



CHATTERIS KINGFISHERS SWIMMING CLUB (FOUNDED 1964)

SQUAD LOG BOOK

Head Coach: Joanne Pearce
Contact: 07780 698 141

Introduction

on how to use the log book

Your log book is for you to record your swimming training and competition information.

At the beginning is a page called about **Me** to record information about yourself.

Then a chart to write down your height and weight each month and add other relevant notes.

The goal setting pages are for making notes of what you, as a swimmer want to achieve in the year ahead.

For example you would write down the time & distance you would like to achieve at the next gala, or if you would like to improve your Butterfly technique. In the mid term, maybe you would like to win a medal at an Open Meet, and in the long term perhaps you would like to achieve a County Qualifying time and swim at the County Championships.

The next few pages are for you to record your personal best times and for you to update them when you swim a faster time at a gala or competition.

The competition results pages are for you to record your ratings and comments about your swims i.e. how you felt, what you did well, what you ate and drank before the competition (chips or pasta? sports drink or coke?). This is very useful as it can sometimes explain why you swam so well or why it wasn't as you'd hoped.

The training sessions pages can be filled in after each training session and you need to rate the session, write down what you did well and what you want to improve at the next session and any other comments i.e. I felt good about my swimming today; I have a cold; I played in a football match after school.

about me

Name: _____

Address: _____

_____ Home tel no. _____

DOB: ____/____/____ ASA Registration No.: _____

Height: _____cm Measured on: ____/____/____ Weight: _____kg Weighted on: ____/____/____

I joined Chatteris Kingfishers SC in: _____ My Coach's name is: _____

My Best stroke is: _____ I train _____ times a week

My other hobbies are: _____

School name _____

height & weight record

	HEIGHT	WEIGHT	NOTES
JANUARY			
FEBRUARY			
MARCH			
APRIL			
MAY			
JUNE			
JULY			
AUGUST			
SEPTEMBER			
OCTOBER			
NOVEMBER			
DECEMBER			

guidelines

for effective goal setting

The goals you set yourself to help improve your swimming should be:

Specific

Instead of simply saying "I want to improve my 50m freestyle", say what you want to improve about it, e.g. "I want to improve my 50m freestyle turn". This will give you a specific focus to work on in training.

measurable

Make sure you will know when you have reached your goal. For example, using a time as a target will make this easier.

agreed

Speak to your coach about the goals you set. They will tell you if it is suitable.

realistic

Setting a goal that is too challenging will not help your self-confidence because you are not likely to achieve it. Try not to make it overly difficult.

time measured

Give yourself a deadline to reach your goal, e.g. in 6 months time. You can adapt this time range according to what competitions you have coming up.

existing

Your goal must not be too easy.








































recorded

Write down your goals – it will make you more determined to achieve them and help you monitor progress.








































personal goals

Short Term (THIS TERM)	
Mid Term (NEXT TERM)	
Long Term (NEXT YEAR)	
Signed by Swimmer	
Date of goal setting exercise	
Signed by Coach	














competition results

Date	Competition	Event	Time & Position	Rating & Comments
				  
				  
				  
				  
				  
				  
				  
				  
				  
				  
				  
				  
				  














competition results

Date	Competition	Event	Time & Position	Rating & Comments
				  
				  
				  
				  
				  
				  
				  
				  
				  
				  
				  
				  
				  

training sessions

Date	Rating	Programme/Distance	My aim next session	Comments
				
				
				
				
				
				
				
				
				
				
				
				
				

training sessions

Date	Rating	Programme/Distance	My aim next session	Comments
				
				
				
				
				
				
				
				
				
				
				
				
				

stretching

Stretching should be administered with special care, you should stretch only to the point at which resistance is felt and no further.

The stretching routine should take at least 10-15 min, and be performed before training, before warm up at competitions and at least 5 - 10 min before your race.

You should make sure you are on poolside 10-15min before your session starts to complete your stretching routine.

warm up

(competition)

The value of warming up properly has both physiological and mental benefits. Physiologically a good warm up prepares the circulatory system to deliver more oxygen to the muscles and prepares the muscles to use this oxygen more rapidly. The warm up stretches the joints and muscles increasing the range of motion and increases the speed in which the muscles contract by working on stroke, speed, turns & starts, it will also help you prepare for your race mentally.

