

2019/2020

**Lakewood High School
Girls' Swimming and Diving**

Parent/Athlete Handbook

“Success is a science. If you have the conditions, you get the result.”

- **Oscar Wild**

Table of Contents

Overview	4
Team Goals and Core Values	5
Coaching Staff	7
Frequently Asked Questions	8
Background Information	10
Preseason Swim camp	11
Practice Schedule	13
Attendance Policies	13
Tentative Meet Schedule	14
Meet Information	15
General Time Standards	17
Lettering Guidelines	18
Training Philosophy	18
Nutritional Strategies	24
Volunteer Jobs	28
Team Attire Guidelines	30

Dear Lakewood Swimming and Diving Parents and Athletes:

The purpose of this handbook is to provide useful information as you prepare for the 2019-2020 swimming and diving season. Our senior leadership group has set high athletic and academic goals for the team. The following are a few news items and a few thoughts about the upcoming season with an emphasis on new directions and news items.

Team Attendance Policy (Divers need to talk to coach Kegan)

Our team is adopting a 12 free passes attendance policy this year. This policy is to put the athletes in charge of their priorities and in a position to take ownership of their choices. Twelve is a very high number of absences and is in no way a reflection of what we expect to see out of our athletes. However, this eliminates the need for lengthy conversations about choices and priorities. The coaching staff understands that all the athletes will miss practices or meets for various other commitments in their lives, like musical instruments, clubs, etc.. With this being said, we are asking for your help, as parents, to aide your athlete in seeing potential conflicts and making plans on how to meet the expectations of a varsity sport and still have other interests. This is a lifelong skill that they will have to perfect as they grow older (as you know) and will need to manage in their own career, family, friends, and interests. We like to think of these like sick days at work. Advantages can be seen on both ends of the spectrum but it's the athlete that has to make the decision about what they value most and need, and still be able to get the job done. The clear definitions of the policy can be found later in this document.

- **State Rules Changes:** All athletes are required to have competed in 6 meets (previously 4) in order to compete in the state meet.
- **Financial Support:** Our team relies mostly on pool fees and athlete fees to fund this program. We have goals though to expand our ability to offset those costs, which also include caps, and various equipment. Our third expense is in meet fees (\$500 – 700/season) If you have the ability to make a donation or advertise for your company in the school media guide it would be greatly appreciated. Please contact Ms. Devito in the athletics office for more information.
- **Parent Volunteers Needed:** We need to have parent volunteers for a variety of tasks in connection with home meets, travel meets, and social events, please see pages 28-29 for opportunities. This team can get better exponentially faster with your help.
- **Lakewood Preseason Swim Camp:** Oct 14 – Nov. 17 M-Th 4:45-6:30. This is an opportunity to get a head start on the season (in a race, everyone could use a head start).
- **Training Philosophy and Nutrition:** Last year we started talking about our sports in terms of science. This year we are taking things to the next level starting with this handbook. Before the first day any athlete dives into the water, we hope they will have a good game plan for how to fuel themselves for better performance and recovery. We also hope they will have a better understanding of training and be able to interact with workouts not just physically, but cognitively as well.

2019-2020 LHS Girls' Swimming & Diving Team Goals

- 1) Have every swimmer participate in 6 meets.**
- 2) Lifetime best performances for each athlete.**
- 3) Qualify an individual diver and swimmer for State.**
- 4) Grow the bond between Divers and Swimmers on the team.**
- 5) Qualify all relays for state, and score a relay at State.**
- 6) Better attendance and work ethic in the weight room.**
- 7) More parent involvement.**
- 8) Better attendance at team dinners.**
- 9) Score more points at League Championships each year.**
- 10) Complete a team service project before the official start of the season.**
- 11) Make swimming and diving a 4 year journey in the hearts and minds of our athletes, not one year at a time.**
- 12) Gain corporate sponsorship (donation) for our team.**

Team Core Values

“Never Doubt that a small group of thoughtful, committed, people can change the world. Indeed. It is the only thing that ever has.”

-Margaret Mead, American Cultural Anthropologist

Life

- Be a person of integrity.
- Be organized, prompt and able to prioritize to achieve excellence in everything.
- Find FLOW in every activity

Athlete/Team

- Be a leader through actions.
- Great teammates, listen, support, and don't hesitate to always do things right even though it isn't easy.
- Train with purpose

Swimming

- Set training goals each day
- Technique and habits are king
- Time goals, intrinsic motivation, focus on what can be controlled.

Coaching Staff

Head Coach

Joel White coach.joel.white@gmail.com, cell: 312-515-4064

This will be Joel's third year at Lakewood High School after coaching at all levels of the sport. His career started in Texas with summer league teams and as his interest in coaching grew he worked at the University of Texas Swim Camp. At the conclusion of his college swimming career at the University of Wisconsin, Milwaukee he coached a high school swim team in Wisconsin and lead them to 5 individual state champions and 2 relay champions in two years. Joel earned a B.S. in Mechanical Engineering but decided to pursue a college coaching career, and spent the next 9 years coaching college swimming at the University of Utah, University of Notre Dame, and University of Denver. During his time at the University of Utah Joel earned a Masters degree in Sports psychology. His college coaching career highlights included a National Pan American games team member, 7 team conference titles, 5 NCAA All – Americans, and the rewriting of countless team and pool records. Joel retired from college coaching to start teaching secondary math but his teaching ambitions have been put on hold while he raises his 2 daughters. He and his wife Tracy live in Golden with their two daughters and when Joel is not coaching he enjoys the outdoors...skiing, running, biking, camping and yes occasionally swimming.

