

# College Area Swim Team HandBook



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# COLLEGE AREA SWIM TEAM HANDBOOK

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## **MISSION STATEMENT**

We have a chance as an organization to help provide youth with an environment to actively pursue their dreams. College Area Swim Team, through its swimming programs, will continue to provide the best growth and learning environment possible.

## **PHILOSOPHY**

We take pride in our positive motivating environment, where learning and growth go beyond swimming. Success of every participant is measured by the lifelong benefit of sharing and developing the following values:

Self Confidence	Responsibility	Dependability
Academic Achievement	Self-Motivation	Independence
Leadership	Time Management	Pride
Respect for Others	Integrity	Sportsmanship
Lifelong Swim Skills	Self-Esteem	Commitment

## **COACHING**

Dave Kilmer leads our program. Dave began his competitive swimming in San Diego, swam his high school years with Mission Viejo Nadadores, and returned to San Diego to compete at SDSU. His coaching career began when SDSU cut their swim team in 1984. He has been a leading coach in San Diego ever since.

In addition to Dave, we have a great staff of professional coaches: Nicole Helmen, Andrew Gordon, Catherine Gordon, Melissa Gordon, and Scott Mai. Our professional staff provides an incredible learning environment from novice to collegiate level swimming.

## ELIGIBILITY

Starting at the age of 5 swimmers are eligible to become members of the College Area Swim Team, providing they can:

1. Swim one length of the pool freestyle, swimming with their face in the water.
2. Swim one length of the pool backstroke.

## FEES

- Monthly fees are charged depending on a swimmer's placement within a group.
- There is an initial registration fee with USA Swimming (see below for more information).
- Fees range from \$79-\$145 per month depending on group placement.
- A \$5 discount for each additional swimmer within the family.
- Fees are due on the first of each month.
- Late charge for fees paid after the 10th of the month.

## REGISTRATION FEE

The USA Swimming registration is an annual membership fee (currently, as of 2009, \$55). This fee not only lets you swim with the team, but also allows you to be entered in competitions.

## EQUIPMENT NEEDED

All swimmers should have the following basic equipment:

- Goggles
- Swim Cap (if hair is long enough to get in their eyes)
- Water Bottle
- Towel
- Warm Attire

Additional required equipment per group:

	Competitive suit	Fins	Paddles	Buoy	Snorkel	Equipment Bag	Other
<b>Novice</b>	X	X					
<b>Junior</b>	X	X		X			
<b>Level 2</b>	X	X	X	X	X	X	
<b>Level 3</b>	X	X	X	X	X	X	
<b>Level 4</b>	X	X	X	X	X	X	Running shoes
<b>Level 5</b>	X	X	X	X	X	X	Running shoes

## TEAM STRUCTURE

College Area Swimming offers various levels of training to serve many ages, abilities and interests. We offer to every swimmer:

- Teaching - Competitive strokes: freestyle, backstroke, breaststroke and butterfly, including flip turns, starts, proper breathing and more.
- Training - Great physical training that is both supervised and safe.
- Goals - Professional guidance in setting goals.
- Meets - Compete with others of similar ability and build confidence while having fun.

### Swimming levels:

Practice time offered each week and suggested attendance:

<u>Group Level</u>	<u>Practice Time Offered (approx.)</u>	<u>Recommended Attendance</u>
<b>Novice</b>	3 days/wk :1 hour	2-3 days a week
<b>Junior</b>	4 days/wk: 1 hour 15 min	3-4 days a week
<b>Level 2</b>	6 days/wk: 1.5-2 hrs	4-6 days a week
<b>Level 3</b>	6 days/wk: 1.75-2.25 hrs	4-6 days a week
<b>Level 4</b>	6 days/wk: 2-2.5hr	4-6 days a week
<b>Level 5</b>	up to 9 practices/wk: 1.5-2.5 hr	7 + days a week

## PRACTICE SCHEDULE

The practice schedule is posted on the Internet and is updated regularly. You can follow the link below or go to castswim.com, move your mouse over the calendar tab and click on practice schedule.

