

## COUNTIES 2010

This is a meet where we want to show Worcester County that we may be one of the smallest clubs, we may live on the fringe of things but we are capable of taking on the bigger clubs and our swimmers are worthy of selection for any County team galas, development camps – or anything else that may be on offer!

Well done to those of you who have already competed in the long distance events and have put in creditable swims flying the flag for Ledbury congratulations to all of you who came away with new best times and of course a particular 'well done' to Lucy who won the trophies for the fastest junior and senior in the 800m.

However it is in the main championships when we have a large squad presence that we want to be noticed for not only our superb swimming but also for our enviable team spirit and sportsmanlike behaviour.

We now only have 3 weeks to the Worcester w/end & 5 weeks to the Wolverhampton one so we need to look at ways we can cram in some useful preparation.

I have devised an acronym to help – you are going to perform a FEAT –

So we now have 4 areas – F – Fitness, E –Eating, A - Attitude, T -Training.

F - FITNESS- If you are not ready physically, you are simply not ready! Now with time against us you can still improve on this.

Try to pick up some other exercise in addition to your swim training. Running & cycling are the easiest to arrange. Find a safe route (rugby playing fields?) and aim for a half hour jog after school. Try to get someone do go with you & remember some stretches as w/up & cool down. Attend our Land Training sessions on a Monday and repeat the exercises at home regularly – swimmers need to be supple and strong.

### E - EATING –

Swimmers' diets must contain the essential nutrients to support their energy expenditure during training and competitions. The essential elements are carbohydrates, fats proteins, fluids, vitamins and minerals.

Basically - carbohydrates and fats provide most of the energy for training and competition. Proteins serve as growth and repair function.

Swimmers need to ensure that their diet is performance enhancing and indeed healthy. In low intensity steady swimming fat is the main energy source. As the intensity increases the more the body depends upon carbohydrates. When sprinting carbohydrates provide practically all of the required energy.

Since we don't do much low intensity steady pace but swim mostly medium and high intensity training, you will require more carbohydrates than the average person.

All Athletes, by their actions, are above average people. They choose to push themselves to their limits and in doing so are "high performance" human beings. Just as High Performance cars use a high grade, high octane fuel, "high performance humans" need the best possible fuel to perform at their best. Athletes (not just swimmers) should ensure that 60-70% of their diet consists of foods that are rich in carbohydrates. Fats should comprise 20-30% of diets and the remaining 10-15% protein

Be good citizens and follow Government advice in eating your five portions of fruit and/or vegetables a day. The vitamins contained in these foods not only help make and keep you healthy but assist your body in producing the energy that you need for training and competition. Dried fruit and fruit juice can count and although not as good as fresh, frozen foods also.

Whenever possible eat frequently during the day – especially after morning training - so all the nutrients that were used as energy during training sessions are replaced. A minimum of three meals per day is essential for this purpose. There is nothing wrong in snacking on carbs – in fact it is thought to be beneficial as the body can only store low amounts of carbohydrates so it has to replenish them regularly.

Foods rich in carbohydrates include;

Rice, pasta, noodles, potatoes, beans, (including baked), peas and lentils, fruit (fresh, tinned or dried), sweetcorn, breakfast cereals, crispbreads, oatcakes, bread, vegetables, yoghurts, milk, jams, honey, fruit juices and isotonic sports drinks.

Fats are essential in diets but only in small amounts - Fish like salmon, tuna and mackerel are among the best oily fish to eat and things like olives, avocados and nuts provide useful fats. Concentrate more on vegetable and fish oils (which are better for your arteries) rather than dairy produce. Keep the amount of other fatty foods that you eat down to minimum.

Protein is needed to build and repair muscle tissue. Ensure that the protein sources eaten are lean and low in fat. Cooking methods are also important- opt for grilled or baked foods and avoid fried foods. Protein can be found in food such as meat, fish, peas, beans, and dairy products like cheese and eggs.

Fluids play an important part of your diet. During exercise everyone sweats & that is true of swimmers although because of being in the water it is not obvious – it definitely is happening! Most pools are hot & humid - conditions that can very easily lead to dehydration. If you are losing fluid/water all of the time you must replace it. Being dehydrated affects your co-ordination, concentration and reduces the length of time that you can keep swimming. It is essential to make sure that you drink before during and after your training session – little and often.

Do not overlook the golden rule that re-fuelling should take place 20 - 40 minutes of the training session. The recommendation is to aim for 50grams of carbohydrate. Drinks such as isotonic sports drinks, or concentrated fruit juice, are good immediate sources of carbohydrate. A banana sandwich (2 slices of bread) muesli bars, flapjacks, jam sandwich, dried raisins could be eaten on the way home and then a bowl of cereal with semi skimmed milk, or baked beans on toast (minimal butter), rice pudding, rice or pasta can be eaten before bed. Remember this is re-fuelling and is vital to your performance the next day – particularly when coming to a.m. training.

