



Bulldog Swimming Handbook

Updated August 20, 2020

Welcome to the Bulldog Swimming Community! Our staff is ready to help you in any way we can to make you feel a part of our team. We hope that your experience with us is rewarding and memorable!

Bulldog Swimming aims to provide the most up-to-date aquatics training at all levels. Using experience gathered from across the globe we hope to provide children with Swimming Excellence. We have various programs working with children of all abilities.

Bulldog Swimming is a member of USA Swimming, Inc. USA Swimming is the nationwide governing body for the sport of swimming in the United States. USA Swimming divides the nation geographically into Local Swim Committees (LSC) similar to leagues. Bulldog Swimming is a part of the Connecticut LSC, an eastern zone committee that includes teams from all over CT.

Dear Bulldog Family,

Welcome to Bulldog Swimming, a USA Swimming, Coach Owned Club. As a whole, Bulldog Swimming promotes the virtues of hard work, community, and grit. It is with these virtues that we hope to instill excellence in our swimmers.

Group progression is based on a combination of skill level, age and coach's discretion.

- 1) **Discovery groups** are a beginners starting place. This level will involve mental and physical discovery of the water and new motor skills in a safe and fun environment.
- 2) **Imagination groups** teach the swimmers to dream about future success in and out of the pool. Swimmers will learn how to use imagery as a learning skill which is a fundamental piece of mental preparation for performance.
- 3) **Resilient groups** teach swimmers how to maintain and build confidence by moving on after disappointment and success. Resilience is a fundamental component of mental preparation for performance. These groups require both commitment and time standards.
- 4) **Achievement groups** are where the advanced swimmers continue their progression toward the highest levels of the sport. Here swimmers learn to set higher goals and become a leader.
- 5) **High Performance groups** prepare swimmers for national and international level competition. Mental preparation is critical for delivering your best effort on any given day. These swimmers will be taught, at an elite level, how to use imagery and resilience when it matters the most.

Our goal as a program is to prepare the swimmers for future success at the highest level possible. Some Bulldog swimmers make the US National Team while in high school and others have made that level in college and after. We will not focus on Connecticut Age Group Championships at the risk of compromising the long term development of any individual.

The following Handbook contains information pertinent to Bulldog Swimming families. If you have any questions, comments or concerns do not hesitate to contact the coach of your swimmer (contact info below). We applaud your commitment to the improvement of your swimmer and would like to help in any way possible.

Sincerely,
The Bulldog Staff

Communication with Coaches

Coaches are available to answer questions. Parents should email the coach with whom they would like to speak in order to set up a meeting.

Parents are **not allowed on deck** at any practice or swim meet unless invited by the coach or meet operation staff. While the Bulldog staff is here to advocate for your children they must be focused on the pool and the kids during practice and meets.

For questions about your child's schedule or anything related to the pool contact their coach. For questions about billing and registration contact Adriana Schack. For questions about getting more involved in helping the team as a volunteer or a partner please contact Coach Schack.

Leadership Team

Head Coach & Director, Adriana Marmolejo Schack: adriana.marmolejo@olympian.org

Director, Kyle Schack: kyle.schack@yale.edu

Director, Jim Henry: james.henry@yale.edu

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The Bulldog Mission

Bulldog Swimming is a high-performance swim club that seeks to instill within student-athletes a strong sense of personal and social responsibility by promoting leadership, integrity, discipline and teamwork.

Values

Leadership, Integrity, Discipline, Teamwork

Guiding Structure & Vision

Bulldog Swimming is a high-performance swim club providing student-athletes with a challenging and comprehensive development in and out of the water. We motivate students from diverse backgrounds to strive for intellectual and physical excellence, to develop a healthy lifestyle and personal routine. We have programs for grades 1 through 12 and beyond. The curriculum is structured to recognize and respond to the developmental and cognitive needs of boys and girls and are dedicated to excellence in all aspects of life.

Our vision is to teach the best stroke techniques for age group swimmers, provide motivation, life skills and maturation for senior swimmers, and to ultimately provide world class training enabling our swimmer athletes to reach for Olympic gold.

Professional Coaching Staff

All of the coaches at Bulldog Swimming are certified in coaching by USA Swimming, CPR and life-saving by American Red Cross. Each coach has passed an extensive third party background check and driving record check. Our coaches are trained by USA Swimming in the latest techniques for emerging elite swimmers.

