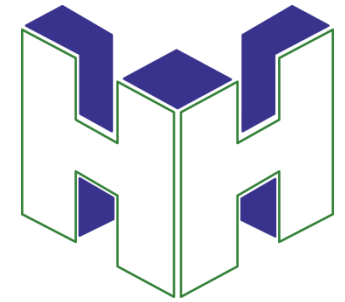


Haden Hill Swimming Club Swimmer Log Book

Updated 2014

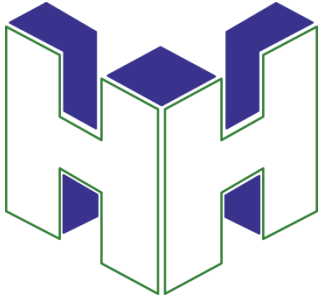


Contents...



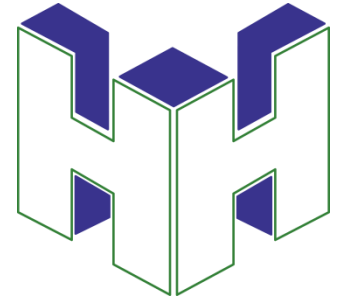
Contents	Page
Swimmer Details	1
Aim	2
13 Commandments of Training	3
Equipment	4
Hydration and Digestion	5
HH Competitive Pathway	6
HHSC Training Tips & Training Guidelines	7
HHSC Land Training	8
HHSC Warn-up & Stretch Programme	9
Session Purposes	10
Training Schedule Record	11
Coaches Comments	12
Nutrition for Competition	14
Competition Record	16
Short Course Records	18
Long Course Records	20
Medical Records	21
Personal Goals	23
Code of Conduct	24
Knowledge & Behaviour	25
Swim the Right Way	26

Swimmer Details



Name		
DOB		
ASA Membership Number		
Parents/Guardians Names		
Home Address		
Home Telephone Number		
Emergency Contact Details	Name	Number
	Name	Number

The Log Book Aim



The Swimmers Log Book is to track your goals, personal achievements and progress in swimming whilst you are a member of Haden Hill Swimming Club.

The club will do all it can to help you achieve the highest standard for your ability in swimming and will do this through its development aims which are:

- To develop every individual to their best abilities and potential.
- To develop the club and all those within it to produce the strongest competitive swim team in all competitions.
- To attain the highest possible league positions in Speedo and Junior League competitions.

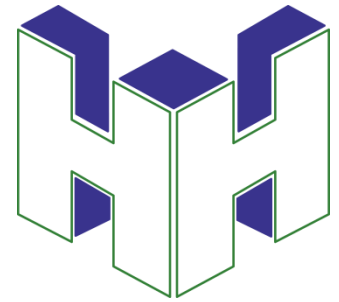
This Log Book should be used to:

- Document the training sets you have completed in each training session
- Record the times you have achieved on individual sets
- Write down how you felt during training (e.g. tired, energetic ,etc.)
- Record you Personal Best (PB) times
- Record race times you have achieved at different meets
- Record what you ate prior to a meet
- Record you personal feeling about a meet
- Document the advice given to you by your coach about a competitive swim or training
- Record your goals for the future (short and long term) in swimming.

Haden Hill Swimmer Development Record (Swimmers Competitive Pathway)

The Log Book is yours to document your progress in swimming. The coaches at Haden Hill Swimming Club will be happy at any time to discuss your goals and progress towards them.