For updated schedule, check the following site:

[www.teamunify.com/SubTabGeneric.jsp?team=cast&\\_stabilid=890](http://www.teamunify.com/SubTabGeneric.jsp?team=cast&_stabilid=890)

## **FAMILY INVOLVEMENT**

CAST is a non-profit organization, run by volunteer parents. Please realize that it takes an enormous amount of volunteer time to provide a professional, quality atmosphere for your swimmer. We have many committees working to provide this. We expect that any projects the team takes on will be done with dedication and pride.

### **CAST VOLUNTEER POLICY**

Being the best requires the support and dedication of swimmers and their parents. As a non-profit organization, CAST events are dependent upon the parents of our swimmers working together to maintain this standard of excellence. We have several functions during the year that require parent participation and could not be run without your help. Below are the minimum obligations of all CAST parents.

#### Service Credits Requirement:

Families with children in the CAST swim program must accumulate a minimum of 16 service credits per family during the fiscal year (October 1-September 30). Service credits are assigned to jobs according to the time involved and the level of commitment needed for the job. CAST families will be subject to a Credit Service Fee (CSF) of \$320. Families who have completed their 16 credits will not be assessed the CSF. Those families who have completed less than the minimum 16 credits required will be billed \$20 for each credit less than 16.

The CSF will be billed annually. The assessments of \$320 will be billed at the end of September. Each family will earn \$20 for each credit volunteered during the fiscal year and will only be billed if they have earned less than 16 credits for the fiscal year. Families that join the team mid-season will have a prorated CSF as well as prorated credits. Families that take a leave of absence or are inactive for 3 months will be credited 4 credits. (A written request for leave of absence or short-term inactivity must be on file with the team treasurer)

#### Recording of Credits:

All families are responsible for filling out a Credit Report Form following each event that they provide service credits for the team. Upon completion of the form, turn it in to the Credit Report File in the file box at the pool or e-mail it to [cast.credits@yahoo.com](mailto:cast.credits@yahoo.com). You may do this after each event you participate in but please do this no less often than monthly. Your credits will be verified monthly by the Credit Support Coordinator. You will be able to confirm your hours worked have been posted to your account by going to "My Invoices/Payments" and then clicking on "Volunteer Hours" link. Volunteer jobs may be done by any member of the family, including siblings, grandparents, relatives, or friends. Please note that any volunteer hours worked by children under age 14 receive only half credit.

Swim Team Support Functions:

One credit = \$20.00. Timing at meets is earned at 1/2 credit for each hour worked. Unless specifically noted, all other service credits are based on hours worked and commitment needed.

For a list of jobs and credits available, go to the [castswim.com](http://castswim.com), click on "volunteer hours info," and follow the links. In addition many jobs are available for sign up on each individual event page.

## **FUNDRAISING**

It is not possible to provide a competitive swimming program, much less a high quality program, by swim fees alone. The difference between revenue from swimmer fees and what is needed to operate is covered through fundraising. CAST employs professional coaches. This is a major expense, and is what separates us from other sports coached by volunteers. Providing this high quality environment has many other costs including pool rental, travel, equipment, continuing education for the coaches, etc.

Our annual Swim-O-Rama has a required commitment (\$125 per swimmer in 2008).

**Booster Committee:** We have started a booster committee to help us purchase needed equipment, provide incentives for swimmers to achieve championship levels, and travel reimbursement for our National Level Competitors. If you know of a potential source or method to help with our booster's efforts, please volunteer your help or ideas by letting coach Dave know.

## **GUIDELINES FOR SWIMMERS**

### **PRACTICE RECOMMENDATIONS:**

- Attend only your designated practice time unless instructed by the coach.
- Be on deck at least 5 minutes early and be ready for stretching.
- Have goggles adjusted & ready to go prior to practice.
- While waiting to practice, please show courtesy to the group that is already in the water.
- Bring to each practice any equipment (fins, paddles, etc.). **Please have your equipment labeled.**
- Use sunscreen (especially on the face) preferably at home but at least prior to practice.
- Have a swimsuit (black) for meets and a separate suit for practices.
- Have your suit on prior to beginning of practice.
- Be sure to WEAR YOUR SMILE at all times!