It's important to find food that you enjoy – even chocolate is high in carbs so is ok in moderation – what you don't see on the list is crisps, chips, sugary drinks – stuff commonly known as 'junk' which can be regarded as 'treats' only and not during your competition preparation!

During the week before a competition

**Be aware that weeks of hard work and tough training may all be for nothing if the final two meals before competition are high fat, high salt and high sugar food choices.**

You need to eat carbs to fill up your glycogen stores so that you begin your competition with a full fuel supply. What you eat before, during and after competition can have a large impact on overall performance. Exactly what you eat is not important as long as it is high in carbohydrates and low in fat. A meal based around rice, pasta or potato is a good way of filling up on carbohydrates providing that the amounts of fat (sauce or butter) are small.

## High carbohydrate breakfasts

Cereals, toast (or baguettes, crumpets, muffins, currant buns), fruits and yoghurt, beans on toast, add chopped bananas or fresh or dried fruit to cereals, or add jam, peanut butter, honey or mashed banana to toast and bread.

## Light meals

Sandwiches (with thickly cut bread) chicken & salad, ham & salad, cottage cheese etc., thick vegetable/pulse based soup with crackers, rice or pasta salad, beans or scrambled/poached eggs on toast, toasted sandwiches, jacket potato and filling, pasta with a light tomato sauce.

## Snacks

Cereals, toast, sandwiches, (with honey, jam, banana, or chocolate spread filling), baguettes, muffins, crumpets, malt loaf, raisin bread, currant buns, tea cakes, scones, fruit (fresh, tinned or dried), muesli or cereal bars, dried cereal, rice pudding, yoghurt, jelly cubes, milk shake (use semi-skimmed milk and add chopped fruit), fruit cake, bread pudding.

### How to manage your food during the weekends of competition;

Friday night after training - Eat a good dinner with plenty of carbs and low amounts of protein.

Eat a light breakfast such as a bowl of cereal and a banana, or an energy bar if you're swimming a morning event. (If you're swimming in the afternoon, eat a big breakfast and a light lunch)

Once you have completed your warm-up you will need to replenish the carbohydrates you have lost by drinking diluted fruit juices, water or sports drinks. You should not eat anything unless you have about an hour before you are due to race.

Between races you should continue to take additional carbohydrates in liquid form and also eat something light within 10 minutes of finishing the race. This is the time when your body is best able to absorb and utilise new fuels. A banana, dried or fresh fruit or jelly cubes should suffice until you have a break long enough to have a light lunch. This could be chicken salad, ham salad, jam, peanut butter or honey sandwiches (no butter) pasta salad (easy on any sauces with fat content as in cream etc also watch out for too much onion or garlic flavourings – a basic tomato sauce is fine ) potato salad with vegetables (easy on sauce/dressings with fats) bananas, dried fruit, muesli bars, flapjacks (homemade is best with honey rather than refined sugars).

After you have finished competing replenish all the carbohydrates you have lost, **quickly**. Have drinks and snacks that are high in carbohydrate. Eat plenty – it is highly unlikely after a day of competition it will 'ruin your appetite' for your more substantial high carbohydrate meal when you get home. It is vital to eat properly even when a competition finishes late at night especially if you are competing the next day.

I cannot emphasise enough the importance of fluids - throughout the day fruit juices, water & sports drinks are the BEST liquids. Lack of liquid will affect your performance -, even before you feel thirsty.

A – ATTITUDE Firstly let's remember you are doing this as a hobby – it's supposed to be enjoyable! Of course you will feel nervous because you want to do well – that's where the most enjoyment comes from! That's why we are taking the time to try to prepare you to swim your best at these championships. Many of you will know the feeling when you just know you haven't done your best – 99.9% of the time that can be traced back to lack of commitment to training which often results in an error or fatigue during the swim. You come back for feedback and often I don't even have to say anything because I know, you know. It's not a good feeling and it's not enjoyable! So the obvious thing would be to side step that by

planning your preparation with an enthusiastic thoughtful approach with your end goal being the best swims possible.

Have targets – District times for many of you – national times too – even beating someone you don't like (just don't broadcast that one) whatever it takes to help your motivation is good by me.

Attitude to LADASC is of great importance! Yes, you are there as an individual but we are a squad. LADASC is a great little club and we are out to prove it! You will be 'reminded' by the team managers when it is appropriate to go and cheer your team mates on. Take pride in your own performance and in being a part of this squad!

## T – TRAINING –

Look at your attendance. Everyone should be doing their best to pick up as many sessions as they possibly can in the run up to counties.

**Everyone needs to be doing at least ONE morning session per week. You do not have a hope of swimming well in the morning session at Counties (or any Open Meet) when your body has no notion of what swimming in the morning actually feels like.**

Believe me 6.00 start is not that bad – one hour of swimming, replenish with a banana and drink on the way home and still time for breakfast before school! No probs!