The 13 Commandments for Training

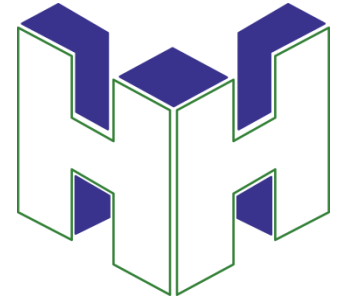


1. Swimmers are expected to attend all training sessions where possible. They must bring with them the appropriate kit i.e. floats, pull-buoys and paddles.
2. If a swimmer has a problem that might affect their swimming/training they should report to the coach before the start of the session.
3. Swimmers who are ill should not attend training. If you are ill you will be sent home. If you attend a session you are expected to train your best.
4. Swimmers must arrive on time for all the training sessions. For safety reasons any swimmer that arrives late for training, should report their arrival to the coach BEFORE entering the water.
5. Swimmers should use the toilet before coming on the poolside. If any swimmer finds it absolutely necessary to get out of the water during the training session the swimmer must get permission from the coach. The swimmer must also inform the coach when they are ready to get back into the water
6. Swimmers must listen to the coach at all times, and avoid unnecessary talking, especially when the coach is talking.
7. For safety reasons, there is no stopping at the deep or shallow end of the pool is allowed. If a swimmer needs to stop at any time they must get out of the pool and sit on the deck of the pool, as not to obstruct any other swimmer from practicing their turns at the wall.
8. When resuming swimming swimmers must restart the set from the back of the lane.
9. Swimmers should concentrate at all times, especially on start times and all other contents of the program.
10. Swimmers should read the clock at all times and should go at 5-second intervals unless told otherwise by the coach.
11. Swimmers are expected to swim up one side of the lane and down the other, leaving the middle of the lane for over taking. No swimmer should hold up the progress of any other swimmer in their lane.
12. Swimmers must practice legal starts and turns throughout the session.
13. Swimmers are only allowed to drink during.

REST ONLY BETWEEN SETS

Note: Too much fluid intake can be as bad as too little

Equipment



Every swimmer should have the use of the following at every session

Kick-Board

The most common kickboard is oblong, rounded at one end and squared at the other. A kickboard can be used in various ways to practise leg action on all strokes. Swimmers place their hands over the rounded end and rest their arms on the board forming a fairly rigid and stable shape as they kick. Kickboards may also be used for swimmers to experience resistance against the water.

Paddles

Paddles come in three sizes :

Small for sprint work (recommend for Junior Age Group)

Medium for overload work (used for TOPS training)

Large for overload work on arms and shoulders (used for senior training)

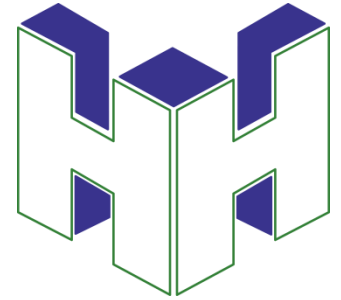
Pull-Buoys

Three sizes are available. Small, Medium and Large which can be placed between the thighs, knees or ankles.

Question: What are pull buoys used for?

To achieve different degrees of body drag and body position in relation to the surface of the water. Pull buoys allow swimmers to concentrate on stroking while their hips and legs remain effortlessly high in the water.

Hydration & Digestion



Fluid Intake During Training

Plastic sport drinks bottle filled with squash or water

Note: No fizzy drinks will be allowed. This is because they are not good for the blood stream during exercising

Tips for Competition

The weather can affect your performance. If it's a hot sunny day stay out of the heat as prolong time spent in the sun will make you feel tired. It is recommended if you are outdoors to stay in the shade.

Eating During Competition

Be aware if you eat during or before swimming, your body shunts blood to the stomach to help digest the food you have eaten. This means the rest of the body is depleted and therefore that's why after a meal you feel tired until digestion is complete.

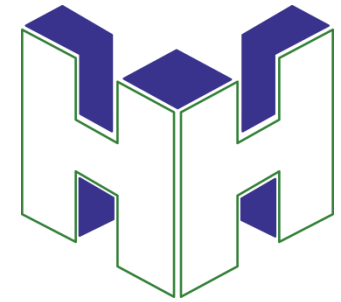
Hydration

Question: How can I tell if I am dehydrated?

With a simple urine test, you can determine hydration via colour. If your urine is yellow in colour, your body is telling you that you are dehydrated and need to drink.

On race day's avoid drinking tea and coffee as they act as a diuretic.