## **NEWCOMERS TO SWIM TEAM**

For those new to competitive swimming, the prospect of being on a large team and participating in noisy and busy meets may seem daunting. This may be especially true for those who are not strong swimmers. The meets are a great family and neighborhood assembly and the three-ring-circus feel can be quite exciting.

Always remember, there are many parents, older swimmers, and staff to consult if you find yourself puzzled, intimidated, or annoyed.

## **SWIM MEET SCHEDULE**

The meet schedule (as well as the location of the meets) changes with every meet. The schedule, as well as maps providing directions to the meet location, is posted on the web site under events.

[www.teamunify.com/EventsCurrent.jsp?tabid=1879&team=cast](http://www.teamunify.com/EventsCurrent.jsp?tabid=1879&team=cast)

## SWIM MEET GUIDE FOR PARENTS AND SWIMMERS

### WHAT TO BRING

- Plenty of towels - 2 to 4 depending on number of events.
- Warm clothing (mornings at meets can be cold).
- Chairs or blankets to sit on.
- Shade/tarp if you have one. The team has canopies. **Please set up camp with the team.**
- Cooler for fruit, juices, water, snacks etc.
- A snack bar will normally be available during meets.
- Visors, sunglasses, team T-shirt, team cap and team suit (black).
- Sunscreen or sun block, especially for nose and shoulders.

### WHEN TO ARRIVE

- Arrive early - we expect you to be in the team area at the designated time ready for the coach's instructions.
- Warm-up times will be posted on the web site prior to each meet. As a general guideline, warm-up times are earlier for home meets.
- Some meets you may want to consider arriving extra early for warm ups because of poor parking.

### AT THE MEET

- If you can arrive at the meet early to stake out a "team area" (preferably with team canopies).
- Swimmers should stay in or close to team area. Listen for your event and be ready to report to the "ready area" or the appropriate starting block (Parents - please know where your swimmer is at all times. If you are working the meet, please assign another parent who is willing to watch out for your child, until they have enough meet experience).
- It is ultimately the swimmer's responsibility to report to the ready area.
- Make sure you check with the coach before you leave the meet. You may be on a relay or the coach may have news for you.
- Please use trash cans for your garbage. We are a clean team!
- You MUST have FUN!
- A sample timeline for C meets and above:
  - Arrive early
  - See your coach
  - Check in for your events (try not to get stuck in the check in line when it is time to begin stretching)
  - Be in the team area when stretching begins
  - Make sure to talk to your coach before and after your events
  - Set up in team area

## **LEVELS OF COMPETITION**

In meets, a swimmer typically competes against other swimmers at his or her general level of competition. In other words, a first-year swimmer on the team generally will not start out competing against a faster, more experienced swimmer. However, he or she may advance to a higher level as the season progresses. Once a swimmer's time is fast enough for a particular event that qualifies them for the next level.

There are different events with varied distances in which swimmers may compete. Different levels of meets include different distances.

<b>Stroke</b>	<b>8 and under</b>	<b>9-12</b>	<b>13 and over</b>
Individual Medley or IM (includes butterfly, back, breast and free)	100, 200	100, 200 (400)	200, 400
Freestyle	25, 50, 100, 200	50, 100, 200, 500, (1000, 1650)	50, 100, 200, 500, 1000, 1650
Backstroke	25, 50, 100	50, 100 (200)	100, 200
Breaststroke	25, 50, 100	50, 100 (200)	100, 200
Butterfly	25, 50, 100	50, 100 (200)	100, 200

### **Progression of levels in age-group swimming**

Novice – C – B – A – AA – JO – AAA – Far Westerns – Zones

### **Next levels in the Progression of Senior Swimmers**

Sectionals, USA Junior Nationals, USA Senior Nationals, US Open, Olympic Trials/World Championship Trials, Olympics/World Championships.