Assistant Coach

Savannah Davis Payne

Sjd03@msn.com

303-263-4149 cell phone

This will be my second-year coaching at LHS. I was a 'Jeffco' kid and a Lakewood High graduate; "It's a GREAT day to be a Lakewood Tiger!", it has been wonderful to have the opportunity to give back to a community I grew up in. I swam all four years at LHS, from there I walked onto the swim team at the University of Wyoming, and I finished my swimming career at Cal State Hayward. After finishing with swimming, I earned my B.A. in Psychology from the University of Wyoming, M.A. in Educational Psychology from the University of Northern Colorado, and M.A. in Clinical Counseling from Palo Alto University. I was an elementary school teacher for 7 years before becoming a stay at home mom. My husband (Jacob), son (Henry), and I enjoy being busy outside.

Frequently Asked Questions?

- **How does an athlete get registered for the Swimming?** All athletic registration will be handled on-line through the athletics website. On-line registration for **Winter Sports** will open October 21. Completed online forms, evidence of a current sports physical, and winter sport fee will be collected, and the coaches will be notified. Athletes must be fully registered and cleared on or before November 18. This process is very clearly defined through the school's website. Questions about the process can be answered by Ms. Devito.
- **Are there separate JV and varsity teams?** No, we have one team at Lakewood. Most of our Jeffco League dual meets will feature a varsity and a JV competition. Athletes can swim in both varsity and JV competitions at a given meet. Training is dictated by the individual athlete's need, invitation to certain meets as well as number of events is determined by both attendance at practice and skill level.
- **How does an athlete earn a letter?** The Lettering Guidelines are in this booklet. An athlete must compete in Varsity league or a Varsity invite. The coaches have the final say.
- **How do we order team suits and other apparel?** The team **swimsuit try-ons** will be held at a date to be determined in late October at 3:45 at the high School after school. Athletes may also order team caps at this time. Dive team will select their own team suit appropriate for diving; however the suits will have the same logos in the same places. Additional optional apparel may be ordered through the team (but not required) – apparel orders are due in late October. There will be a website through "out of breath sports" to order team suits, caps, and team apparel. See emails, social media updates, & website for details. Athletes are required to purchase a team suit. It should also be noted a national high school rule mandates that suits and caps with other team logos not be worn in competition. If you are unsure if your suit meets standards for High School competition, please see the coaches. Racing suits (Tech Suits) will only be provided to those swimmers representing the team at League and State, by the team (coaches will have the final decision on sizing and whom qualifies).
- **What does an athlete need to bring to practice?** Swimsuit, 2 caps (Latex caps will be available at every practice from the coaches) 2 pair of goggles (extra strap), a water bottle, snack, towel, lock for locker (during practice only), any inhalers or emergency medicines needed (on deck not in locker).
- **What does an athlete need to bring to strength training?** School/ Weather appropriate work out clothes. T-shirt, shorts or sweat pants, socks, athletic shoes (running, cross country shoes), water/ sports drink, snack.
- **What is the plan for the intensity of practices?** It will ramp gradually during the preseason and the regular season. Training sets will gradually be increased in number and intensity as the preseason proceeds. We try to consider each athlete's situation individually and gradually work them into their full capacity. That being said, the coaching staff is making decision based on the information shared by athletes, and the biological knowledge they have. If your athlete communicates well this will be a more accurate, easier process.
- **How many events will an athlete swim in a meet?** Normally, between two and four. We always try for as many events as we have available for each athlete.

- **How are athletes chosen to fill events at a meet?** Coaches will select events for each athlete. Coaches will often ask individual athletes for input, but not always. Participation in meets is a privilege earned through practice. If an athlete has missed practice that week they might not be eligible for certain relays, or other events.
- **In which meets will my daughter compete?** Athletes in good standing are permitted to swim in all meets. Not to exceed 11 during the regular season, and no less than 6. However, the Colorado Invitational, and the State Meet have strict qualifying times. Some invites will have squad limits and the squad will be chosen by the coaches.
- **How does a swimmer qualify for State and for the Colorado Invitational?** State Meet qualifying times must be achieved in a high school meet during the current season. Colorado Invitational standards may be met in prior high school season, USS or summer league competitions.
- **How does the team select individual and relay entries for State?** The state entry is primarily based upon the coaches' assessment of the lineup that will achieve the most points at State. However the goal is always to bring as large of a squad as possible. Everyone should plan on attending the State meet on a relay until told otherwise. As you can assume these are 2 goals that are difficult to balance, the decision will be made by the coaching staff based on what is considered to be best for the team.
- **What is the 5 Practice Rule?** The Colorado High School Activities Association requires that athletes practice 5 days with their team before being permitted to compete.
- **What are the attendance expectations for social events?** These events are optional but encouraged. These events make us a closer team each and every time. The schedule for these events will be posted on the website.
- **What are the primary modes of communication?** Email, and in person at practice. The website will be reliable for schedule info but specifics are often not known until the week of the event.
- **Is the Lakewood trainer available to swimmers and divers?**

Yes, however doctor appointments, visits to the trainer, PT, etc....are not to conflict with practice. Ice is available at the Golden Rec Center after practice, and the training room is open at the end of school each day before practice starts.

Background Information:

Required on-line registration: Registration needs to be completed by November 18; first day of season. (Don't wait until the last minute, this can take several days sometimes)

For athletes who have already registered for a fall sport: You will need to **go back on-line and register for the Winter Sport.**

Practice Requirements – All practices are required. Divers will need to talk to Coach Kegan about his policies. Swimmers will receive a total of 12 free passes. These will be used for any and all absences, no questions asked. These free passes are used to help athletes prioritize their lives and find a balance with swimming. However, Absences can still effect participation in meets. **More on Free passes can be found further on in this packet.**

Lettering Policy: The minimum standards for lettering are included in this booklet.

