

WELLINGBOROUGH AMATEUR
SWIMMING CLUB



LOG BOOK

Name

Squad

INTRODUCTION

Your logbook has information about swimming that is intended to help you. The blank sheets are your records of your training, your competition results, your personal bests (PBs) and your personal progress.

There is a page for you to record your age, height and weight each month.

There is a page on which you can record your goals. If you want to achieve a certain time, write it down. Don't try to go for a less than one minute 100 frontcrawl unless you are close to it. Set each new goal in little steps. Maybe you just want to improve your stroke technique - again set a goal for one small improvement at a time. There is space for short, medium and long-term goals. Replace them with new goals as you achieve your targets.

Keep a record of your own PBs. Keep them up to date. If you swim in a gala the times are usually put on the notice board if you didn't make a note on the night.

After a training session try to make a note of how you rate your performance, and anything you want to improve next time.

Stroke count is important and so easy for you to do. Each time you swim, check at least once or twice during the session how many arm strokes you are taking for a length of the pool. Keep a note in your logbook.

Print new sheets from the Club website as you need them. If you hand your completed sheets to your Coach at the end of each month, you will be entered into a log book draw. You may win a prize. The logbook is your record and it will be returned to you.

AGE, HEIGHT AND WEIGHT RECORD

Age at 1st September 200 years Months

Date of Birth

Month	Date	Height	Weight	Notes
September				
October				
November				
December				
January				
February				
March				
April				
May				
June				
July				
August				

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”.

S PECIFIC	Say what you want to improve. “I want to improve my backstroke finish” rather than “I want to improve my backstroke”.
M 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”.
A GREED	Speak to your Coach about your goals. They can help you achieve them.
R 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.
T 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 WASC championship.
E VALUATE	Constantly check your progress towards your goal and plan the next step.
R ECORDED	Write it down and keep a note of all the little steps you take towards achieving your goal.

Use the goal setting sheet to record your own goals.

MY PERSONAL GOALS

	Time for completion	Goal to be achieved
Short Term (up to 6 months from now)		
Medium Term (up to 12 months from now)		
Long Term (next year)		
Date goals set		
Date agreed with Coach		
Signed by me		

Warm Up Exercises

Make sure your body is warm before you start your warm up. Gentle arm swings and running on the spot will be enough, then stretch on poolside before getting in the water. After swimming stretch again. Stretching increases flexibility and prevents injury.

Do not be tempted to sprint the warm up! Start easy and progress throughout the warm up to prepare for what is to come.

Develop regular breathing patterns in the warm-up.

Stroke Counting

Each time you train, count the number of strokes it takes you to swim 25m and make a note in your logbook. If you want to, you can work out how far each stroke takes you by dividing 25 metres by the number of strokes. See if you can get your frontcrawl count to match your backstroke count. And, can you get your fly and breast to be the same number? When you have recorded your count a few times, if they are always the same, see if you can reduce the number by one. The top swimmers in their middle to late teens aim for a target for a 4 x 25m individual medley swim of 8 strokes of fly, 12 arm pulls on backstroke, 8 strokes of breaststroke, and 12 arm pulls on frontcrawl. How close can you get to these and keep up a good pace?

Doping Control and Asthma

If you suffer from any medical condition that requires medication, you are required to declare this to the ASA by completing a medical declaration form. Please see the Club Secretary for this.

Many swimmers suffer from Asthma. Some of the medication taken by asthma sufferers is legal in sport, some is not. A list can be found on the ASA website. It is important you take your inhaler to every training session, gala and competition. Make sure your Coach knows you suffer from Asthma.

Even some cold remedies contain "illegal" substances as far as sport is concerned. Speak to your Coach if you are taking any medication.

Reading the Pace Clock

“Leave on the top”, “go on the 15”, “on a one and a quarter turn-round”, “go on the bottom”. What does it all mean? It is pace clock talk. Nearly everything we do in training is based on the big pace clock on the wall or the portable clocks on the poolside. You will use the pace clock for swims, kicking and pulling sets not only to time yourself but almost more important to ensure you get sufficient rest.

The pace clock is basically an oversized analog stopwatch. It's broken into 12 equal 5-second marks just like a normal clock, but is marked 5, 10, 15, 20 on up to 60 at the top of the clock instead of the 12 you would find on a “normal” clock. Most pace clocks have a red second hand which sweeps round the face of the clock. Some also have a black hand which moves more slowly and tells you the minutes.

Most of the time all you have to do is remember where the second hand was when you started, then check again when you finish. This gives you the time you took to complete the swim. If you have been given 15 second rest, just watch for the second hand to move to the third mark (each mark is worth 5 seconds) beyond where you came in, and off you go again. It is easy!

“Go on a minute turn-round” Just start each swim at the same spot on the clock each time. “Go on one and a quarter turn-round” Just add 15 seconds to your start time each swim, e.g. go on the 60, then the 15, then the 30, then the 45 and then back to 60 until you complete the set.

“Go on 50 second turn-round” Just take 10 second (two marks) off your start mark each time, e.g. 5, 55, 45, 35.

