



# SWIMMERS LOG BOOK

.....  
(name)

# Garstang Amateur Swimming Club– Log Book

## Introduction

### How to use your log book:

The GASC swimmers log book has been put together by the Club to help all the swimmers who compete for the club, or those that we hope soon will compete, to develop as a swimmer. The log book is an easy way for swimmers to see what they achieve every time they train or take part in a competition.

Filling in the log book also allows you and your coaches to set goals for you and conduct reviews to make sure you are achieving your best and ensure you continue to enjoy swimming.

Please spend the time filling in as much information as you can. If you need help please ask anybody at the club; help each other with your log book or ask your parents to help.

Last year the clubs coaches, officials and helpers provided thousands of hours of time to you and the club at training sessions, galas, meetings and planning – we ask that each of you to spend five minutes after each session thinking about your training and then each month doing your bit and filling in your log book.

### Personal Details and growth charts:

At the beginning is a page to record your personal information and ask your parents to help by taking your measurements on the first day of each month.

### Goal Setting:

Get SMARTER add your own swimming goals. Perhaps there are certain qualifying times you would like to achieve at the next Open Meet. In the mid-term, maybe you would like to reach a County or Regional Championship final, and in the long term perhaps you would like to achieve a National time.

### Competitions:

In this section you should fill in your times for every event and every gala you do – this is the best way to see if your times are improving and by how much. You should highlight each swim where you get a PB and keep track of your most up to date PBs. It is very important that you know your PBs – they are the way you can show people how much improvement you have made and these are the times we use a lot at training during sets. You should know your PBs for as many events as you can.

Entry/Qualifying times for our target events can be found on the Club website.

### Training:

Training is what you do the most of in the club, so you need to think about it and reflect on how you can improve and make it more effective.

After each session think about what you have achieved and answer the training questions. At the end of each month rate your overall progress. List your achievements and set training goals for the next month.

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### **Nutrition:**

Nutrition is such an important part of training we have included some guidance on how to eat a balanced diet and develop as an Athlete.

Although this all may seem boring and a bit like homework, it is:

- Essential to plan properly, as this improves performance and will help achieve your goals;
- Valuable, because you are constantly reminded of your goals which helps to focus your training;
- Motivating to look back and see your progress and development; it will remind you how hard you've worked;
- Informative because it shows your long term development and you can see patterns in training behaviour and what is working well or not so well;
- Helpful in getting you fit again after any injury/illness;
- Good for your coach who can see your individual progression, explain dips in development and will know how you're feeling.

**Please print out and place in a folder. Your coach will ask to see them every now and then!**

## Swimmer Details

Name:
Date of Birth:
Parents Names:
Home Address:
Home Telephone Number:
Emergency Contact number:
Main Stroke/event:
Best swimming result:
Best Swimming experience:
Club:
Squad:
Coach:
Coaches email:

### MY GROWTH CHART

Measure yourself on the 1<sup>st</sup> of each month at the same time of day. Year:

Date	Weight (Kg)	Height (cm)	Arm Span (cm)	Trunk (cm)	Hip Height (cm)
1 <sup>st</sup> Jan					
1 <sup>st</sup> Feb					
1 <sup>st</sup> March					
1 <sup>st</sup> April					
1 <sup>st</sup> May					
1 <sup>st</sup> June					
1 <sup>st</sup> July					
1 <sup>st</sup> Aug					
1 <sup>st</sup> Sept					
1 <sup>st</sup> Oct					
1 <sup>st</sup> Nov					
1 <sup>st</sup> Dec					

## Guidelines for Effective Goal Setting

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

<b>S</b> pecific	Instead of simply saying “ <i>I want to improve my 50m freestyle</i> ”, say what you want to improve <i>about it</i> , e.g. “ <i>I want to improve my 50m freestyle turn</i> ”. This will give you a specific focus to work on in training.
<b>M</b> easurable	Make sure you will know when you have reached your goal. For example, using a time as a target will make this easier.
<b>A</b> greed	Speak to your coach about the goals you set. They will tell you if it is suitable.
<b>R</b> ealistic	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.
<b>T</b> ime-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.
<b>E</b> xciting	Your goal must not be too easy.
<b>R</b> ecorded	Write down your goals – it will make you more determined to achieve them and help you monitor progress.

**MY PERSONAL GOALS**

<b>Short Term</b> (Next 3 months)	
<b>Mid Term</b> (Next 6 months)	
<b>Long Term</b> (Next year)	
Signed by Swimmer	
Date of goal setting exercise	
Signed by Coach	

**MY PERSONAL BEST SHORT COURSE TIMES**

<b>Freestyle</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800/1500m</b>
Date/Place Time						
Date/Place Time						
Date/Place Time						
Date/Place Time						
Date/Place Time						
Date/Place Time						
Date/Place Time						
Date/Place Time						
Date/Place Time						
Date/Place Time						
Date/Place Time						