Adriana Marmolejo Schack is the head coach at Bulldog Swimming. She was a three time Olympian (Sydney 2000, Athens 2004, Beijing 2008) and ranked world top 25 for 10 years in the 200m breaststroke. She is the only Mexican female swimmer to have participated in 3 Olympic editions and held the breaststroke national records for 12 consecutive years. Currently she coaches women and men at Yale University. She is on her third year leading the team during which time, Bulldog swimmers have qualified for Futures Championships, placed swimmers in the U.S top-10 (age group) , as well as breaking multiple CT Records. Her goal is to help each and every swimmer reach their goals and become better people through the sport of swimming.

Jim Henry is a Director of Bulldog Swimming and head coach of Yale Swimming. Coach Henry has coached all levels of swimmer including World Record Holders, Olympians, National Champions and NCAA All-Americans. He currently is the Head Coach of Men and Women's Swimming & Diving at Yale University.

Kyle Schack is co-owner and CEO of Bulldog Swimming. His background includes coaching Olympians and National Champions. He currently coaches men and women at Yale University.

Billing, Escrow, & Payment Schedule

Bulldog Swimming has a limited number of spaces available in each training group. It is necessary to have a clear understanding of how fees are charged. The club bases the budget on the number of swimmers in each group. If these numbers fluctuate then the budget may not balance. Fees are based on a full year's participation.

The total fee must be paid regardless if the swimmer ceases to participate with the Bulldog Swimming program, temporarily or permanently. This includes high school swimming seasons, other sports, summer swimming, illness, injury, vacation, canceled practice and any other reason. If you are concerned about making your payments on a timely basis, please contact Adriana Schack to set up a payment plan. **Once registered, nothing entitles you to terminate this agreement without paying the total fees due. There are no refunds for any reason.**

Invoices will be generated on the 1st of each month and automatically charged to the card on file with your account.

Invoice Charges:

Tuition: Billed according to the respective group.

Escrow Accounts: Each family is required to establish an escrow account of \$150. This is a security fund in the case that we need to pay a meet entry before billing you. The Business Manager will maintain a record for each family. The cost of each event varies with the level of competition and nature of the event. (individual vs. relays) On average, events run \$7.50-\$13 and relays are approximately \$10. A family without an adequate escrow balance will not be entered in meets. If at the end of the 2017-2018 year a swimmer has a positive balance in the escrow account, such amount shall be returned to the swimmer, or at the swimmer's option, will be carried over into the following season.

Team Travel Meet Fees: On the day a meet registration closes all accounts will be charged. The fees are evenly split among all swimmers who opted-in to the meet. Expenses that are included typically include transportation, lodging, meals and coach's expenses. **Once a meet registration is closed there are no refunds for any reason.**

Swim Meet Coach Fees: A fee will be billed for each meet a swimmer enters to provide for the expenses incurred in staffing coaches at swim meets. This fee varies depending on the expense of staffing and number of participants.

Initiation Fee: An initiation fee of \$200 is a one-time fee for each swimmer joining the team. **This fee is non-refundable.**

Administrative Fee of \$100 will be charged to your first invoice. It covers the cost of paper, office supplies, website maintenance, etc.

USA Swimming Registration Fee is \$80 per swimmer and establishes the membership with USA Swimming: **This fee is non-refundable** because Bulldog pays this money to Connecticut Swimming.

Registration and Payment Schedule

Registration for returning swimmers will open each July. The tuition will be broken up into 8 monthly payments from August to March. At registration the first of 8 tuition installments, admin fee, USA registration fee are due.

Financial Aid for Bulldog Tuition

Financial Aid is need-based. Families that wish to apply need to submit the application and include the previous year's W2s, 1040, and a copy of lunch and utility support from the state. A third party organization determines the financial aid and we will inform you within 1 week of the decision.

Group Training Schedule

The practice schedule(s) for every group are under the SCHEDULE tab on the Bulldog Swimming home page. Changes to the schedule will be posted on the website, announced on twitter and a push-notification will be sent through the OnDeck app for your smart phone.

Equipment

The Swim Team Store tab found on the Bulldog Swimming website is a direct portal to our team vendor. All team equipment is available on the portal should a swimmer need anything at any time. Please make all purchases through this portal as they are an official sponsor of the team and supporting them supports the club.