Cutting Policy: Due to the constraints of time and space we are limited to the number of swimmers and divers we can accept. We do not cut athletes unless we reach our limits. This number can change from year to year depending on the pool availability.

Drugs, Alcohol and Tobacco: Participation on the Lakewood Swimming team is a privilege. Athletes are expected to comply with requirements of the Jeffco Student and Family Handbook. Specifically, the “use, possession, sale or exchange of alcohol, tobacco, or marijuana or other illegal drugs” is expressly prohibited. We take the athletes’ commitment to honor this prohibition seriously. Violations of the Code will result in significant disciplinary action.

Tardy Policy: Our swim team will follow a tardy policy for practice. Three tardies will earn an absence.

Sports Locker Availability: Lakewood swimmers or divers who want to store their equipment in an athletic locker at school should inquire through the athletics office. they are provided free of charge, and a sure-fire way to not forget your shoes for the weight room. Athletes should bring their own locks. This is highly recommended for all athletes.

Certain High School Swimming Rules that differ from USS and/or the Summer League

- no false starts (the swimmer is disqualified from the race upon the first false start)
- no contact with coaches on Sundays
- scratching during a meet: if a swimmer misses an event for which he had been formally entered with the officials, then that swimmer is scratched for the remainder of the meet, including relay swims. If the swimmer and coach agree that the swimmer should not swim an event previously entered with the officials, the coach can notify the officials that a “declared false start” will take place, and the swimmer will be able to swim other events in the invitational meet
- swimmers may not wear suits or caps of other high school teams or USS clubs. (Only team suits or generic suits are allowed e.g. No suits or caps that say Marlins, or N. Jeffco are allowed, (swimmers

will be DQ'd for the infraction).

- athletes must practice five days with their team before they can compete.
- an athlete must be enrolled in at least five academic courses and must not be failing more than one course (our team policy is No Failing)
- an athlete may not swim or dive with an open wound
- athletes may be ejected from a meet by the officials for poor sportsmanship (e.g. no in-your-face behavior)
- members of any high school sport may not practice or compete with a non-school group (e.g. USS team), without the prior approval of the high school principal
- for the backstroke start (in the 100 backstroke event and the leadoff swimmer on the 200 medley relay), swimmers must step into the water feet first, and prior to the command "take your mark" must have both feet, including toes, beneath the surface. Backstrokers should not jump in with a large horizontal leap but should slip in the pool next to the blocks.

2019 Lakewood Girls' **Preseason Swimming Camp**

2019 Lakewood PRESEASON SWIM CAMP SCHEDULE:

We will begin five weeks of optional, preseason swim camp practices on Monday, October 14th . The practices will concentrate on technique in all strokes and the intensity level will increase gradually during the five weeks. *Team swim suits are not necessary*. This is an excellent introduction to swim team for novice swimmers. Swimmers who begin their swim training on the first official day of practice, Friday, November 18, will be facing a demanding 120 minutes. Different rest intervals will be established for different abilities.

Practice Schedule:**

Monday – Thursday 4:45-6:30pm Golden Recreation center
pool

Weight Room - Starts Oct. 21st

Monday and Wednesday 3:30-4:20, Friday 3:30 – 5:00 after school

**Please bring a yoga mat or extra towel to pre-season practice on Tuesdays and Thursdays. The first 15-20 minutes will be dedicated to pre-hab exercises and dryland conditioning. Please be ready at 4:45 on the pool deck.

Preseason Camp Fee: Unfortunately, due to the rising cost of pool rental and Jeffco schools budget constraints, it will be necessary to charge for the preseason swim practice. Participants can pay \$200 for the entire five-week program. Or \$50/week.

Team Service Project: One of our team goals and athletic department goals is to perform a team service project. This year we plan to achieve that goal before the official start of the season on Nov. 18. More info will follow.

2019-2020 Regular Season Practice Schedule

Regular season practice begins Friday, November 18

Monday-Thursday 4:45-7:00pm @ Golden Recreation Center

Saturday: Morning 7-9am @ Golden Recreation Center

Weights: Monday, Wednesday, and Friday: After school 3:30 – 4:30 pm
(Fridays will be until 5pm in the weight room but no swim)

School Holidays: We **will have practice on school holidays** on: **November 25**, and **on each day of Thanksgiving week** except Thanksgiving Day. For Winter Break, we will swim **December 18-21, 28, 30, 31 & January 2- 4**. We will practice on **January 20**.

We will not have practice during the CHSAA mandated blackout days of December 24 -December 27, and January 1.

Diving Practice schedule: Carmody Recreation Center, Contact Coach Kegan for details.

Swimmer Attendance Policy

The “Free pass” system was created to make all of our lives simpler not more difficult. The goal of this system is to make each swimmer more proactive and better communicators. Also, to give each swimmer the ability to really think about and set their own priorities.

Each swimmer will have 12 free passes. Each time an athlete is absent from practice a free pass will be used. When an additional absence occurs beyond the 12, the athlete must provide proof of a mandated absence (such as a concussion requiring an absence from activity) as well as justify the previous 12 or the athlete will no longer be able to compete as a Varsity member. The girls season allows for us to have just under 60 workouts in a season (including state). We have considered this number (12) to be what evidence can prove to be tolerable and still achieve a biological and mechanical change throughout the season. Although 12 absences may be possible to still achieve physical success, the psychological effects of a team member being absent more than 25% of the time can have negative effects to our team atmosphere, and therefore all efforts should be made to avoid absences. Swimmers are still required to communicate what is going on to the coaching staff. **All absences should be communicated in writing to the coaching staff in advance** (not the day before, or day of). Sickness obviously can't always be predicted but a **hand written note from a teacher, doctor, school official, or athletic trainer verifying fever, vomiting, etc. should be obtained for the coaching staff.** Notes from parents although valuable and well respected, do not qualify for this purpose, under the same premise that it is frowned upon for physicians to treat their own children. Trust must be built, therefore if you are ill but cannot obtain a note, come to practice for the coaches to see you, we will send you home. We want what is best for all the athletes on the team.