**MY PERSONAL BEST SHORT COURSE TIMES**

<b>Breaststroke</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				

**MY PERSONAL BEST SHORT COURSE TIMES**

<b>Butterfly</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				

**MY PERSONAL BEST SHORT COURSE TIMES**

<b>Backstroke</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				

**MY PERSONAL LONG SHORT COURSE TIMES**

<b>I.M.</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>
Date/Place Time					
Date/Place Time					
Date/Place Time					
Date/Place Time					
Date/Place Time					
Date/Place Time					
Date/Place Time					
Date/Place Time					
Date/Place Time					
Date/Place Time					
Date/Place Time					

**MY PERSONAL BEST LONG COURSE TIMES**

<b>Freestyle</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800/1500m</b>
Date/Place Time						
Date/Place Time						
Date/Place Time						
Date/Place Time						
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Date/Place Time						
Date/Place Time						
Date/Place Time						
Date/Place Time						

**MY PERSONAL BEST LONG COURSE TIMES**

<b>Breaststroke</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
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Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				

**MY PERSONAL BEST LONG COURSE TIMES**

<b>Butterfly</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>
Date/Place Time				
Date/Place Time				
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Date/Place Time				
Date/Place Time				
Date/Place Time				































**MY PERSONAL BEST LONG COURSE TIMES**

<b>Backstroke</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				
Date/Place Time				

**MY PERSONAL BEST LONG COURSE TIMES**

<b>I.M.</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>
Date/Place Time					
Date/Place Time					
Date/Place Time					
Date/Place Time					
Date/Place Time					
Date/Place Time					
Date/Place Time					
Date/Place Time					
Date/Place Time					
Date/Place Time					
Date/Place Time					

### MY COMPETITION RESULTS

Date	Competition/course	Event	Time	Rating & Comments
				  
				  
				  
				  
				  
				  
				  
				  
				  
				  




### MY COMPETITION RESULTS

Date	Competition/course	Event	Time	Rating & Comments
				😊 😐 😞
				😊 😐 😞
				😊 😐 😞
				😊 😐 😞
				😊 😐 😞
				😊 😐 😞
				😊 😐 😞
				😊 😐 😞
				😊 😐 😞
				😊 😐 😞

### MY MONTHLY TRAINING LOG

This is how my coach and I would rate my training this month:

**Month:**

Rating							
My overall performance in pool sessions							
My commitment to pool sessions							
My commitment to land conditioning and improving my flexibility							
The quality of my streamlining after every push off and turn							
The distance I achieve off the wall after all my turns							
The quality and speed of my underwater dolphin kicks							
The quality of my technique when swimming at maximum speed							
How regularly and accurately I count my strokes							
How regularly and accurately I check my heart rate							

**Tick the box that best describes how you feel (include land training if applicable)**

**My top 4 most improved skills this month are:**

- 1.
- 2.
- 3.
- 4.

**My top 4 areas for improvement next month are:**

- 1.
- 2.
- 3.
- 4.

Total sessions completed:

## **NUTRITION**

### **REMEMBER: YOU ARE AN ATHLETE AND LIKE A GOOD SPORTS CAR YOU NEED THE RIGHT FUEL TO RUN!**

Good nutrition, like any sporting event, has basic ground rules. Following these rules and getting plenty of practice will help athletes feel great and get those PB's tumbling!

The main source of energy during training is derived from carbohydrate; therefore, it is not surprising that carbohydrate based meals are essential to provide energy and to facilitate recovery. All athletes therefore need a diet that provides enough energy in the form of carbohydrates and fats as well as essential protein, vitamins and minerals.

This means a diet ideally containing 55-60 percent of calories from carbohydrates (10 to 15 percent from sugars and the rest from starches), no more than 30 percent of calories from fat (**See note below**) and the remaining (about 10-15 percent) from protein.

**That translates into eating a variety of foods every day – grains, pasta, vegetables, fruits, beans, lean meats, and low fat dairy products.** The base of the diet should come from carbohydrates in the form of starches and sugars.

**Fluids, especially water, are also important to the winning combination. Dehydration can stop even the finest athlete from swimming at his or her best.**

So, **KEEP HYDRATED:** It is vitally important to drink plenty of fluids (see below for sports drinks recipes) prior to training, during training and after training.

The timing of meals and snacks however, is also important.

### **30-Minute Rule:**

The muscles are most susceptible to restoration of carbohydrate stores within the first 30 minutes after exercise. The swimmer should eat 50 to 100 grams of carbohydrate, whilst keeping fat ingestion low, as soon as training finishes, and definitely within the first 30 minutes after training.

The following are some examples of appropriate snack foods: **Banana, cereal bars, jam or honey sandwich, malt loaf, fig rolls, smoothie, rice pudding, dried fruit, rice cakes.**

**Morning training:** Have a snack item (examples above) with fruit juice 30 minutes before training with breakfast after training.

### **Guidelines for competition meals:**

Before a race: High carbohydrate/low fat meal 2-4 hours before the race. The following are some examples of appropriate foods: **breakfast cereals, porridge, bread or toast with jam or honey, fruit juice, fruit, rice cakes, boiled rice, potatoes, boiled pasta, oatmeal biscuits, muffins and carbohydrate drinks.** These foods all help to release energy slowly.