- All swimmers are required to have a team suit, team cap, bag and warm up jacket.
- At swim meets all swimmers must wear their team suit in order to participate.
- Senior swimmers are required to wear the team for practice and competition.
- Have an extra suit for practices for 2 reasons: So the team suit doesn't get worn out, and so there is less chance they lose the team suit.
- Buy only Speedo Endurance suits which last forever.
- Girls may not wear Jolyn tie back suits to training as they are not made for training at this level.
- Make sure the suits fit and are snug. Sizing up is not a good strategy. If there are any wrinkles in the suit once it is on, try the next size down.
- Extra caps and goggles are great to have on hand in case something breaks or is lost. It is suggested to have one pair of goggles for practice and the other pair for meets that maybe has the straps tightened a bit making them better for diving.
- Get a sharpie and go nuts. Most kids on the team have the same equipment and kids will accidentally walk off deck with other swimmers things. Put your kids name on everything you can.

Training Locations

Yale: Located at 70 Tower Parkway, New Haven.

Albertus Magnus College: 303 Huntington St., New Haven, CT 06511

Training Groups

DISCOVERY GROUPS

Discovery groups are a beginners starting place. This level will involve mental and physical discovery of the water and new motor skills in a safe and fun environment. They involve mental and physical discovery of the water and new motor skills in a safe and fun environment.

Age Group 1

The Age Group 1 program is for swimmers with limited swimming background, who want to try a swim team. The program provides an introduction to competitive swimming by employing basic skill instruction, team building games, and physical and motor skill development. The emphasis is on having fun while learning what a swim team is all about. Requirements for this group: being able to swim freestyle and backstroke, capability to swim unassisted for 50 yds, being able to do a head first dive and submersions. This group practices 3 times per week (weekday). Meet participation is optional for this group.

IMAGINATION GROUPS:

Imagination groups teach the swimmers to dream about future success in and out of the pool. Swimmers will learn how to use imagery as a learning skill which is a fundamental piece of mental preparation for performance.

Age Group 2

This is a program for swimmers that may be new to United States Swimming and are interested in developing the stroke technique necessary to develop into outstanding swimmers. The emphasis is on using the imagination, building confidence, improving skills and having fun. Practices: 4 days per week

Age Group 3

This is a program for swimmers with some competitive experience. Great emphasis will be placed on ensuring that swimmers receive instruction in proper stroke mechanics. In addition, emphasis will be placed on using the imagination to dream, building confidence through skill work and gradually developing their conditioning and training capacity while enjoying the sport. This group requires participation in swim meets. Practices: 4 days per week.

RESILIENT GROUPS:

Resilient groups teach swimmers how to maintain and build confidence by moving on after disappointment and success. Resilience is a fundamental component of mental preparation for performance. These swimmers are setting goals and making plans for achieving those goals in the future. These groups require both commitment and time standards.

Junior 1

This is the top developmental group, swimmers have already had experience competing for and training in United States Swimming. As with the Age Group 3 program, emphasis will be placed on ensuring that swimmers receive instruction in proper stroke mechanics. In addition, swimmers will begin to learn resilient life skills like overcoming disappointment, using their imagination to increase motivation and will also place greater emphasis on conditioning and developing race strategies. Discussion topics will include physiology, nutrition, and psychological concepts that will foster future success in the sport. Practices: 5 days per week. Swimmers are required to attend the highest level championship meet for which they qualify each season.

Junior 2

A preparatory stage for the senior program. The Junior program is designed to introduce and incorporate a number of aspects of senior training for top (elite) level age group swimmers who have attained advanced training abilities, and to younger high school age swimmers with a sound background in competitive training who are ready to step up their level of competition and commitment to attend practice. The Junior program will emphasize resilient life skills, confidence building, stroke technique and biomechanics, aerobic (endurance) conditioning, general dry land skills, and teamwork. Each swimmer's attendance and attitude should reflect a commitment to excelling in this program. At the Junior level of training, consistency and dedication are critical to the success of each individual and the team. Practices: 5 days per week. Swimmers are required to attend the highest level championship meet for which they qualify.

ACHIEVEMENT GROUPS:

Swimmers at this level have experienced some success already and love the sport. Their achievements are a result of goal setting and focused work toward improving. These swimmers will work on consistency and higher pressure situations to reach the high performance level.