### **Descriptions of Each Level**

**Novice/Summer League:** The entry-level group, which focuses on learning the strokes. May compete in fun events/novice meets where everybody receives a reward and the focus is on having fun.

**C Level:** The very first level of competitive swimming. Swimmers stay at C level until they gain a “B” time.

**B-AAA Levels:** These levels have increasingly faster times, which range from beginning to upper level swimming. A swimmer can have various levels of times. For example, a swimmer could have a B time in the 50 Free while having an AA time in the 100.

**Far Westerns:** Occurs during the 1<sup>st</sup> week of April in the San Francisco Bay Area. Usually consists of swimmers with AA level times. Far Westerns is a meet that has its own qualifications and is very competitive.

**Western Zones:** Zones occurs in the 2<sup>nd</sup> week of August. San Diego Imperial Swimming sends a team, similar to an All Star Team, to this meet. Swimmers travel with San Diego Imperial Swimming. Swimmers must have at least 2 long course zone qualifying times to apply for the team (swimmers with 5 or more qualifying times are considered automatic). Other teams are selected on basis of filling the best teams. San Diego Imperial Swimming usually takes 52 swimmers to the meet.

**Senior Level Swimming:** As swimmers 13 and older go beyond AA level, many senior meets are offered. In general, each meet has its own time standard and there are no divisions for age groups. For example, a 13 year old may be competing with 20 or 30 year olds.

## ENTERING SWIM MEETS

Approximately 3 weeks before a swim meet, the coaches will pass out and post online a form about the meet. The form will include, events for the swimmer, the price for the meet, the deadline for entering the meet, who is hosting the meet, as well as location and directions to the meet. Coaches post their entries for each event on that particular event page on castswim.com. Please be aware that coaches decide the events for the swimmer. If there appears to be a schedule conflict during a swim meet, please let your coach know upon entering the Meet.

When a swimmer/family decides to attend a swim meet, you must pay for the meet before the entry deadline, otherwise you will NOT be entered. To do this, we request you pay online through our website. Simply go the event page and click the button provided. Make sure to enter the dollar amount in the qty. box and write the name of the meet in the purchase order box. If for some reason you have difficulty paying for the meet online, you may bring a check (made out to CAST) to the pool and hand it directly to your coach. (Do not put it in the treasurer's file.)

## IN REGARDS TO RELAY ENTRIES

Swimmers may be chosen to participate in relay events at various competitions. The coaching staff shall select the competitors in these events. The staff will always consider all available information, including but not limited to, past individual and relay performances, relay experience, number of events swum at the competition, individual workload, recent results and performances, consistency of performances, fatigue level, health, fitness level, training preparation, attitude and personal desire to participate in these events. Relay selections shall not be subject to challenge.

## **TEAM TRAVEL VS SWIMMER TRAVEL MEETS**

There are “swimmer” travel meets and “team” travel meets.

A **swimmer travel meet** is one where the swimmer (and their family) is entirely responsible for their travel. Swimmers will be traveling either with their family or with another family that they have arranged with.

Guidelines for swimmer travel meets:

The team may designate a “preferred” hotel, or even hold a number of rooms that team members can reserve. However, the actual reservation, and travel arrangements, will be up to the individual swimmer/family.

These meets are no different any other meet. The coach will designate a time that you are to be at the pool, and expect that you budget your time appropriately so that you are there on time. As before any meet, we expect swimmers and parents to be smart about being prepared to swim well . . . eat balanced meals, avoid sugary foods and desserts, limit outside physical activity, and plan for 9-10 hours of sleep. If you are sending your swimmer with another family, make sure they will uphold these standards.