A small snack (see snacks above) may be eaten about 30 minutes prior to a race. If the interval between races is less than 30 minutes, the swimmer should drink fluids (**see sports drinks**)

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If the interval between races is up to 1 hour, the swimmer should have a snack from the above list, with plenty of fluid, up to 30 minutes before the next race.

If the interval is 1 – 2 hours, the swimmer should have a small high carbohydrate / low fat meal.

Important: As water is stored with carbohydrate, it is essential that a substantial amount of fluid is drunk with meals and snacks.

### **No more than 30% fat:**

It is recommended that swimmers should typically eat high carbohydrate low fat meals. Low fat is defined as food items with less than 30% fat by calories.

This is NOT the value that is presented by the food manufacturers, who display fat content by weight, which makes the foodstuff appear to be “healthier” than it usually is.

How can you work out the real fat content in food, so that you can be accepted or rejected as appropriate and build a balanced diet?

An easy way to calculate the true fat content of food: Each gram of fat produces 9.3 kcal. This value is close to 10 which can be used as the “rule of thumb” value.

1. Look at the label on the food item and see how many grams of fat it contains per serving. 2. Multiply the number of grams by 10 to calculate the number of kcal from fat per serving.
2. Look at the label for the total energy, the number of kcal per serving.
3. Divide the kcal from fat by the total kcal and multiply by 100. You now have the TRUE fat content of the food stuff.

Examples:

1. McCain oven chips: The front of the packet claims to be “LESS THAN 5% FAT”. The label shows that there are 5.4 grams of fat per serving. Our “rule of thumb” gives a value of 54 kcal per serving ( $5.4 \times 10$ ). The label shows that there are a total of 163 kcal per serving. The % fat content is, therefore,  $54 \text{ divided by } 163 \text{ times } 100 = 33.1\%$ . This is greater than 30%, therefore, these chips should only be eaten very occasionally!

2. Spaghetti hoops in tomato Sauce (Heinz): A 100g portion provides 0.2g Fat = 2 kcal. Total energy = 52 kcal, %Fat content =  $2 \text{ divided by } 52 \text{ times } 100 = 3.8 \%$  Decision: A great snack, accept!

## **WHO SAYS SWIMMING DOESN'T HELP WITH SCHOOL WORK!**

### **Sports Drinks – Don't buy make your own!**

There are three main types of sports drinks; isotonic, hypertonic and hypotonic. Each drink serves a different purpose depending on what type of training you are doing.

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### ISOTONIC DRINKS

They are designed to quickly replace the fluids which are lost by sweating. They also provide a boost of carbohydrates. Use them in your daily training regimes.

Try these great tasting recipes:

#### Drink one: **Fruit Academy**

You will need:

- 200ml ordinary fruit squash
- 800ml water
- A pinch of salt
- Mix them all together in a jug and cool down in fridge.

#### Drink two: **Thirst Burst**

You will need:

- 500ml unsweetened fruit juice (orange, apple, pineapple)
- 500ml water
- Mix them all together in a jug and cool down in fridge.

#### Drink Three: **Feelin' fruity**

You will need:

- 50-70g sugar
- One litre of warm water
- Pinch of salt
- 200ml of sugar free squash
- Mix, cool and drink

### HYPERTONIC DRINKS

Hypertonic drinks are used to supplement your daily carbohydrate intake. They contain even higher levels of carbs than isotonic and hypotonic drinks. The best time to drink them is after exercise as they help your body and muscles refuel.

Make your own - You will need:

- 400ml of squash
- One litre of water
- Pinch of salt
- Mix, cool and drink

### HYPOTONIC DRINKS

Hypotonic are designed to quickly replace fluids lost through sweating. Unlike isotonic and hypertonic drinks they are low in carbohydrates.

They are very popular with athletes who need fluid without the boost of carbohydrate.

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The best time to drink them is after a tough exercise work out as hypotonic drinks directly target the main cause of fatigue in sport - dehydration - by replacing water and energy fast.

Make your own - You will need:

- 100ml of squash
- One litre of water
- Pinch of salt
- Mix, cool and drink

## Nutrition Log Book

When you are training as an Athlete it is even more important to stop and think about what you should be eating and drinking.

So that you and your coaches can get a really good idea of how you are eating and preparing for training and competitions, every now and then we will ask you to keep a log of your diet, from the time you get up in the morning to the time you go to sleep.

**Now! this is the part where you need to be honest with yourselves and the coaches, so no cheating. We all have our habits or the odd McDonalds etc.**

When the coaches say that we are having a 'nutrition week' you should print off the table below and write down for each day, exactly what you eat and drink. On the form you will also need to list where and when you train, so we can see what you have before and after training.

**You will be asked to hand you logs to your coach periodically.**

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Swimmers Name:

Squad:

Month:

Start Day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast Time</b>							
<b>Training</b>							
<b>Morning Break Time</b>							
<b>Lunch Time</b>							

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<b>Afternoon Break Time</b>							
<b>Training</b>							
<b>Dinner Time</b>							
<b>Add how much fluid you drink each day</b>							

**Add place and time of any training you complete**

**Comments:**