2019-20 Girls' Swim and Dive Meet Schedule

(specifics will be added as soon as the coaching staff is aware)

Date	Start	Meet	Location
Fr. 12/6	4pm Warmups- 3pm	Vs Green Mountain	Green Mountain
Sa. 12/7	5pm WU – 4pm	Vs Bear Creek, D'Evelyn	Carmody
Fri 12/13	4pm	Chatfield, Dakota Ridge	Ridge
Sat. 12/14	Late morning	Angel Invite	Manual High school
Fri. 12/20	4pm	Ralston Valley, Pomona, Columbine	Ridge
Sat. 12/21	8:30am	Coaches Invite (Qualification times)	VMAC
Fri. 1/10	TBA	Jeffco Relay meet	Meyers
Fri 1/10 Sat 1/11	TBA	Jeffco Invite	Meyers
Sat 1/25	11am	Golden, Evergreen	Meyers
Fri 1/31	4pm	Wheatridge (senior night)	Wheatridge
Sat 2/1	TBA	Jeffco JV League/last chance meet	Meyers
Thurs. 2/6 Fri 2/7	TBA	Jeffco League Meet	Meyers
Fri 2/14 Sat 2/15	TBA	CO 5A State Swim and Dive Championships	VMAC

Meet Information

Events: Most high school competitions are performed in 25 yard pools. The following is the order of high school events. This order of events will be followed in all meets except for the Jeffco Relays.

- 1) 200 medley relay;
- 2) 200 freestyle;
- 3) 200 individual medley;
- 4) 50 freestyle;
- 5) 1 meter diving;
- 10- 15 minute swim warm-up;
- 6)100 butterfly;
- 7)100 freestyle;
- 8) 500 freestyle;
- 9) 200 freestyle relay;
- 10) 100 backstroke;
- 11) 100 breaststroke;
- 12) 400 freestyle relay.

In JV competitions, by prior agreement of the coaches, a 50 butterfly, backstroke, and breaststroke (fly, back, breast) may be swum in place of a 100 fly, back, and breast; and a 100 individual medley may be swum in place of a 200 individual medley.

Types of Meets:

The Lakewood team will swim in approximately three dual meets, Four Jeffco invitational meets, one relay meet, four invitational meets (squad limits),The JV league meet, the league championships, and State. Also, the diving team may choose to attend certain additional meets that focus upon diving. Coaches must be informed in advance if athletes will be unable to attend a meet.

Dual Meets against a single other team are usually scheduled with separate varsity and junior varsity competitions. Separate scoring is kept for each competition. When competing in a six lane pool: scoring for relays is 8-4-2 and for individual events is 6-4-3-2-1 .The team is usually permitted to have three entries in each event. Athletes may swim in a maximum of two individual events and two relays or three relays and one individual event. Diving counts as one individual event. Every athlete who is in good standing (practice requirement and effort expended) will be allowed to swim in every meet for which they have the requisite qualifying time. Dual meets are usually scheduled for either Fridays or Saturdays at 4:00 PM or 9am respectfully.

Hosting a Meet – We will know when our team is hosting a meet sometime in October.

When our team is hosting a meet we will be responsible for running the meet (timers, runners, computers, Diving scoring table. Parents/Guardians/other family members, will need to make themselves available to help make these meets run smoothly.

Invitational Meets:

There will be a squad limit for invitationals so not all swimmers will be participating. Entry times will be used to seed the swimmers so that the fastest eight seeded swimmers or relays will be in the final heat of an event. Each individual will be allowed to swim in up to 4 events, of which no more than two can be individual events. Divers sometimes attend the same invites as the swimmers, but diving is held at a different time.

League Championships Swimming prelims are estimated to start at 4:15PM on Thursday, diving prelims are expected to start at 9AM on Friday, and finals for swimming and diving are estimated to begin at 2PM on Friday. (5A and 4A take turns with league being on Thurs. – Fri. or Fri. -Sat.)

We will have a dedicated warm-up time for prelims which has not yet been established. A limit of 6 entries are allowed in individual events. Two relays are allowed in relay events, with the fastest relay only advancing to finals. There are no qualifying times. Finals are structured with 24 finalists. **Only 4 swimmers from a team can qualify for finals in each individual event.** All members of the team are expected to attend the League Championships.

Qualifying for the State Championships: In order to swim an individual event at the State Championships, the athlete must achieve the 5A time standard during the 2019- 2020 season in a high school meet. (time standard will be posted on the website when they are available)

Relay leadoff swims in the 4 x 50 and 4 x 100 free relays do count so long as meet officials are informed and requisite timing is arranged. We are permitted only one relay entry in each of the three relay events at State.

The coaching staff will designate eight individuals for each relay event at State. The composition of the relay, to be determined by the coaches, will focus first on scoring the most points, and secondly taking a large team to the meet for experience. This strategy is employed year to year, but as the team changes, points or participation may fluctuate as the priority. Also, it is important to note that seniority will also come into play when we make these decisions.

CHSAA rule permits unlimited number of qualifiers in individual events, but only 4 athletes per team may advance to finals (top 16).