HH Competitive Pathway



Pre-Skill
Development Group

- 1 Session per Week
- I joined on: / /

Competitive Skill
Development Group

- 3-4 Sessions per Week
- I joined on: / /

Junior Age Group
(JAGS)

- 4-5 Sessions per Week
- I joined on: / /

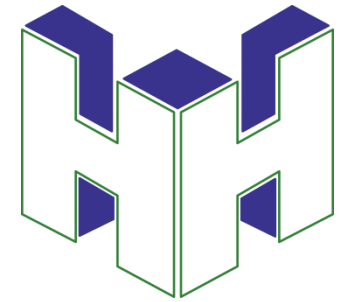
Top Swimmers
Group (TOPS)

- 5-7 Sessions per Week
- I joined on: / /

I started competitive swimming :
/ /

I retired from swimming:
/ /

HHSC Training Tips & Training Guidelines



The following checklist is recommended and supported by the club

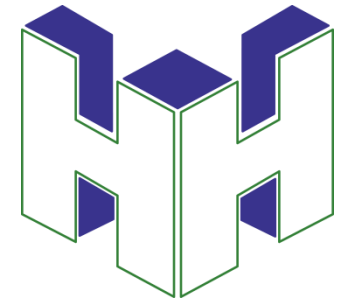
- Be at pool side and changed and with all required equipment 5 minutes before the session starts. Make sure that you have been to the toilet.
- Check that swimwear and goggles are in good working order.
- Bring a drinks bottle on to the poolside but do not share drinks bottles.
- Visit the toilet before the start and arrive on the poolside in good time for warm up.
- Do not distract other swimmers from their training set.
- Streamline properly on all starts and turns.
- Practice correct finishes on all training sets.
- Never train if unwell. If unwell, please inform your coach.
- Try and maintain a healthy diet
- Get plenty of rest and early nights, especially before Meets and Galas

Attitude to Training

Swimmers will continually be assessed on their enthusiasm and approach to training and competition. To reach their full potential, swimmers are expected and will need to train properly and regularly. Swimming training does demand and develop a high degree of discipline that is useful in all aspects of life.

Self discipline, commitment and concentration are all attributes that are needed in ever increasing amounts as the swimmer progresses. A swimmer who lacks any or all of these qualities will have a very limited future in competitive swimming.

HHSC Land Training @ Home



Session Length: Approx. 50 minutes
Session to be undertaken 3 times a week

8 x 45 Second Skipping
15 Second Rest

- Set 1: Alternate pushing feet forward
- Set 2: Double foot small bounces
- Set 3: Alternate 10 hops on each leg
- Set 4: Heel Flicks
- Set 5: High Knees
- Set 6: Backwards Skipping
- Set 7: Crossovers
- Set 8: Double Skips

5 sets of:

Set 1:

- 4 x 50 Alternate leg squat thrusts on 1 min
- 4 x 25 Double leg squat thrusts
- 6 x 10 Burpees (straight jump)

Set 2:

- 4 x 50 Abdominal crunches (centre) on 1 min
- 2 x 50 Abdominal crunches (left)
- 2 x 50 Abdominal crunches (right)

Set 3:

- 4 x 15 sec Press up hold (centre) 15 sec rest
- 2 x 15 sec Press up hold (left) 15 sec rest
- 2 x 15 sec Press up hold (right) 15 sec rest

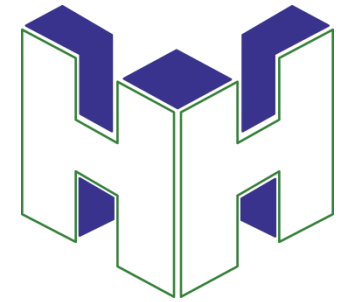
Set 4:

- 4 x 25 Dorsal raises (centre) on 1 min
- 2 x 25 Dorsal raises (left) on 1 min
- 2 x 25 Dorsal raises (right) on 1 min

Set 5:

- 5 x 20 Press ups (full) on 1 min

HHSC Warm-up & Stretching Programme



Below are some simple exercises that you should do to warm-up & stretch before training and competition. It is important that all exercises are done correctly. If you need any guidance as to how these should be done please ask any of the coaching staff.