We want swimmers to prepare for higher level meets by treating travel meets as something to take seriously and to do everything possible to be prepared to swim fast. They are not a vacation. If you need a family vacation, plan one for another time or for after the meet. Swimmers should not be confused by swim meet versus vacation.

A **team travel meet** is one where the team makes all of the travel arrangements and is responsible for the arrangement and coordination of their travel. This usually includes travel to and from another city, travel to and from the pool, chaperoning at the hotel, travel to eat, and everything that may be needed during the time the swimmer is away.

Our annual Big Bear swimmer retreat, although not a swim meet, is an example of team travel. The team arranges for the travel, housing, feeding, and care of the swimmer during the time they are away.

We often need chaperones for this type of travel. Volunteer to help if you can. You will be given specifics of the travel by the coach(es).

### **Examples of types of meets and the travel type:**

The lower level age-group meets will be done as swimmer travel meets. The higher level age group meets (AA and up) may be done as team travel meets. Please check with your coach for the type of travel meet you are attending.

We will post the type of travel meet as early as possible.

## **MEET TERMS**

### Aging up

When a child moves from one age category to another as the result of a birthday. Aging up means going from 8 to 9; 10 to 11; 12 to 13, 14 to 15 and 18 to 19.

### Championship Meet Qualifying Times

Times set by the local governing body that must be met by a swimmer in order to swim in the Championship Meet. These are set by stroke, gender and age group.

### Clerk of Course

- The check-in point for each swimmer in order to be placed in the proper event, heat, and lane for a swim meet.
- The officials who perform this function.

### DQ

Short for disqualification. If a swimmer is observed to have failed to swim a stroke in the prescribed manner, then he/she will be disqualified by an official.

### Heat

One individual race in an event, and there can be several heats in any given event.

### IM

Short for Individual Medley. A 100, 200, or 400 event swum in the following order: butterfly, backstroke, breaststroke and freestyle.

### Intervals

In practice, when swimmers swim prescribed distances during a specific period of time. For example, swim 100 meters in two minutes. If a swimmer finishes in 1:40, then he has 20 seconds to rest.

### Warm up

A period of time allocated to each team prior to practice or a swim meet.

## **GUIDELINE FOR SUPPORTING YOUR SWIMMER**

- **BE POSITIVE.** Help your child look beyond today and towards his or her goals. Accentuate the positive, eliminate the negative. However, don't exult too loud or too long over great results. That could signal your child that he/she can best earn your love through sports success.
- **BE PATIENT.** Swimmers develop at different paces, but all swimmers need time. No matter how your child seems to be doing in comparison to other swimmers, don't push. When he or she is ready, the big improvement will come. When they get in a slump, as all athletes do, they won't need any extra help feeling poorly about their performances.
- Never "bug" your swimmer about his or her swimming. It will only irritate your child. Leave it to their coach to dissect the reasons why his/her performance isn't up to par; you lighten it with love and encouragement.
- **BE PROMPT.** Please make sure that your swimmers arrive to all practices and meets on time. If your child is late, they will not benefit from proper warm ups and/or miss receiving important communications from their coach.
- **BE A FOLLOWER, NOT A LEADER.** Your swimmer will perform as well as he or she wants to, not as either you or the coaches' want.
- Let your child dream big dreams. Big dreams, whether they come true or not, often lead to diligent and disciplined practice habits and to giving full attention to a coach's instructions. Use Olympic-size dreams to make gentle points about the work habits of high achievers.
- Encourage your child to play other sports at young ages. Experience shows that pre-teen age group swimming success is short lived. Ultimate swimming success at the highest levels stems from a wide foundation in "motor programs."
- Although swimming has strong individual elements, your child is, most of all, part of a TEAM.
- Teach your child the difference between critical instruction and negative instruction.
- The single most important thing you can do for your child is to help develop a strong sense of sportsmanship and positive self-image. With your help, this will be swimming's best benefit to your child.