Colorado HS General Time Standards

(official time standards will be posted at a later date) (updated 8/1/19)

Event	State	State	Colorado Invite Dec.	Colorado Invite Dec	Jeffco League	Jeffco League	Jeffco League	State cuts
Place	Top 8	Top 16	Top 10	Top 20	1 st place	Top 8	Top 16	
200MRe	1:49.71	1:53.55	1:51.84	1:56.61	1:48.99			2:03.00
200 Free	1:55.20	1:57.77	1:58.76	2:00.13	1:56.23	2:09.97	2:18.54	2:03.00
200 IM	2:08.58	2:12.37	2:12.66	2:15.45	2:14.19	2:25.22	2:34.97	2:18.50
50 Free	24.52	24.95	25.12	25.53	24.90	26.41	27.19	25.80
100 Fly	57.60	59.27	59.59	1:01.10	57.90	1:09.09	1:11.99	1:02.50
100 Free	52.51	54.14	54.57	55.40	51.90	56.48	1:00.70	56.40
500 Free	5:10.47	5:18.12	5:19.00	5:25.84	5:00.89	5:44.31	6:14.23	5:32.00
200FRe	1:39.91	1:42.02	1:43.05	1:45.76	1:38.15			1:50.00
100 Back	57.92	59.40	1:00.14	1:01.25	57.99	1:06.93	1:10.96	1:03.00
100 Brea	1:07.55	1:09.01	1:08.91	1:10.01	1:07.80	1:15.51	1:21.05	1:12.30
400FRe	3:35.40	3:43.95	3:41.98	3:52.48	3:33.19			4:00.00
Dive	419.45	369.05	388.75	328.00	343.25	285.50	173.55	220/355

Lakewood Swimming and Diving Lettering Guidelines

Athletes must achieve one of the following:

- Represent the team at the league championships
- Represent the team at an invitational

Athletes must have achieved all of the following:

- Competed in 6 or more high school meets
- Not used more than 12 free passes for practices.

Training Philosophy

PRINCIPLES OF TRAINING – We run a well rounded training program with an emphasis on a rotating schedule of taxing all energy systems. On any given day the athletes will work on the aerobic, lactate, or threshold training. There are several goals that will be focused on through the working of these energy systems including:

Maximized VO₂Max: This is how efficiently our body uses oxygen at a maximum long term pace. This is a great indication of an athlete's physical fitness in the water.

Technique: Swimming success is dependent more on the swimmers skill (biomechanics) than on muscular strength and endurance. This is why our team will always have something they are working on, with their stroke, turn, start, etc. These improvements represent the fastest path to improvement of any factor in the sport of Swimming.

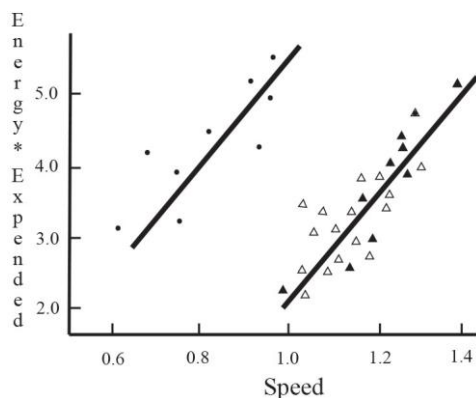


Fig. 2.4 Oxygen uptake of male triathletes (●) and Competitive swimmers (male▲; female Δ)

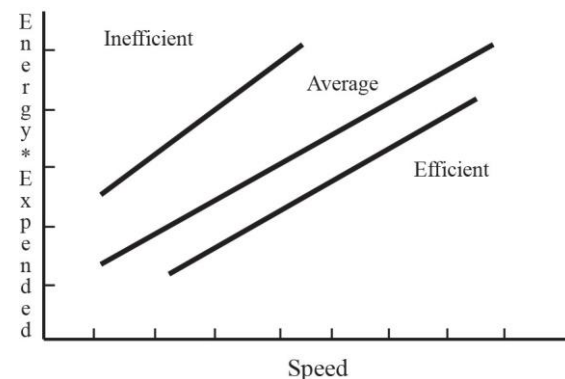


Fig. 2.3 The relationship between front crawl swimming speed and oxygen uptake.

Athletic Strength: The school weight room is our single most valuable resource. It is free for our team to use. Its location is conveniently at the school. Most importantly strength can play a huge factor when technique is sound, especially in High school swimming because most races are over in under a minute.

Consistent Training: Athletes begin to lose muscle tone after 48 hours.

If practice is missed on Friday and Saturday or Monday, team members need to bridge the gap with a workout on their own. Coaches will write workouts if necessary. Athletes should make a concerted effort to practice every 48 hours throughout the season. A list of swimming pools worldwide can be found at <http://www.swimmersguide.com>. Remember, our goal is not to meet the minimum requirements of the team but to perform at our very best. If practice must be missed, but an athlete can find time to do some swimming or lifting on their own then the end goal can still be worked toward, and achieved. Practicing outside of the team is not ideal, however it is better than no practice at all.

Medical problems in competitive swimmers are relatively uncommon. The Lakewood trainer is available in the trainers' room at Lakewood from approximately 3:00PM until several hours after school ends Monday through Friday. Common ailments for swimmers include:

- 1 shoulder pain
- 2 knee pain
- 3 swimmer's ear
- 4 eye problems
- 5 exercise-induced asthma

Many of these joint ailments can be treated with ice and over the counter anti-inflammatories. But the goal should always be to first understand why the pain is occurring and how we are going to prevent it from reoccurring. **Athletes need to communicate fully with the coaching staff about their injuries** in order for the coaching staff to be able to help them. Doctors, PT's, athletic trainers, NP's, and Orthopedists know a lot about the body but very little about stroke technique and swimming in general. A collaborative approach between the medical and coaching staffs must be taken in order to assure our athletes a quick and full recovery from these various situations.