Warming and Loosening Up (Repeat all 3 times)

- 20 left arm swings
- 20 right arm swings
- 20 both arm swings
- 20 left leg swings
- 20 right leg swings

Core Body Strength (This will help to prevent injury and hold your body correctly in the water)

- 15 slow, controlled sit-ups (middle) with tummy held in
- 15 slow controlled sit-ups to left
- 15 controlled sit-ups to right
- (Repeat 2 times)

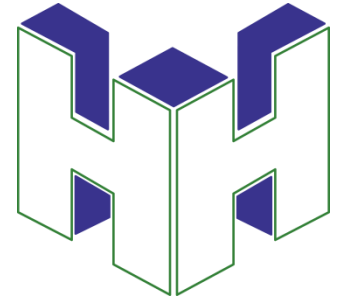
Strengthen Back and to Stretch out Tummy Muscles

- 20 Dorsal raises opposite arm, opposite leg
- 20 Dorsal raises change arm/leg
- Gentle stretching and shaking out to finish

Warm Down Exercises After Training (To be done in showers or changing rooms. This will help to prevent aches the next day by stretching out the muscles)

- Right arm across body stretching gently
- Left arm as above
- Right quad stretch, knees level right foot held by bum
- Left quad stretch as above
- Left calf stretch, heel down toes pointing forward
- Right calf as above
- Full body stretch on tiptoes reaching as tall as possible
- Resistance bands can be used for all stretches

Session Purposes



1. **Aerobic Development & Maintenance**

Session to maintain or improve your overall stamina and fitness. Working at 70% effort (a comfortable pace)

2. **Aerobic Threshold**

Swimming at and improving the fastest pace you can maintain for a set that lasts 20 minutes or longer. Working at 80% effort (a fast pace)

3. **Aerobic Overload (Vo2)**

A set that is swum to achieve your maximum heart rate. Working at 90% effort (very fast pace)

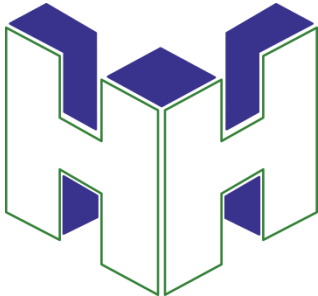
4. **Speed**

Maximum effort sprinting over short distances (anything up to 50m at a time) to improve your speed. Working at 100% effort (maximum effort sprinting)

5. **NPTS, Skill Improvement & Stroke Technique**

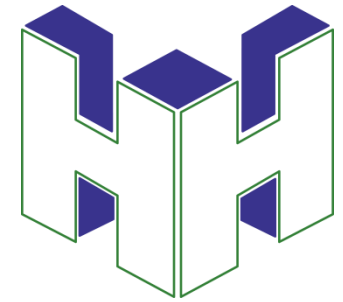
NPTS outcomes: Dives, Starts, Turns, Stroke technique work

Training Schedule Record



Day	Week Commencing		Week Commencing		Week Commencing		Week Commencing	
	Purpose	Meterage	Purpose	Meterage	Purpose	Meterage	Purpose	Meterage
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
Rate Your Satisfaction Level With Your Training for Each Week On A Scale of 1-6. 6 is Excellent and 1 is Poor	Total meterage swam in the week		Total meterage swam in the week		Total meterage swam in the week		Total meterage swam in the week	
	Score		Score		Score		Score	

Nutrition for Competition



The pre-event meal serves two purposes. The first to prevent you from feeling hungry before or during the event and secondly to help supply fuel to the muscles during competition.

Most energy needed for any sports event is provided by what you have during the week prior. The best plan is to eat food that contains lots of carbohydrates, low to medium amounts of protein, and as least fat as possible.

High fat and protein foods take longer to digest than carbohydrates, if eaten a few hours before exercising can contribute to nausea and vomiting.

To have a relatively empty stomach while exercising or competing try to eat at least one hour beforehand.

Don't eat sugary foods for a burst of energy just before you swim, it doesn't work

EATING BEFORE COMPETITION

3- 4 HOURS BEFORE

Fruit or vegetables / Juice / Fresh fruit

Bread rolls / English muffins

Peanut butter / Lean meat / Low fat cheese

Low fat yoghurt / Baked potato

Cereal with semi skimmed milk

Pasta with tomato sauce

2 - 3 HOURS BEFORE

Fruit or vegetable juice

Fresh fruit

Bread rolls / English muffins

(Without butter or margarine spread)

1 - 2 HOURS BEFORE

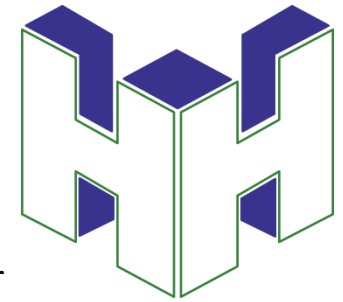
Fruit or vegetable juice

Fresh fruit

ALL DAY MEETS

Open Meets that last from 4 hours to a week or more are sometimes a problem. Trying to find the time to eat between sessions or heats and finals needs a little planning.