Pre Senior

Similar to the Junior group, this group emphasizes life skills as well as an increase in training. This group is for kids that have already made the decision to pursue swimming with the club. They are not swimming high school or participating in other activities that

conflict with scheduled training. Practices: 5 days per week. Swimmers are required to attend the highest level championship meet for which they qualify.

Senior 1 & Senior 2

These swimmers demonstrate a strong commitment to the sport of swimming. These athletes are expected to set high goals for themselves now and in the future. The program includes extensive stroke analysis, dry land exercises, nutritional counseling and psychological preparation for competition. Goals of the Senior program are to advance the swimmer's skills in flexibility, coordination, goal setting, mental training, and race strategy. Additional goals are to increase general endurance and swim-specific endurance, general strength and swim-specific strength, and to enhance their knowledge of physiology, anatomy, and nutrition. The program is designed to increase their awareness of the world of competitive swimming and increase their overall training capacity. An emphasis will be placed on performance as well as resilience and confidence building. These groups allow for swimmers to do high school swimming but swimmers may not let their attendance drop below 75% at any time. Mobility from Senior 1 to Senior 2 is accomplished by demonstrating leadership of the Senior 1 group and reaching the time standards. Practices: As determined by the Head Coach, typically 6-7 sessions per week. Swimmers must attend the highest level meets for which they qualify.

HIGH PERFORMANCE GROUPS:

High Performance prepares swimmers for national and international level competition. Mental preparation is critical for delivering your best effort on any given day. These swimmers will be taught, at an elite level, how to use imagery and resilience when it matters the most.

Bulldog

The Bulldog group is for CT Senior, US Junior and Senior National Swimmers that are committed to reaching 100% of their potential in the sport. This is the highest level of training and represents the pursuit of excellence both in and out of the water. The program includes extensive stroke analysis, dry land exercises, nutritional counseling and psychological preparation for competition. Goals of the Bulldog program are to advance the swimmer's skills in flexibility, coordination, goal setting, mental training, and race strategy. Additional goals are to increase general endurance and swim-specific endurance, general strength and swim-specific strength, and to enhance their knowledge of physiology, anatomy, and nutrition. This program places emphasis on high performance mental preparation in addition to building confidence. This group demands a full commitment with no other activities interfering with training through the

year. Practices: As determined by the Head Coach, typically 7-10 per week. Swimmers must attend the highest level meets for which they qualify.

Practice Attendance

The coaching staff feels strongly that regular practice attendance demonstrates commitment and is absolutely vital to a swimmer's success. Not attending practice regularly will undoubtedly affect that swimmer's training plan, goals, and meet performance. Swimming is without question one of the most rigorous and demanding sports.

Bulldog Group(s): All practices are mandatory; swimmers on deck with all equipment five minutes before the start of practice (ex. 4:55 AM for a 5:00 AM practice).

Senior Group(s): 90% attendance is required in order to move into the Senior Group; swimmers must be on deck with all equipment five minutes before the start of practice (ex. 4:55 AM for a 5:00 AM practice).

Junior Group(s): 90% attendance is required in order to move into the Junior Group; swimmers must be on deck with all equipment five minutes before the start of practice (ex. 4:55 PM for a 5:00 PM practice).

Age Group(s): 85% attendance is required in order to move into the Age Group; swimmers must be on deck with all equipment five minutes before the start of practice (ex. 4:55 PM for a 5:00 PM practice).

*Please note that the team culture is for vacation to take place in August after the conclusion of the season. Pre Senior group and up may not miss practices for birthday parties, dinner with grandma, school exams and family vacation (except religious holidays).

Illness and Injury Policy

If a swimmer is ill and does not attend school, or becomes ill after school, parents should not send them to practice where they will be in close contact with their teammates. Depending upon the time, they should send an email or phone the coach for their child's group to let them know that their child will miss practice.

Swimmers who feel pain or discomfort in the pool or out should report the issue to their group coach. An email should be sent by the swimmer or their parents to the group coach BEFORE the next scheduled practice. If the injury limits participation, the group

coach will communicate the situation to the Head Coach. The Head Coach will assist in determining if a doctor appointment is necessary. The group coach will communicate an appropriate training schedule.

Meet Jobs & Volunteer Policy

Home Meets: Swim Parent Volunteer Jobs

Admissions: Collect admission fees and sell programs/heat sheets. Report to the table in the upstairs lobby 30 minutes prior to the start of warm-ups. Try to find a sharpie at Concessions for making a small mark on customers' hands when they pay.