## **HOW TO BE A PERFECT SWIMMING PARENT**

### **DON'T TRY TO TALK TO THE COACH DURING PRACTICE TIMES**

Consider the pool deck a classroom. Would you interrupt a classroom teacher in the middle of a lecture? If a coach is not talking to the swimmers, they are thinking, watching and analyzing. If you need to ask questions, please wait until practice time is over and the swimmers have left the pool. The coaching staff will be glad to talk with you when they can give you their full and undivided attention. (If a coach thinks he/she can and must talk with you during practice, they will speak to you first.)

### **THE COACH IS THE COACH / TRUST YOUR COACH**

We want your child to relate to his/her coach as soon as possible concerning swimming competition, technique and training. The better the relationship and bond between swimmer and coach, the better the results will be. When parents interfere with opinions as to how the child should swim, it causes considerable confusion as to which the swimmer should listen to. The coach's job is to develop the athlete. Their basic tool of evaluation is congratulations or criticism based on performance. The parent's job is to grow a healthy, functional individual with strong self-esteem. This will develop out of the type of unconditional love that doesn't become confused by sports performance.

### **WATCHING WORKOUTS**

If you choose to watch our practice sessions, avoid the urge to talk, signal, wave to or admonish your child while he/she is in a practice. If you notice a problem, talk to their coach about it at a later time. Avoid timing your child during practice. The repeat times are something for the coach and the child to discuss. If your child has a poor workout or meet, try to offer encouragement for them to swim better at the next opportunity.

### **BE AS STRONG AS YOUR CHILD**

Anything worthwhile usually means sacrifice and hard work. Avoid complaining about the practice schedule your child logs every day. When your child needs to be at morning practices during the school year, wake up earlier than they do to get them ready. Make your swimmer realize that you will support them in every way.

### **COMMUNICATE**

Above all, communicate. If you question any aspect of the swim program, please make an appointment and discuss it with a coach.

## **AT SWIM MEETS**

Though parent participation is welcomed, parents should allow their children to take an active role at swim meets. It is the responsibility of the swimmer to ensure they swim their events and talk to the coaches. Except for novice swimmers, parents should not escort their children to the coaching area at a swim meet. Swim meets are learning environments. It is important to allow swimmers to navigate meets by themselves.

Parents should avoid discussing their child's performance with the coach at a swim meet. Usually coaches are too busy coaching and watching other athletes to carry on a discussion with parents. Try to watch other swimmers on the team and get an idea of where they are improving or what may appear to be common strengths or shared skills. Never offer cash or elaborate gifts for swimming successes. This will tell swimmers that their successes are about receiving a material benefit rather than goal setting and achieving.

Often swimmers look towards parents to know how to react after a swim. Many parents tend to react negatively when a swimmer performs poorly. A parent's reaction to a performance also has an effect on the swimmer. Try to be positive about a swimmer's performance regardless of their times. This way a swimmer will have a positive attitude all the time.

### **A NOTE ABOUT BEST TIMES**

When a child first starts swimming, it is usual for them to start dropping time every time they swim. Their bodies are changing so fast that drastic improvements are expected. However, as a swimmer ages and starts swimming at higher levels, it becomes harder to have such significant drops. For the senior swimmers it may take months to experience even a drop of 1 second.

### **WHEN SHOULD WE THINK ABOUT SCHOLARSHIPS?**

Going and looking for scholarships before High School is pointless. Kids change their mind about sports and colleges everyday. So, wait until sophomore year of high school before even starting the search. Towards the end of the junior year and the start of senior year is the prime time to look for scholarships and the narrow down possible colleges to attend.

Start to initiate contact in March and April of junior year by visiting colleges, swimming websites and filling out questionnaires. College coaches may send out school information, but are not allowed to call you until after you have completed your junior year. Even at meets, they cannot say more than "hello" until after your last race of the meet.

## SWIMMING AND HEALTH

### LACK OF SLEEP

Poor sleep the night before a competition or consistent bad night sleeps leading up to an event can cause fatigue. Sleep is important because it is the time when actual physical growth occurs and tissue recovery from daily activity takes place. The number of hours needed for rejuvenation is age-dependant.