With less than one hour between swims it's best to consume easy digestible high carbohydrate foods and drink, try to limit the amount of food though. It's not always easy to buy what you need at the event; plan ahead and take an emergency supply with you, bread based snacks (careful with the fillings), bananas, fruit juices etc.



What About Fluids

Even though you may be surrounded by water you will still become dehydrated, especially during hot weather or in hot, stuffy indoor pools. Dehydration of as little as 2% of body weight can hamper performance. Unfortunately, thirst is not a good indicator of how much fluid a swimmer needs. To prevent dehydration you must drink plenty of fluids before, during and after a workout or competition. Research has shown that consuming carbohydrates along with fluid can help maintain optimum performance during training sessions. A properly formulated sports drink provides fluid and is a more convenient way of getting carbohydrates without eating solid foods.

Weigh in before and after training and drink at least two cups of fluid for every pound of weight lost. Keep a fluid bottle by the side of the pool when working out and drink between repeats and sets.

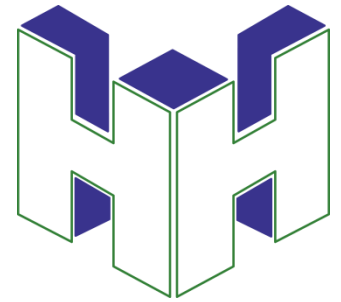
Choose sports drinks like Gatorade that have a pleasant taste, stimulate fluid absorption in the body, maintain proper fluid balance in the body and provide energy to working muscles. Avoid carbonated drinks, which can cause stomach bloating and may reduce fluid intake

Post Event Meals

Studies show that swimmers who consume 70 grams of carbohydrates (which could be a large roll or a banana and some fruit juice) within 30 minutes after exercising and another 75-100 grams every two to four hours thereafter will restore their muscle energy levels before the next practice or day of the meet. Swimmers who don't do this will be pretty depleted or tired by the end of a long meet or a week of practices. You should think of your body as a car and the food as fuel. If you put the wrong fuel in the car the engine won't work properly and you won't swim as fast as you would if you followed these basic tips for good nutrition. The following meals provide 100 grams of carbohydrates.

- Four slices of toast with peanut butter and 4 ounces of dried fruit
- A low fat yoghurt, banana and a cup of orange juice
- A Turkey sandwich with a cup of fruit puree
- 2 cups of spaghetti with meat sauce and piece of garlic bread
- Half a pint of skimmed milk, 1 apple and 1 orange. 2 slices of bread and a slice of sponge cake

Competition Record

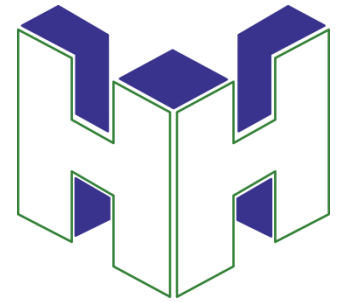


Date	Event/Venue	My Swims			
		Stroke	Distance	Position	Time
How Did It Feel					

Date	Event/Venue	My Swims			
		Stroke	Distance	Position	Time
How Did It Feel					

Date	Event/Venue	My Swims			
		Stroke	Distance	Position	Time
How Did It Feel					

Competition Record



Date	Event/Venue	My Swims			
		Stroke	Distance	Position	Time
How Did It Feel					

Date	Event/Venue	My Swims			
		Stroke	Distance	Position	Time
How Did It Feel					

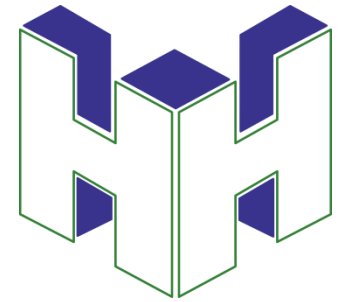
Date	Event/Venue	My Swims			
		Stroke	Distance	Position	Time
How Did It Feel					

