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# LAUNCESTON SWIMMING CLUB

Sponsored by

Jo Downs  
HANDMADE GLASS

Name	
Date of Birth	
Parents Names	
Home Address	
Telephone Number	
Main Event	
Favourite Training Set	
Best Swimming Experience	

This log book is for your benefit and different swimmers will require different things from it. Please use it to keep a record of your training, competition results and personal goals and progress. To get the best use of the log book it is important that you keep it regularly updated.

**LAUNCESTON SWIMMING CLUB****How to Set Goals**

You will often be told to make goals “SMART”. The letters all stand for words. We are going to look at making goals “SMARTER”.

<b>S</b> pecific	Say what you want to improve. “I want to improve my backstroke finish” rather than “I want to improve my backstroke”.
<b>M</b> easurable	How will you judge you have reached your target? “I will be able to go hard into the backstroke finish every time, without looking round”.
<b>A</b> greed	Speak to your coach about your goals. They can help you achieve them.
<b>R</b> ealistic	Try not to set a goal that is too much of a challenge. If you want a County Record, set out to achieve a number of small improvements rather than one big one.
<b>T</b> ime Bound	Give yourself time to achieve your goal. Not too long or you will lose interest . 6 months maximum or perhaps the date of a Cornwall/Western County Championship
<b>E</b> valuate	Constantly check your progress towards your goal and plan the next step.
<b>R</b> ecorded	Write it down and keep a note of all the little steps you take towards achieving your goal.



### Goal Setting

Date.....

	Goals	How will I achieve my goals
<p><b>Short Term (this cycle)</b> Short term goals are ones that you will achieve in the near future (e.g in a day, a week, a couple of months). Example could be making 5 metres on every turn on front crawl in training.</p>		
<p><b>Mid Term ( the coming season):</b> Medium term goals are setting your achievements for a couple or few months' time. Example could be achieving a qualifying time for the counties or intermediates</p>		
<p><b>Long Term (major ambition):</b> Long Term goals are what you aspire to in the future. Examples are qualifying for the Regionals or the Nationals or representing your county or your club in an event.</p>		
Signed by swimmer		
Signed by coach		
Date of goal setting exercise		















**LAUNCESTON SWIMMING CLUB****Some things to think about**

<b>Training Considerations</b>	<b>Keep a tally by ticking every time used</b>
Think about stroke technique	
Streamline every start, push off and turn	
Take two strokes out of every start or turn before breathing on fly and front crawl	
Finish each repeat as if it were a race finish	
Do all stroke drills 100% correctly	
Go beyond the flags out of every turn.	
Leave on time for every training repeat.	
Look at the clock at the start and finish of every repeat.	
Touch with two hands on all Fly and Breaststroke lengths	
Start each Backstroke repeat on alternate arms as you turn on both arms during a backstroke set	
Work on fly kicks out of the front crawl tumble turn	
Practice turning both ways on all strokes	
Go to the toilet only between sets.	
Work on the distance you kick backstroke under water every start and turn.	



### Equipment for training

Equipment	Checklist
You need a bag which is not only big enough to hold your swimming kit, but also big enough to put all your clothes into so they will be safely contained in your bag while you are swimming	
Water bottle (plastic) – ideally sports top – filled with weak juice or water 1 or 2 litre capacity	
Spare goggles and hat	
Spare costume / trunks. Swimwear can suddenly go baggy or see-through. Trunk strings snap or get themselves in knots. Costumes rub.	
Wet bag – a large string bag in which you can keep all your poolside kit, float, pull buoy, flippers, etc.	
Flippers. Swimmers up to and including Junior Squads, medium length soft flippers.	
Pull buoy . Please be aware that these come in two sizes. Juniors should have the smaller size	
Kickboard/float	
Finger paddles	
Logbook.	