Practise using the clock even if you are not told to use it. Then when you do have to use it you will know what you are doing. You can just follow the person in front and hope they get it right, but it is so much nicer to know you are in control and know you are getting the right amount of rest. Of course, if you practise when you get put at the front of the lane, you will have no problems leading the lane.

General Nutritional Advice

Try to drink lots of water before and during your training session – 1 litre of water for each hour of training is a good guide. Remember to take your water bottle to every training session. It may seem that you never get thirsty, but you need liquid to stay hydrated.

Try to eat a light snack 40 minutes before training and eat within an hour of finishing training.

The main source of energy for exercise comes from carbohydrates. Most top swimmers eat meals that are high in carbohydrates and low in fat – rice or pasta with low fat sauce; noodles – chow mein, jacket potato, beans on toast, cereal and toast.

Before a competition, you should aim to eat a high carbohydrate, low fat meal 2 – 4 hours before the start time. You should not eat on poolside during a normal team gala.

At all day open meets, a small snack can be eaten about 30 minutes before a race: bananas, dried fruit, jelly cubes, nutrigrain bar, malt loaf. Not sweets please.

After a competition, eat a high carbohydrate snack or meal such as pizza, pasta, Chinese meal with rice or noodles, jacket potato.

Just as for training, it is important before, at and after competitions to keep drinking plenty of fluids such as water, weak juices. Sugary and fizzy drinks should be avoided.

Equipment for Training

Squad	Equipment	Essential	Good to have
All squads	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.	Yes	
All squads	Water bottle (plastic) – ideally sports top – filled with weak juice or water 1 or 2 litre capacity	Yes	
All squads	Spare goggles and hat (if worn)	Yes	
All squads	Spare costume / trunks. Swimwear can suddenly go baggy or see-through. Trunk strings snap or get themselves in knots. Costumes rub.	Yes	
All squads	Flippers. Swimmers up to and including Junior Squads, medium length soft flippers.		Yes
All squads	Wet bag – a large string bag in which you can keep all your poolside kit, float, pull buoy, flippers, etc.		Yes
All squads	Logbook. Download from WASC website, ASA version available from our Swim Shop, or make your own. Only by keeping records will you see your progress.	Yes	
Junior, B & A squads	Pull buoy		Yes
Junior, B & A squads	Float		Yes
Junior, B & A squads	Waterproof watch with stopwatch facility, if you cannot see the pace clock. Make sure it is 100m to 200m water-resistant.		Yes
B & A squads	Finger paddles		Yes
A squad	Hand paddles – to fit hand size		Yes
B & A squads	Wet board and pencil – for keeping notes of your training while you are in the pool.		Yes

*Equipment is available from the Club swim shop on Monday nights.
Any profit goes into the Club funds.*

Equipment for Galas

Equipment	Quantity	Why
Goggles	2 pairs	Goggles do break. Last minute borrowed goggles may leak or fall off.
Club Hat (if worn)	2 hats	Hats tear. Don't rely on being able to borrow one from someone more organised than you.
WASC polo shirt If you have not got a WASC shirt, please bring a polo shirt or tee-shirt	At least one	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 These can be flip flops or clean old trainers	1 pair	Keeping your feet dry and warm will also help to keep the muscles in your legs warm. Feet do get cold on the wet poolside tiles – foot cramp in the middle of a race is very uncomfortable.
Towels	2 at least or one conventional towel and one swim leather.	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 at least	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 at least	Filled with weak juice or water – keep drinking or you may dehydrate.
WASC 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	1 at least	Please do not eat on poolside. Most galas last about three hours. If you have eaten before you will not need anything during the gala. In fact, eating could make you sick in the pool.

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SOMETHING TO THINK ABOUT

Below are some points for you to think about while you train. Pick one before each training session and practise from the beginning of warm up to the end of the swim down. There are lots more - add your own page of "training points to think about".

Training Point	Tick every time used ✓
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 frontcrawl.	
Finish each repeat as if it were a race finish	
Do all stroke drills 100% right	
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	
Count strokes at regular intervals	
Touch with two hands on all Fly and Breaststroke lengths	
Start each Backstroke repeat on alternate arms so you turn on both arms during a backstroke set	
Work on fly kicks out of the frontcrawl tumble turn	
Practise 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	

MY TRAINING SESSIONS

Keep a note of your training sessions. Rate how you felt about this session – great, OK or not so good. “What I did well” might be “drills” or “the frontcrawl set” or “turns”. Use “Whoops!” for anything you feel you should do better next time, e.g. “remember to touch with two hands for Breaststroke” or “streamline off the walls”, “tumble faster”.

Day / Date	Rating	What I did well	Whoops!
	  		
	  		
	  		
	  		
	  		
	  		
	  		
	  		

STROKE COUNT RECORD

STROKE _____

Date	25m	50m	100m

STROKE _____

Date	25m	50m	100m




































STROKE _____

Date	25m	50m	100m

STROKE _____

Date	25m	50m	100m

RACE RESULTS

DATE	EVENT / COMPETITION	TIME	RATING
			  
			  
			  
			  
			  
			  
			  
			  
			  
			  
			  
			  

Notes: _____