Name							Short Course Records		
Stroke	400m			800m			1500m		
	Target	PB	Date & Venue	Target	PB	Date & Venue	Target	PB	Date & Venue
Front Crawl									
Backstroke	[REDACTED]								
Breaststroke									
Butterfly									
I.M.				[REDACTED]					

Name							Long Course Records								
Stroke	25m			50m			100m			200m					
	Target	PB	Date & Venue	Target	PB	Date & Venue	Target	PB	Date & Venue	Target	PB	Date & Venue			
Front Crawl	[REDACTED]														
Backstroke	[REDACTED]														
Breaststroke	[REDACTED]														
Butterfly	[REDACTED]														
I.M.	[REDACTED]														

Name							Long Course Records			
Stroke	400m			800m			1500m			
	Target	PB	Date & Venue	Target	PB	Date & Venue	Target	PB	Date & Venue	
Front Crawl										
Backstroke	[REDACTED]									
Breaststroke										
Butterfly										
I.M.				[REDACTED]						

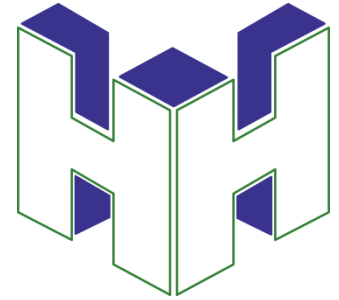
Personal Goals



This section of your log book is dedicated to the goals that you want to achieve in swimming whilst with HH Swimming Club. It provides a structure for you to consider and document your goals and progress on a quarterly basis. Be SMART when writing your goals, make them specific, measurable, achievable and relevant.

	Goal	Progress / Date	Progress / Date	Progress / Date
September to December				
January to March				

Code of Conduct



A club is judged not only by the performance of its swimmers in the pool but also by their behaviour and that of other club members and supporters. Only the highest standards of behaviour will be acceptable and any member of the club found to be acting in a manner which may bring the club into disrepute will be disciplined. At worst this could result in expulsion from the club. A good team spirit is always encouraged. As a club we should always support one another.

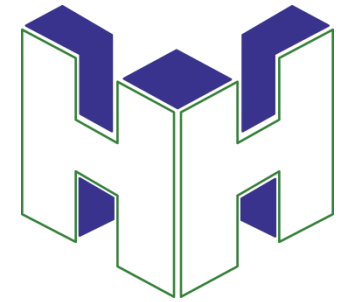
Code of Conduct for Swimmers

All swimmers should observe the authority and decisions of all officials at all competitions the swimmer or club may participate in. Swimmers should obey the spirit of ASA rules and play fair at all times, treating opponents with due respect, both in victory and defeat. All swimmers should consistently display high personal standards and project an image of health and cleanliness. No swimmer should use drugs to enhance their performance in training or competition. If any swimmer is found to do so, this will be considered as gross misconduct and will be asked to leave the club immediately. HHSC adhere to the drugs protocols of the ASA which can be found on the British Swimming Web Site: <http://www.swimming.org/britishswimming/>

Code of Conduct for Parents

Remember that your child is involved in swimming for their enjoyment, fitness and success and not yours. You should be realistic about your child's ability, do not over-expect. Harm can be done if your child falls short of your expectations and you do accept their disappointment. Teach your child that honest effort is as important as victory; a Personal Best (PB) can be as big an achievement as a gold medal. Teach your child good sportsmanship. Never ridicule or shout at your child for making a mistake or losing a race. Be positive at all times and don't show your disappointment. Remember that your child will learn best from example, applaud good performances from you child, other swimmers in the club and from other clubs. Recognize the value and importance to your swimmer and the club of the volunteer coaches, do not undermine them; they give their time and effort to provide recreational activity for your child. Encourage your child but do not coach.