Because this is the standard that we will be expecting the coaching staff will be expecting written communication from the medical professional seen with a detailed note on the standard return to play protocols. Often time these protocols are available through the medical professional's resources in the field (board certified sports medicine physicians and orthopedic physicians that have long worked with elite athletes, and coaches) and have been arrived at with the help of expert coaches in the field.

Remember, all good athletes will deal with injury or illness eventually, great athletes will use all the resources available to them to move on from that injury or illness and still achieve the end goal. In addition they will become wiser on how to prevent said injury or illness from happening again.

Hydration: Scientific studies on swimmers have shown that when taking fluids in practice, internal temperatures were lower and performances were better. Frequent sipping of water or a commercial sports drink, should be a normal part of training. Believe it or not swimmers sweat while swimming! **If you have to refill your water bottle at more than 50% of the practices, then your water bottle is too small and it is time for a larger one.** Good job staying hydrated.

Active recovery: High school swimmers are often required to swim successive events that are separated by short intervals. Scientific studies have shown that active swim recovery (swimming easy) will reduce blood acidosis levels and remove waste products faster than passive rest. An effective intensity for swimming recovery is 65% of maximum velocity (this is why cool down, swimming easy or smooth pretty swimming should be taken very seriously by each and every athlete).

Post Exercise Nutrition: Carbohydrate is the primary fuel used by muscles during competitive swimming. Current research has discovered a “glycogen window” within 30 minutes after athletic activity that speeds replenishment of muscle glycogen. Protein, in the right proportion, further boosts muscle glycogen replenishment. A University of Texas study found that a 4:1 carbohydrate: protein ratio was optimal.

Main points to focus on in nutrition:

- 1 A well balanced diet is key. To much of anything isn't a good thing.
- 2 Higher carbohydrates\less fat
- 3 Pre-competition meal 2 hours or more before a race (That is about an hour before warm-ups)
- 4 Eat some calories immediately after practice (300-600)

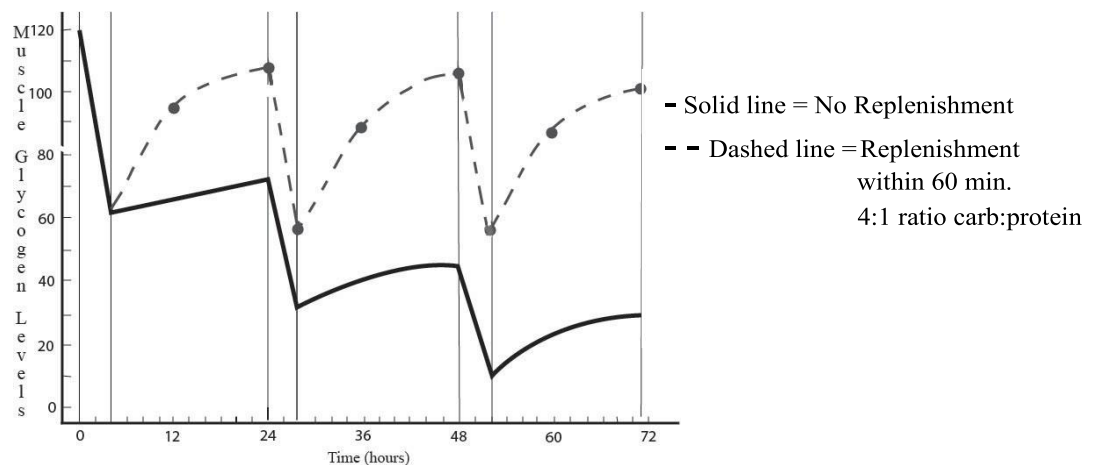


Fig. 5.1 Muscle glycogen content of the vastus Lateralls (thigh) during 3 successive days of heavy training (2-h sessions) with diets whose caloric compositions were 40% carbohydrate (o) and 70% carbohydrate (• From Costill & Miller (1980).

Tapering: To produce their best performances, most swimmers reduce their training 1-2 weeks before a major competition (taper). Tapering when done well can have staggering results, However, tapering relies on what was done throughout the season to be most effective. Also, studies by USA Swimming have shown that intensity during taper cannot decrease, only yardage. During taper time it is absolutely imperative the workouts be done with exact precision in regard to the level of intensity. Because of this taper workout can take longer than expected because large rest breaks are required.

Shaving: Academic studies show that shaving decreases blood lactate, oxygen uptake. and heart rate through reduction of active drag. Swimmers will be encouraged to shave for their last meet of the season. In addition, swimmers will be encouraged to not shave their legs leading up to the last meet of the season starting after the thanksgiving holiday, to intensify the effects of shaving.

Championship Suits: Our team will order championship suits for the league and state championships. If you already have a tech-suit that you would like to use that is fine. If not, you will be sized and a suit ordered for you when the time comes. **Championship suits will be ordered by January 1.** We need to be prepared to put our very best performance up at the end of the year and take advantage of every resource that is available to our swimmers.