Awards: Attach labels to medals and ribbons.

Computer: Assist with meet operations in the announcer's' booth. Experience with Hy-Tek meet manager is preferred.

Concessions: Sell food and drink at the concession stand. Concessions open one hour before sessions begin.

Meet Manager: Oversees Admissions, Concessions, and Hospitality. Checks that all volunteers have arrived (including the Head Timer) and ensures their placement as needed. It is recommended that volunteers train with an experienced Manager before signing up for this position.

Runner AM Shift: Deliver programs/heat sheets and cash box to Admissions and cash to Concessions, confirm that coffee has been delivered, check frequently with Concessions and Hospitality to see that all is running smoothly. Oversee delivery of water to officials on pool deck. If necessary, order lunch for the officials or check on lunch if it has been pre-ordered and/or delivered. Return the Admissions cash box and its contents to the Head Coach.

Runner AFTERNOON Shift: Deliver programs/heat sheets and cash box to Admissions, and cash to Concessions, check frequently with Concessions and Hospitality to see that all is running smoothly. Oversee delivery of water to officials on pool deck. Return the Admissions cash box and its contents to the Head Coach.

Floater: Reports to meet manager to help where needed at any position.

Head Timer: It is recommended that volunteers train with an experienced Head Timer before signing up for this position.

Volunteer Requirement Policy:

A family member must work each session that their swimmer(s) is competing. Swimming is a great experience for children. It helps them to gain confidence, learn a healthy and active lifestyle, and understand the importance of setting goals and how to react to performance appropriately. In order for the development to occur we need to provide our kids competitive experiences (swim meets). The better the experience at each meet the more productive the experience. Team dues do not cover the operating cost associated with the team. It is necessary to run meets so that the team can exist. It is the responsibility of the host team to provide the best experience possible. As the host, our effort not only benefits our kids but all of the kids who participate. We will undertake these opportunities with a team mentality.

The following describes the options each family has to provide support at the meets we host.

1. The meet schedule will be announced before the start of each season. An email will be sent to each family when a meet opens and the schedule will also be posted on www.bulldogswimming.org
2. Every family is responsible for working at the meets in which their kids are entered. At home meets families have 3 options:
 1. Sign up to work a job for each session your child is entered in the meet
 2. Officiate each session your child is entered in the meet
 3. Pay \$300 per child entered in the meet to cover operation costs
3. Families must choose their option at the time of registration. Accounts without declared volunteer hours will not have their swimmers entered in the meet.
4. When Bulldog Swimming the host of a CT Championship or Speedo Championship meet, every family (both entered in the meet and not) will have their choice of options a, b, or c as listed above.
5. When Bulldog Swimming attends a meet hosted by another club each family will time for 1 session per kid entered in the meet. In the case there are more than enough families present, responsibilities will be divided by event. In the case there are not enough families present a contingency plan will be made after the 1st shift of timing has been fulfilled.
6. Not fulfilling volunteer responsibilities will be interpreted as choosing option 3.

Running organized and profitable meets are the primary fundraisers for the team. Home meets provide our membership with some of the best opportunities for competition. All competitive swimmers will be charged meet entry fees for home meets regardless of

participation (unless qualifying standards apply). Our goal is to have 100% volunteer participation, motivated by an appreciation for Bulldog Swimming and the sport of Swimming. Due to the importance of successful fundraising, and to be fair to those who willfully volunteer, parents are expected to fulfill their work/volunteer requirements. Volunteers have the opportunity to choose their assignment/job; such as timing, by signing up on our web site.

Role of Parents

Be supportive; be positive. The program philosophy, policies and practices as stated in this handbook are established by the Head Coach and carried out by the Bulldog Swimming coaching staff. It is essential to the program's success that parents of Bulldog swimmers establish a framework of positive and enthusiastic support, publicly and at home.

Remember this is a team. Each parent must realize that it is not possible to design a program that appeals in every aspect to every member. Coaches make decisions about the program based on their experience and understanding of what is in the best interest of the entire team.