**LAUNCESTON SWIMMING CLUB****Equipment for galas**

<b>Equipment</b>	<b>Quantity</b>	<b>Reason</b>
Goggles	2 pairs	Goggles do break. Last minute borrowed goggles may leak or fall off
Club Hat	2 hats	Hats tear. Don't rely on being able to borrow one from someone else.
T shirt (preferably a club poolside shirt)	1	Wet bodies get cold even in the warm atmosphere of a swimming pool. Injuries to muscles are much more likely if you are cool or have cold muscles.
Poolside shoes	1	Requirement for when leaving poolside
Towels	2	Drying off after the warm up and one or two events makes for a very wet towel. Another nice dry one for your final dry before putting your clothes on prevents you getting cold.
Costumes/trunks	2	Ideally, you should dry off after the warm up and every event and change into a dry costume rather than stand around in wet swimwear. Always have a spare in case the one you elect to wear is uncomfortable. Trunks have a nasty habit of the tie going just at a critical time
Water bottle	1	Filled with weak juice or water – keep drinking or you may dehydrate
Swim bag	1	Keep all your belongings in your bag. Never leave your hat and goggles on top of your bag between races – there is nothing worse than finding them missing just before you go up to swim.
Snack	As required	Care has to be taken when eating at a meet. A snack within 15 mins of finishing some races may be beneficial – it's best to ask a coach or the team manager



## Warm Up Exercises (pre training and competition pool warm up)

Make sure your body is warm before you start your warm up in the pool. Gentle warm up exercises as listed below will be enough:

- Mobilization (8 movements per each exercise)
  - Shoulder Roll
  - Arm Swing
  - Hip rotations, increase size of circles
  - Forward leg swings , toes pointing forward
  - Sideway leg swings, toes pointing to the side
  - Ankle rotation (for breaststrokes)
  
- Jog on Spot
  - Land lightly, knees unlocked, hip forward, back straight
  
- Jog on spot vary speed
  - 10 sec slow jog followed by 10 sec sprint x 3

**In the pool** - Do not be tempted to sprint the pool warm up! Start easy and progress throughout the warm up to prepare.



## LAUNCESTON SWIMMING CLUB

### Nutrition

Nutrition is important to swimmers who train regularly. Key targets are :

- To have a healthy, balanced diet eating the right amount of food for energy , growth and development needs by
  - eating at least 5 or more servings of different colour fruit and vegetables to ensure the full range of nutrients are consumed
  - to eat carbohydrate based meals which are the main fuel for exercising muscles
  - to eat suitable snacks around training sessions
  - to include protein in your diet
  - to have only small amounts of foods that are high in fat and high in sugar.
- 30 minute rule after an intense training session: The muscles are most susceptible to restoration of carbohydrate stores within the first 30 minutes of exercise. Your body needs refuelling with the right nutrients to repair muscles and replace energy. An ideal snack food to have after training will be low in fat, high in carbohydrates and protein
- Keeping Hydrated: It is vitally important to drink plenty of fluids (ie water, dilute juices, homemade sports drink) prior to training, during training and after training.

### Competition nutrition

If the interval between races is less than 30 minutes, the swimmers should drink fluids/juices or a sports drink.,  
If the interval between races is up to 1 hour, the swimmer should have a snack from the list below with plenty of fluid up to 30 minutes before the next race.

If the interval is 1-2 hours the swimmer should have a small high carbohydrate low fat meal.

Important: as water is stored with carbohydrates, it is essential that a substantial amount of fluid is drunk with meals and snacks..

### Food snacks that travel well:

Dried fruit-sultanas/currants/raisins/apricots/dates/prunes/mango

Plain biscuits – ginger nuts/fig rolls/Jaffa cakes

Scotch pancakes/malt loaf/cinnamon and raisin bagels/fruit cake/hot cross buns

Bars – Cereal bars,

### Examples of snacks pre exercise or between meal snacks (1-2 hours before exercise)

Milk/Milk shake

Fruit smoothie

Breakfast cereal with milk/Cereal bars

Yogurt and yogurt drinks

Fruit (fresh, dried, tinned)-Apples, bananas, grapes, plums, pears, mango

Crackers and rice cakes with bananas and/or honey

Small bags of unsalted nuts e.g. cashews, almonds

Prepared vegetable crudité's e.g. carrots, peppers, cucumber and celery

Plain sandwiches e.g. chicken, tuna, banana, peanut butter,

Toast, muffin ,teacake, bagel

Sports drink/water

Rice Pudding/porridge