Knowledge & Behaviour



A little knowledge is dangerous and the club's coaches have high levels of qualification in order to provide a continually high standard of training in all squads within the club. Please remember that the coaches are working to make your child the best swimmer they can, however if you are not happy please raise your concerns and worries with the coach in the first place at the end of the session. Please do not interrupt the coaches while they are poolside during a training session. Your child will benefit from the coaches' full attention.

Be positive about the club and how it works, if you see a problem or have a concern about the way your child is being developed or how the club is run, please approach a committee member who will ensure that the matter receives urgent attention. This means that any major grievance or situation which brings the club or individuals within it into disrepute should be brought to the attention of the committee in writing. You should be prepared to discuss your grievance in person with the committee (or a sub-panel) so that the situation can be resolved and brought to a conclusion.

Rumours and gossip within the club can only hinder the club's progression and growth. Please do not get involved in this type of behaviour.

Behaviour Policy and Disciplinary Action

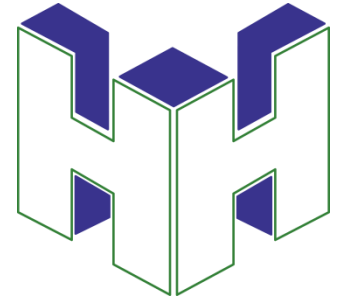
The Club always expects the highest standards of behaviour and mutual respect between all members (swimmers, parents, carers etc...) Swimming is an extremely challenging sport so club members are expected to support each other and not to criticize - only the coaches and teachers are in a position to make comment.

Competitive swimming and bad behaviour do not mix and in some instances can be dangerous. Club coaches and teachers will not tolerate behaviour which is either disruptive or potentially dangerous and may instruct any member engaged in unacceptable behaviour to leave the training session or competition venue.

Haden Hill Swimming club have adopted the Good Practice Guidelines on the use of Social Networking Sites by ASA Clubs and Club Members created by the legal department of the ASA. This can be found on the British Swimming website.

Finally, good luck with your training and with all the competitions that you take part in. Further copies of the pages in this Log Book can be found and printed from the club's website <http://www.hadenhillswimmingclub.co.uk>

Swim the Right Way



Whether it is an organized workout or a crowded lap swim session, you are likely to be sharing lane space with others from time to time. Everyone's water time is more enjoyable when we all know and live by the basic rules of swimming etiquette.

1. Selecting and entering a lane. This is normally decided by the coach or Look for a lane with swimmers of your speed. Before entering a lane, communicate with the others in the lane so they know you are about to join them. If they are swimming non stop, slip feet first (never dive into a lane with people swimming in it) into the right-hand corner of the lane and stay there long enough for everyone to cycle through the lane and see that a new swimmer has joined the fray. If, after a while, you find that you are frequently either passing people or being passed, you probably belong in another lane.
2. Circle pattern. For any lane with more than two people swimming, all swimmers must swim in a circle pattern to avoid head-on collisions. This means that each swimmer swims down one side of the lane and back on the other side. Just like on the road, you should always stay to the right of your lane (unless otherwise posted). Each swimmer should leave at least a 5-second gap between him or her-self and the next swimmer. If a swimmer is faster then you let them overtake or let them go in front of you when you reach the wall or starting another set.
3. Drafting. Just like in cycling, swimming close behind somebody allows you to benefit from the flow of water created by the lead swimmer. Although it may be tempting to tuck in behind someone and let them do most of the work, it is considered bad etiquette.
4. Passing and being passed. Even in well-matched lanes, passing or getting passed is sometimes unavoidable when circle swimming. In general, the person passing should move to the centre of the lane and speed up to finish the pass quickly. Likewise, the slower swimmer should anticipate being passed, stay close to the lane rope, and slow a bit to let the faster swimmer pass quickly. Alternatively, if you know you are about to be passed, you could stop briefly at the wall, allowing the faster swimmer to turn and take the lead. If you feel a tap on your foot, assume someone wants to pass you and act accordingly.
5. At the wall. Regardless of how many swimmers are using a lane, it is everyone's responsibility to keep the centre third of the wall at the end of the lane clear for other swimmers to turn. Do not stop at the wall, always move quickly on.
6. Do unto others. Treat your lane partners with the same respect you would like to be treated with, and expect the same from them. Even a crowded lane can be a joy when everyone has that attitude.