AGE	HOURS OF SLEEP NEEDED
9 yrs	10 1/4
10-11 yrs	9 3/4
12 yrs	9 1/4
13+ yrs	9
16-20 yrs	8-9

Source: <http://www.kidshealth.org/parent/general/sleep/sleep.html>

### PERFECT PRE-RACE MEAL

Stay within your normal eating habits. Do not get talked into trying anything unusual right before your event. Eat 2-4 hours before the race. Have your meal be high in carbs (100-200 grams) and low in fat and protein. Fats and proteins are slow to digest and require too much additional blood to process.

A good example of food to eat: bagel & jam, banana, sport drink, cooked rice or baked potato.

For the athlete that finds they get too nervous to eat properly as their race draws close, they can consider buying nutritional drinks, like Boost or Ensure Lite fit the bill perfectly.

### FOODS TO TAKE

- Fruit, dried fruit, juices (limited).
- Bagels, bread, low-fat muffins.
- Watered down sport drinks (like Gatorade), low-fat energy bars.

If there are more than 2 hours between races take some dairy items such as yogurt, low-fat cheese and crackers. Try limiting or avoiding these items during and immediately before competition:

- Fatty foods - fast foods, ice cream, and fries.
- High protein foods - meats, dairy and protein supplements.

## FLUIDS

Sweating and dehydration does occur in swim training and racing. There is a school of thought that an additional water loss factor in swimming may be due to the body being in a horizontal position. This may send extra signals to eliminate fluids. The early warning signs of dehydration are:

- Fatigue
- Loss of appetite
- Nausea
- Poor concentration
- Flushed skin
- Light-headedness
- Dark urine
- Muscle cramps

The best rule of thumb to follow for ideal hydration levels is to create 4-5 full bladders a day. Water is the cheapest and best source. Just remember to clean the water bottle daily if you use it regularly. Gatorade, PowerAde and All-Sport, are excellent sources of carbohydrates and fluids. Make sure to water down these drinks, they do contain high amounts of sugar. Studies have shown that carbohydrate fuel does provide immediate contributions in practice. Avoid soda, Kool-ade, and fruit juices during practice because they require additional digestive fluids be brought in from elsewhere in the body to break them down.

## EAR CARE

**DAILY USE.** You can use a commercial ear care product for swimmers like “Auro-Dry” or “Swimmer’s-ear.” Use these products daily right after practice. They will help to dry out the ears as well as prevent bacterial growth.

**WAX REMOVAL.** Always consult your physician if you have any questions regarding wax removal. The primary cause of ear infections is water that does not drain out and becomes a warm and wet breeding ground for bacteria. There are several wax removal kits available. Personally, I use ¼ cap of hydrogen peroxide once per week (you lay down and do one ear at a time, let it bubble for 3-4 minutes). This clears out excess earwax that might otherwise trap water, and kills bacteria as well. (Do not use if the swimmer has tubes or any other ear condition).

**STAY IN THE WATER AND PUT A CAP ON IT.** Placing a swimming cap on the swimmer’s head while covering their ears, also helps protect against swimmer’s ear. However, the ideal combination is a pair of earplugs with the cap holding them in place. With earplugs and a cap, you may be able to keep swimming or at least be able to kick.

## **THE WEBSITE**

www.CASTSWIM.com is our homepage. Through it, families/swimmers can contact coaches, pay for swim meets/monthly fees, find practice/meet calendars, and get any new team news. Most of these options require users to login to the site. Upon submitting a completed team application, one of our team administrators will send an e-mail inviting you to join the website and to set up your log in information.

## REFERENCES

College Area Swim Team: [www.castswim.com](http://www.castswim.com)

San Diego Imperial Swimming (our governing body): <http://www.si-swimming.com/>

USA Swimming: [www.usaswimming.org](http://www.usaswimming.org)

SwimInfo: [www.swiminfo.com](http://www.swiminfo.com)