Look also at **HOW** you train - **Championship races are won or lost by fractions of a second. The swimmers who win will be those who have prepared to do the little things well under pressure by practicing to do them well in training.**

You will do what you've learned to do in training and will fall back upon your training habits. If you have been cruising through training sessions without attention to detail in your technique and skills, these bad habits will fail you under competition pressures. It is essential that your training habits be technically outstanding so that when the pressure and pain of racing hits you (usually around the three-quarters mark in the event), your good habits will help you achieve an outstanding result. You still have time to work and train yourselves to pay attention to your technique.

## On the day

Be early – it's much better to get parked up and sit & wait to go in then end up rushing & flustered. We need you to get onto poolside super quick to reserve some space for the squad.

Pack your own bag (ok Mum can help). Don't leave anything to chance – take responsibility for your kit. You need a spare suit for warm up – competition suit to race – (think about multiples if you are swimming both sessions and of course the finals), 2 pairs of goggles (adjusted to racing), Fusion kit – tracksuit bottoms or shorts (Wolverhampton can be cool in the mornings, Worcs is cramped, damp & horrible) Flip flops or similar pool shoes are ESSENTIAL.. Hat (spare if you have one) Couple of towels. Drinks bottles and food (can be separate). At Worcs. a smaller bag for poolside as space is very limited.

The main thing is to keep warm and to have spare stuff if disaster strikes!

You can take electronic stuff but it's your responsibility and you will not be able to get engrossed in games when you have team mates to cheer on!

WARM UP is generally very cramped and short. Therefore it only serves the purpose of familiarizing yourself with the pool and you should do some stretches etc. before your races. In warm up try to keep moving in the lane however slowly. Look at the pool markings going into your turns – usually a T and of course the lane ropes will indicate the 5m zones. Concentrate when you have the opportunity to

practice your starts – there is a lot going on around you – don't let others push in front you need to practice that start to get the feel of the block!

After warm up change into your dry costume and keep warm – wear your flip flops ALL the time.

Team managers will call you for your event. Make sure they know where you are! Do not even go to the changing rooms without permission and definitely not to see your parents unless they have said its ok.

After your race report back to the team IMMEDIATELY for feedback, a drink and warm clothes. Team managers will advise you whether there is time for a shower etc – depending on the programme. There is no swim down facility at either venue so some stretching will be advised. Take this responsibility seriously – you want to swim well in your next event.

At the conclusion of your day check you have all your belongings and go home happy! (Please remember to say goodbye to the Team Managers – they have given up their time and it is often a VERY stressful and long day for them. A smile & thank you makes them feel SO much better!).

Some handy recipes maybe worth a try;

#### LENTIL LOAF

100g red lentils, 1 onion chopped, 15ml concentrated veg stock, 300ml water, 50g oats or breadcrumbs, 1 egg beaten

Place lentils, onion, stock concentrate & water in a large pan. Bring to the boil & simmer for 20mins. Stir in oats or breadcrumbs & egg. Spoon into 1lb(450g) non-stick loaf tin. Cover with foil & bake at 190C/375F for 30mins. Leave in tin for 2 mins then turn out. Serve with rice or veg or can be used on its own as a snack or sandwich filling.

#### EASY TOMATO SAUCE FOR PASTA

1 onion chopped, 400g tin of tomatoes, 1tsp oregano, 1tsp tomato puree, dash of Tabasco, 2tsp parmesan cheese, freshly ground black pepper.

Place all ingredients in large pan, bring to the boil & simmer for 5 -10 mins (liquidise for smoother sauce) Top with parmesan.

#### EASY SAUCE FOR PASTA SALAD

Combine low fat mayonnaise with yoghurt (half and half)

Coat pasta and any salad mix (apples, celery, peas, beans, cucumber, tomato, radish)

#### BANANA MUFFINS

50g butter, 75g brown sugar, 1 egg, 225g flour (wholemeal or half wholemeal, half white), 2 mashed bananas, pinch salt, 1tsp baking powder, 1tsp vanilla essence, 75ml skimmed milk.

Combine all ingredients in large bowl, spoon into 10 non stick bun tins or paper cases, bake at 190C/375F for approx 20mins.

Variations; add 50g chocolate chips to mixture, add 50g chopped walnuts.

Substitute 225g fresh blueberries or 75g dried blueberries or cranberries for the bananas

Substitute 100g chopped dried apricots for the bananas

Add the rind of a lemon instead of the vanilla essence

#### FILLINGS FOR BAKED POTATO

Mexican tuna – 100g tinned tuna, drained, 30ml tin red kidney beans, 30ml sweetcorn, dash of Tabasco

Combine all ingredients in a saucepan & heat through.

Chick pea – half onion, small tsp coriander & cumin or curry powder, 400g chick peas drained, 30ml plain yoghurt

Scoop out flesh from baked potato; blend flesh with ingredients, pile back in shell & heat through

Peanut & yoghurt – 1tbsp crunchy peanut butter, 30ml plain yoghurt

Scoop out flesh from baked potato; blend flesh with ingredients, pile back in shell & heat through

Chicken & sweetcorn 100g cooked chicken, 45ml sweetcorn, 30ml cottage cheese – just combine & top potato

GOOD LUCK – BE GREAT!!!