Profile of the Talent-Maximized Swimmer

The talent-maximized member of a quality program:

- has an annual or a plan incorporating academic work, family life, training, and competitions- and distributes copies to all relevant and associated people;
- has 100 percent attendance at practice sessions;
- does not arrive late or leave early from competitions or training;
- does not need to be instructed or reminded more than once;
- Implements See one, do one, teach one learning method;
- loves to race;
- is able to experiment and change things in order to learn and grow;
- has great self-esteem and confidence developed by exposure to and success in defeating challenges and obstacles-and, in fact, enjoys the higher and more difficult challenge;
- Is constantly setting goals, and is intrinsically motivated;
- is very honest in self-assessment of training and competition;
- practices difficult breathing patterns;
- can repeat exact stroke counts and specific predetermined times with even split,
- efficient strokes;
- uses a large enough water or Gatorade bottle that won't have to be refilled during practice.
- Takes bathroom breaks before and after practice, not during.
- carries at all times two suits, two caps, and two pairs of goggles;
- advises the coach of any illness or injury before training or competing;
- uses her free time to enhance training or competition performance, reviewing video, calculating splitting....;
- consistently communicates with the coaches on technique, training repeats. best times or sets, heart rates and so forth;
- practices good self-management in all areas, understanding that focusing on solutions is always better than focusing on problems; and
- practices quality nutritional habits at all times, especially during competition and travel.

The High-Character Athlete at Workout!

- **Arrives on-time/early**
- **Arrives with a positive attitude**
- **Helps set up pool and equipment for practice**
- **Welcomes teammates**
- **Positive in the locker room - ALWAYS**
- **Reaches out to a teammate every day**
- **First one in the pool**
- **Has proper equipment at the beginning of workout**
- **Swims/dives warm-up with focus, concentration, non-stop, with perfect technique**
- **Leaves wall on time (on intervals)**
- **Knows repeat times**
- **Counts all laps and repeats**
- **Wears team cap, and team apparel**
- **Doesn't stop until finished or coach stops you**
- **Knows each set, and practice's objectives**
- **Practices with focus and purpose**
- **Pushes through challenges**
- **Remains positive through challenges**
- **Communicates with coach**

The High-Character Athlete at Meets!

- **Takes ownership and responsibility**
- **Prepares the night before**
- **Talks to parents about meet details, plan, the day, etc.**
- **Prepares items - suits, caps, goggles, towels, team attire, snacks, etc...**
- **Knows what time to leave the house or the classroom**
- **Checks in with coach upon arrival**
- **Finds team area**
- **Team warm-up (first one in) - focused**
- **Loudest/most spirited at team cheer**
- **Stays in team area**
- **Stays positive and focused**
- **Gets to know teammates that you may not know well, and learns how to support them best.**
- **Checks in with coach before and after races**
- **Finds the value in every swim (never negative or upset)**
- **Cheers for teammates**
- **Cools down, and warms-up before and after each event if available.**
- **Stays until the end of the meet & helps clean up team area**
- **Thanks coaches and parents for their support**
- **Prepared to recognize teammates for their achievements during the team meeting at the end of team cool down.**

Eat to Compete: Nutritional Strategies for Athletes

Challenges to an athlete's diet

- Hectic schedules
- Little knowledge about nutrition, shopping, food preparation, choices on the road
- Good nutrition isn't always a priority

Nutrition Reality

- 30% of adolescent athletes skip breakfast
- 25% skip lunch
- 86% eat at fast food restaurants each week

Training Diet

- Athletes need more calories and fluid when compared to the general population
- Additional calories should be in the form of carbohydrates (whole grains, fruits, vegetables); carbohydrates are the best fuel source for exercising muscle
- Timing of meals needs to be determined on an individual basis with athlete's gastrointestinal character and intensity of workout, however every athlete needs to figure out how to get the most out of their workouts by eating enough before and after.
- Athletes in heavy training or multiple workouts need more than 3 meals per day

Spread meals throughout the day

- A study investigating the effects of skipping meals found that spreading out your calories throughout the day will provide you with more energy throughout the day, and also result in a lower % body fat.
- The study showed that athletes eating balanced meals throughout the day had greater energy throughout the day, more muscle, and lower % body fat than athletes who skipped breakfast and back loaded their calories with a large evening meal.
- Both groups of athletes had the same overall daily caloric intake and maintained their same body weight throughout the study.

- Don't starve, skip meals and back load calories with a huge evening meal – ½ the calories you consume by overeating in a single meal will be converted into fat and over time you will lose muscle mass!

Athlete suffering weight Loss: If your swimmer is losing weight they are not getting enough to eat! Pre-Exercise Eating before exercise as opposed to exercising in the fasted state has been shown to improve performance. Also, they may have to eat more often because their body can't take in enough calories in just 3-4 meals, maybe up it to 5-6.

- Eat before and after exercise
- Food should be high in carbohydrates
- Sport drinks during workouts instead of water
- Foods should be moderate in protein
- Foods should be familiar to the athlete

Size and Timing of Pre-Exercise Eating –

During competition:

- Take in calories through out the competition.
- Pair protein with carbohydrates to keep energy levels from hitting extremes
- Stay hydrated with water
- A bite or two of something after every event will keep you going.
- All day meets require a plan for when the athlete can have a meal.

Two hours before suggestions:

- Sports drinks with 6-8% carbohydrate; and
- Oatmeal or Cereal with skim milk; or
- Toast or ½ bagel; or
- 6 oz. of yogurt and fruit

Three to four hours before suggestions:

- Sports drinks with 6-8% carbohydrate; and
- Turkey Sandwiches, low fat cheese, yogurt, fruit, granola bar; or
- Pasta with meat sauce, bread sticks, low fat milk; or
- French toast, low fat milk, fruit

During Exercise:

- Carb consumption found in sports drinks can be too high sometimes. Watering down Gatorade is usually necessary.
- Sports drinks should only be consumed while active – during practice or at a meet – not while being sedentary at home or at school.
- For longer events, 30-60g of carbohydrates per hour has been shown to extend performance (i.e. consuming 6-12 oz. sports drink every 15-30 minutes can extend exercise time)
- Keep bottle of sports drink at workouts
- Liquid carbohydrates often work better than solids for swimmers
- Avoid high protein energy bars before or during exercise – save them for after exercising.

