-carb snack in your gym bag. (Idea: when you can't brush after meals and snacks, try chewing sugarless gum.)

Zone #5, dinner, should include a good source of lowfat protein (baked or grilled meats, poultry and fish) + vegetables for fiber, vitamins and minerals + bread or other grain foods (rice, pasta, potato, corn, beans). End the meal sweetly with fruit. Remember you are still in training and a high fat meal, like a lot of fried foods, will add inches to your waist instead of energy to your muscles.

Zone #6, your evening snack, is the last chance to score nutrition points. Recall what you've eaten so far and fill in the Food Pyramid gaps.

WAST Registration Form

Summer 2014

Family Name: _____ Pool No. _____

Phone # _____ Emer #: _____

Address: _____

City: _____ State: _____ Zip: _____

E-Mail Address: _____

Swimmer	Date of Birth	Age	T-Shirt Size

Registration Fee: \$25.00 per swimmer

Please make check payable to WAST

Registration Fee:

The Team's Registration Fee is **\$25.00 per swimmer**. This fee is used to join the Prince-Mont Swim League, purchase team swim caps, ribbons, team functions and additional awards for the swimmers. Please pay the registration fee by 28th. Please make checks payable to WAST....You can complete the form and drop it in the Swim Team Drop Box at the Pool.

Total # of Swimmers _____ X \$25.00 = \$ _____ (Check # _____)

As the Parent/Guardian of the above swimmers, I am aware that my children have signed up to be on the West Arundel Swim Team and I am willing to help my children improve in the sport of swimming. I am also aware that I must notify Coach John or Cherlynn of meets being missed by the Wednesday night prior to the meet either by signing the scratch book in the office or through an email. I also understand that failure to notify them will result in a \$5 charge per missed meet.

HOLD HARMLESS CLAUSE:

I, the undersigned, parent/guardian, assume all risks and hazards incidental to participating in the Swim Team Program and do hereby waive, release, absolve, indemnify and agree to protect, defend and hold harmless the West Arundel Swim Team, its coaches, volunteers, and participants for any claim arising out of any injury to myself/child to the fullest extent allowed by law. I, the undersigned, parent/guardian of the participant(s), am fully aware of the potential dangers and risks inherent in this activity, including physical injury, death or other consequences that may arise or result directly or indirectly from participation in this activity. I further grant full permission to use, without recompense, any photographs, videotapes, motion pictures, recordings or any other record of this program for promotion of the West Arundel Swim Team.

I affirmatively certify that to the best of my knowledge, my son/daughter is in good mental and physical health and capable of participating in this activity. I have read and fully understand the contents of this "hold harmless" agreement and execute same voluntary.

Parent/Guardian Signature

Date

West Arundel Swim Team Vacation Form 2014

If you will be out of town or you will miss a Swim Meet please complete the below form and submit it with your Registration so that we know that you will not be attending a Swim Meet. Please also use this form if your kids are attending a camp so that we know they will miss practice. If you one of your swimmers will not be a meet but all others will be – Please indicate that in the Notes.

Note: If one of you swimmers gets sick the day before a meet – Please send me an email to dpws@aol.com or call me at 301-725-7711 (Home) or 301-725-9831 (Pool) or 301-254-7946 (Cell)

Family Name: _____

Phone Number: _____

E-Mail Address: _____

Week of	Out of Town	Notes
June 8 - 14	_____	_____
June 15 – 21	_____	_____
June 22 -28	_____	_____
June 29 – July 5	_____	_____
July 6 – 12	_____	_____
July 13 – 19	_____	_____
July 20 – 26	_____	_____

Or Please Check the Box Below that you plan on attending all meets this season:

We plan on being at All Meets this Season (Please Check Box)