SUGGESTED WARM UP PROCEDURE

- 1 Stretch ankles, shoulders, back, legs, arms etc for 10-15 minutes
 - 2 Swim easy, for 10-20min, using drills
 - 3 Practice starts & turns
 - 4 swim 25m, 50m, or 100m at race pace
 - 5 swim 15m, 25m sprints
 - 6 swim easy for 2-5 minutes
 - 7 re-enter the water and swim easy, 10-20 minutes before you race (if you are able)
-

swim down

after racing

One of the most important post race & post training procedures is swimming down.

You should always swim down after a race/training as you will recover faster as the removal of lactic acid and carbon dioxide will be removed quicker (lactic acid makes you feel stiff and sore after a hard race or training session).

Easy swimming for 10-20 min after a race.

equipment

Please make sure that you have the following items, and it is important that you take spares with you.

TRAINING

Kick Board (club supply)
Paddles (club supply)
Pull Buoys (club supply)
Hats 2
Goggles 2
Costume/trunks
Walter bottle (high carbohydrate drink)
Flippers

COMPETITIONS

Towels 3
Swimwear 2 – 3
Hats 2
Goggles 2
Food & Drink
Club Tracksuit
Club Polo Shirt
Flip Flops/trainers

This is only a guide, if you have any other equipment you use please add it to your list.

nutrition & fluid

PRE-MEET MEAL

A pre-meet meal should be small and easily digested so that you do not compete on a full stomach. It should contain mostly carbohydrates (60-70%) easily digested starch forms of carbohydrates are the best. Avoid fried & heavily spiced foods.

The meal should be eaten approximately three hours before competition.

A high carbohydrate drink can be drunk up to five minutes before competing and during competitions.

POST COMPETITION MEAL

The post competition meal should be eaten within one hour of competition, mostly in the form of easily digested carbohydrates to replace lost glycogen.

BEFORE TRAINING/AFTER TRAINING

Consuming a high carbohydrate meal/snack eaten no less than 2-3 hours before training or 150 -200 ml of high carbohydrate drink within one to two hours before training should increase your work output.

Again complex or starchy forms of carbohydrates are the best, cereal/grain bars or drinks with glucose added; avoid candy bars and drinks containing only sugar as these do not make great snacks.

After a hard training session make sure that you have a high carbohydrate meal/snack/drink within one – two hours after training as this will help replace your lost glycogen faster.

FLUID

Make sure you have a water bottle on poolside.

Small amounts of liquid taken at frequent intervals maintain your blood glucose better than one big drink.

There are many energy drinks on the market so make sure you find one that is best suited to you or you can simply add Glucose powder to water or juice which you can buy at your local chemist. It will come in powder form so it can be added to your drink (see below).

Make sure your drinks contain approximately 5 – 10 % of its volume as glucose, sucrose or maltodextrins, so each litre should contain 4 - 6 fl oz of one of these carbohydrates and between 20-50mmol of sodium chloride (salt).

Please make sure the liquid is not of the pure sugar/fizzy type.

the five food groups

- 1 Cereals & Grain Products
- 2 Fruits
- 3 Vegetables
- 4 Milk & Milk Products
- 5 Meat, Poultry & Fish

foods

rich in carbohydrates

BAD

Cake
Candy
Cookies
Honey
Milkshakes
Pies
Puddings

GOOD

Beans	Milk
Bread/rolls	Noodles
Cereal	Pancakes
Chick Peas	Peas
Chili	Potatoes/Sweet potatoes
Chop Suey	Poultry
Corn	Rhubarb
Fruits	Rice
Leafy Veg	Pasta
Lentils	Waffles
Macaroni	

doping control & asthma

- If you suffer from any medical condition which requires medication, you are required to declare this to the ASA by completing a medical declaration form.
- Many swimmers suffer from Asthma. Some of the medication taken by asthma sufferers is legal, some are not. A list can be found on the ASA website.
- It is important to take your inhaler to every training session, gala and competition.
- Make sure that your coach knows that you suffer from Asthma.