Suggestion for early morning workouts or meets:

- Eat a late night snack before going to bed

Recovery Nutrition Recovery nutrition is an eating pattern that includes 2 stages:

- **Stage One:** Consume carbohydrate, protein and fluid within 30 minutes post exercise (Chocolate milk was given as a popular choice that fits this need immediately post exercise.)(The more immediate, the better) You have a 30 minute window immediately post exercise to reload muscle glycogen; if you do not eat within 30 minutes of exercising it will take your body 24-36 hours to reload that muscle glycogen.
- **Stage Two:** Eat a meal within 2 hours after exercise that contains carbohydrate, protein and fluid

Recovery protein helps build bigger stronger muscles while recovery carbohydrates replace muscle glycogen stores.

Recovery Protein

- Consuming 20-25 grams of protein is sufficient to stimulate muscle protein. For example this is the equivalent of consuming 3 oz. of chicken.

- Need to consume protein 5-6 times throughout the day to maximize its benefit – not all at one meal
- Chronic protein consumption in excess of this rate could actually lead to shutting down the body’s ability to make new protein. (in other words, don’t get carried away with protein, balance is the key)

Recovery Nutrition for a 150 lb. Athlete:

Carbohydrates

54 g

Whole grain bagel; or
Chocolate Milk; or
Recovery Shake

Protein

20-25 g

2 Tbsps. Peanut Butter; or
1 cup Greek yogurt, or
Recovery Shake

Fluids

3 cups fluid

per lbs. of body mass lost

Foods for Healing and Decreasing Inflammation

- Consume more fruits and vegetables which specifically include: dark leafy greens, spinach, tomatoes, celery, blueberries, raspberries, strawberries, apples, and pears

Sleep recommendations from the American Academy of Pediatrics

- Minimum of 8 hours of sleep per night
- **8-10 hours for ages 13-18**
- Consistency in sleep will result in more consistent performance

Get into a schedule and stick with it!

VOLUNTEER JOBS - We need your help! The following are the volunteer positions that need to be filled throughout the season (13 total). The time commitment of the different activities varies. We need volunteer support from ALL families! There is something for everyone, so PLEASE be generous with your time and talents!

Team Media promoter : We need a team parent/parents to take pictures write articles, contact the school with statistics, get the team on Tiger TV. Etc.

Fundraising Coordinator : Lakewood sells advertising space in the Fall, winter, winter and spring media guides. This is an easy way for our team to gain some “corporate sponsorship,” and lighten the load on our families. If you are interested in heading this up or simply buying some advertising space please contact Sharon Devito, at Sharon.devito@jeffco.k12.co.us

Meet Day Volunteer Coordination: We need a parent to send out requests for help prior to each meet via <http://www.signupgenius.com>. This will usually be timers, and snack parent. Except for when we are hosting.

Email coordinator: We need a parent to collect and input team emails, as well as parent emails at the beginning of the season, as well as publish a roster complete with addresses and phone numbers.

Spirit/Locker Decorations: A parent volunteer is needed to coordinate and organize volunteers to make and put up locker decorations for all swimmers & divers.

Videographer: A volunteer is needed to record performances of swimmers/divers throughout the season for the team’s utube channel so the athletes can learn faster.

Pasta Dinners: Organize and coordinate the various families who team up to host pasta dinner nights after practice throughout the season, prior to upcoming meets. A pasta dinner involves feeding 20 to 30 athletes. A large communal space in the golden rec center is easily accessible after practice for these events. The dates for the 2019/2020 pasta dinners will be announced and are dependent on meet schedules. If you are interested in helping with this, email Savannah immediately.

Awards Banquet Coordinator: Organize and coordinate the Awards Banquet for the swimmers and divers at the end of the season (February-March). Select and rent location, select menu, send out invitations, collect money, and support seniors and coaching staff with programming, etc. If you are interested in helping with this, email [Savannah](#).

Team banquet video: organize and compile the slideshow for the banquet and coordinate with team videographer, and media person to make it a tear jerker.

Team Webmaster: We need a volunteer to maintain the website for the LHS Girls’ Swimming and Diving 2019/2020. This position could work closely with our media person, or be combined into all

one position

Senior Ceremony: assist the coaches in honoring the senior swimmers and divers at Wheatridge in January. This includes coordinating flowers.

State Qualifier Garb: Each year the state team coordinates some sort of t-shirt, warm-up etc... We need a parent to aid the state qualifiers in this process.

State Dinner and hotel coordinator: We need a parent to step up for our girls that go to state and make arrangements, collect money, coordinate decorations, etc.

Have an idea that could help the team that hasn't been included here? Great, let us know how you would like to help.

Team Attire and Dress Code Guidelines

In an effort to keep costs low over a 4 year stretch of participation with the Swimming and Diving team we have purchased parkas for the team that will be used every year. In addition, the team will decide on several other items that are not required but offered. It is important that your family is aware of what is required and what is not.

Important notes on apparel:

- Team t-shirts, latex caps, and tech suits will be provided by the team.
- Parkas will be handed out in the beginning of the season and need to be turned into the coaching staff at the end of season banquet. A \$125 fee will be assessed to the athlete's account after the banquet for those who have not turned in their parka.
- Sweatshirts and pants design will remain the same for a 4-year period or longer. We do this so they can be used each year and still look like a unified team or passed down to siblings.
- Captains will decide the dress code for school the day of meets. All athletes are expected to participate in this dress code as long as it doesn't exacerbate an injury or interfere with academic success. Feel free to contact the captains if you have concern or idea you would like to share.