

BRAINTREE & BOCKING SWIMMING CLUB

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Swimmers Log Book

Belongs to :

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Season 2009/2010



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Swimmer Details

Name: _____

Date of Birth _____

Parents Names _____

Home Address _____

Home Telephone: _____

Email: _____

Main Event(s): _____

Coach Steve Hall

**Coaches Contact
Details** Mobile: 07894 140581
email: hall@braintreeswimming.co.uk



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Contact Details

Head Coach:	Steve Hall (07894 140581) hall@braintreeswimming.co.uk
Junior Club Coach:	Janet Watkins (01376 329289)
Chairman:	Alvar Digby
Vice Chairman:	Stewart McLagan
Honorary Secretary:	Angela Moloney
Honorary Treasurer:	Stewart McLagan
Open Meet Secretary:	Clare Harrison
Membership:	Mrs A Bailey (01376 321206)

Braintree Swimming Centre, Charter Way

Braintree, Essex CM77 8YJ

Phone: 01376 333833



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What is a log book?

It is a record of your swimming season; it records information about yourself, your training and how well you perform in competition.

Why do you need a log book?

To look back to when and where you swam well and try to work out why. To look at your training schedule and track how much training you are doing. To chart your improvements during the season. You will also be able to see how you have changed physically during the season (height, weight etc.)

How to use this log book

- **Your Details** – Useful personal information and contact details.
- **Growth Record** – Check your height and weight at once a month, you will be able to see how much a growth spurt can affect your training, your performance in galas and even explain those aches and pains.
- **Goal Setting** – You and your coach will talk about this, having realistic and attainable goals gives you the motivation to improve your performance.
- **Race Warm Up and Swim Down** – A regular routine for use at galas and competition.
- **Performance Record** – Keep track of where and how well you swim in galas.
- **Personal Best Times** – A record of your personal best times.
- **Session Record** – A record of your training, what you did as a main set and your comments on how that main set went, a record of the meterage covered during each training session.
- **Weekly Meterage Recording Sheet** – Your weekly distance totals to track your progress across the year, it is also a good place to show when you took part in competitions so that you can see the 'cycle' of training. Notes on illness or injuries will help explain 'blips' in training when you look back at the record.
- **Diary / Notes** – This is a space to add anything that you want to, from favourite pools to letting off steam about your swimming.



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Training Classifications

Each training session that you participate in will have a purpose and is designed to train a certain part of your body. When filling in your log book you can make a note what the purpose of the session was (if the coach hasn't told you, ask them!).

The table below will help you. In your log book all you need to make a note of is the log book description.

Description of training zone	Target Heart Rate BBM – (Beats Below Maximum*)	Log Book Description
Aerobic Low intensity	>50	A1
Aerobic Maintenance	40-50	A2
Anaerobic Threshold	30-40	A3
	20-30	AT
Aerobic Overload	10-20	VO ₂
Lactic Production	0-10	LP
Lactic Tolerance	0-10	LT
Basic Speed ATP-PC	N?A	Sprint

*For training purposes maximum heart rate can be calculated as: $220 - \text{your age}$.
For example if you are 12 maximum heart rate would be approx $220 - 12 = 208$



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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".

SPECIFIC

Say what you want to improve. "I want to improve my backstroke finish" rather than "I want to improve my backstroke".

MEASURABLE

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".

AGREED

Speak to your Coach about your goals. They can help you achieve them.

REALISTIC

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.

TIME-BOUND

Give yourself time to achieve your goal. Not too long or you will lose interest. Six months maximum or perhaps the date of an important competition.

EVALUATE

Constantly check your progress towards your goal and plan the next step.

RECORDED

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.



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Personal Goals

Short Term: My goals for the next three months are:

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.....
.....

In order to achieve these I will:

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.....

Medium Term: My goals for the season are:

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.....
.....

In order to achieve these goals I will:

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Goals agreed on : _____

Swimmer _____ Coach _____



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CODE OF CONDUCT

A club is judged not only by the performance of its swimmers in the pool but also by their behavior and that of other Club members and supporters. Always try to represent the club as best you can and do all you can to help team spirit.

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. BBSC adhere to the drugs protocols of the ASA which can be found on the **British Swimming Web Site** www.britishswimming.org

Finally – Enjoy your swimming

OGGY.....OGGY.....OGGY!!!!



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Warm Up Protocol

The warm up period is your opportunity to get a 'feel' not only of the pool, but how you are that day – use as much of the time available for swimming – NOT for queuing to have a couple of dives!! – one or two starts at the end of warm up should be sufficient.

The length of time available for warm up will vary, if it is short and the pool is crowded just do the best you can (you can always warm up on the poolside if necessary). Make sure that you have covered the essentials: Backstroke counts for turns & finishes, turns for your events (at the correct end) and at least one start off the blocks.

Standard Warm Up

2 x (100 FC + 100BK) + 200 IM Drill

4 x 50m as 25m sprint + 25m easy BK

Starts from blocks

Swim Down Protocol

- 1.** Report to swim down pool within 3 minutes of end of your race together with drink bottle. Some replacement fluid should be drunk immediately and at every opportunity throughout swim down.
- 2.** Swim a minimum of 400m in the stroke you have just swum or finished. (If you have just swum butterfly follow a combination drill of fly and freestyle). Swim as either straight 400m or 4 x 100m.
- 3.** Swim any stroke for the next 400m or go through all strokes. During the 400m you must swim 4 bursts of between 10 and 15m of the competition event stroke.



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General Pool Side Warm Up for Training and Competition

Always ensure that you perform all exercises in a **SAFE** manner.

PRE WARM UP ROUTINE: 5mins **GENTLE SKIPPING, or EASY JUMPS ON THE SPOT** to loosen off and gently warm up muscles in preparation for exercise.

1. Arm swing forward & back

Chin up, long relaxed arms & shoulders. Increase circles until hands come together above head.

Continue for 30 seconds



2. Arm swing side to side

Chin up, long relaxed arms & shoulders. Increase circles until hands come together above head.

Increase swings until arms swing behind neck.

Continue for 30 seconds



3. Arm swing & Trunk rotation with clap

Arms as above

Hips facing forwards

Clapping shoulder height, in front of chest.

Continue for 30 seconds





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4. Shoulder Joint Exercise

Place one hand at the back of the spine with the elbow high. The other hand grips the elbow and pulls it behind the head to the opposite side as far as possible, whilst trying to force the hand down the centre of the spine.



Hold maximum position for 5 seconds then relax for 5 seconds. Repeat 3 times. Then repeat with other arm.

5. Shoulder Joint Exercise

Both arms are raised above the head, chin on chest. One hand grips the wrist of the other arm and pulls that arm to the opposite side.



Hold maximum position for 5 seconds then relax for 5 seconds. Repeat 3 times. Then repeat with other arm.

6. Shoulder Joint Exercise

Start with both arms stretched above the head, one hand placed on top of the other. Without releasing push both hands down the centre of the spine keeping the elbows as close as possible.



Hold maximum position for 5 seconds and then relax for 5 seconds repeat 3 times.

7. Shoulder Joint Exercise

One arm over the shoulder and hand on the back, the other elbow below the hips and hand on the back. Try to grip hands behind the back stretching up and down.



Hold maximum position for 5 seconds then relax for 5 seconds. Repeat 3 times. Then repeat with other arm.

8. Hips and Inner Thighs

Sit on the floor with the legs straight; place both hands close together on the floor midway between the legs. Keeping the back as straight as possible and the hips firmly on the floor, push the hands forward as far as possible



Hold for 10 to 15 seconds then relax. Repeat 3 times.



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9. Hamstrings

Sit on the floor with one leg straight and sideways, toes are pointing up. The foot of the other leg is touching the inside of the straight leg. Keeping the back flat and the head up, reach down with both hands towards the toes of the straight leg as far as possible.



Hold maximum position for 10 seconds, change over and repeat with the other leg. Repeat 3 times.

10. Ankle Flexibility

Sit on the floor grasping the left lower leg firmly with the left hand. The right hand grips the left foot by the toes and rotates the foot throughout its movement with pressure in a clockwise and then anticlockwise direction.



Rotate 10 times in each direction, change over and repeat with the other leg. Repeat 3 times.

11. Ankle Flexibility

Sit on the floor on your feet, stretching the toes back. Slowly lower the body backwards and gently lift the knees off the floor placing pressure on the ankles. Hold maximum position for about 5 seconds, relax 5 seconds and repeat 3 to 6 times.



12. Shoulder Joint Exercise

With the chin on the chest, both arms are raised above the head placing one palm upon the other. Without releasing hands stretch the arms upwards, squeezing the elbows together as much as possible.



Hold for 5 seconds, relax for 5 seconds and repeat 3-4 times.