Be your swimmer's number one fan. Pressure to succeed, applied directly or indirectly by a parent, is a substantial impediment to a swimmer's ability to perform well. This pressure may create a great deal of anxiety and "fear of failure" that makes it more difficult for the athlete to develop. It is important that parents encourage their children to honor their program commitments, but performance expectations must be administered by the coach. Parents who encourage their swimmer(s) to commit and persevere, who praise them in their victories and support them in their defeats, will contribute greatly to their success. Parents must also appear to support the coaches in all coaching matters. Any concerns should be expressed privately to the coach, since any attempt by a parent to discredit the coach could render the coach ineffective in working with their child.

Code of Conduct

Code of Conduct for Bulldog Swimming Governing Participation in the Bulldog Swimming Program throughout the entire swim year.

PURPOSE: The purpose of this code is to promote the best possible individual, team, and program responsibility which supports the development of first class citizens always.

PART I – GENERAL CODE OF CONDUCT

1. All participating team members will abide by this code of conduct.
2. All participants will wear designated team suits, Bulldog cap and T-shirts during all competition.
3. All athletes will participate in all coach designated championship meets they are qualified for as a member of the Senior, Junior and Age Group Programs.
4. Curfews at team travel events, as a member of Connecticut, Bulldog Swimming or USA Swimming sponsored events and at all related activities will be obeyed. Extension will only be granted by the Head Coach. Curfew is not enforced if participant is with parents.
5. Male and Female swimmers may not be in each other's room on any team trip for any reason. That is no one may enter a room that is not their own.
6. Use of alcoholic beverages is unacceptable at any time on any team trip. The underage use of alcoholic beverages is unacceptable at any time.
7. Use of drugs other than those prescribed by your physician is unacceptable at any time during the year.
8. Smoking is unacceptable at any time during the year.
9. Bulldog Swimming swimmers will display proper respect and sportsmanship towards coaches, officials, administrators, competitors, teammates, and the public to include both their person and their property.
10. Disrespectful, indiscreet or destructive behavior will not be tolerated. Illegal or inappropriate behavior that will reflect negatively on the Bulldog Swimming or that will be detrimental to performance objectives will not be tolerated. It is the responsibility of each swimmer to make every effort to avoid guilt by association with such activities at any time during the year.
11. All participants in a team meet or a team trip will attend all team functions (on time), to include meetings, practices and any other team sanctioned event unless otherwise excused or instructed by a coach.
12. All participants and their parents have a responsibility to do their best to ensure that this Code of Conduct is adhered to.

PART II- VIOLATION OF THE CODE OF CONDUCT RULES

At the discretion of the Head Coach any one or all of the following penalties will be applied:

1. Swimmer may be scratched from the meet.
2. Swimmer may be sent home immediately from practice or meet at his own expense and if there is extra expense it will be swimmer's responsibility.
3. Swimmer may be suspended from the team until the swimmer and parents have had a conference with the Head Coach and appropriate disciplinary actions have been implemented.
4. Swimmer may be suspended from ALL team trips for the remainder of the swim year and/or a specific period determined by the Head Program Coach.

I, hereby agree to abide by the rules of conduct as set forth in Part I above and acknowledge that, should I violate any provision in Part I, I will be subject to disciplinary action, as set forth in Part II, including suspension and/or dismissal from the Bulldog Swimming program.

Registration

How To Register

1. Register online: <https://www.teamunify.com/team/ctbs/page/home>
2. Click on REGISTRATION. Be sure to indicate the group.
3. Contact our team manager Adriana Schack with any financial inquiries.
4. Set up a credit card or ACH on your account:
5. If transferring from another USA team, please fill out an online team transfer form <http://fast.ctswim.org/CTNet/CFPaintForm.aspx?f=45>

Your Bulldog Account

1. Once your payment is received and your registration is complete, you will receive a password for team unify (the team website)
2. Complete your team unify account set up with the password you receive (this will be the key to registering for swim meets, receiving information and all other things "Bulldog")
3. Purchase all your Bulldog equipment online at our team store. This can be found on our website under the *Swim Store* tab. (Be sure you "enable your cookies" on your browser)
4. Attend practices!

Nutrition for Swimmers

Pre and Post event meals

- The *timing* at which you eat meals can not only prevent hunger, but also affect your athletic performance.
- The purpose of the *pre-event* meal is to provide fuel for your workout. You want to focus on carbohydrate foods that are easily digested. Foods like bagels, bread, granola bars, cereal, pasta, fruits, vegetables, etc are ideal
- The purpose of the *post-event* meal is to replenish the energy your body used during your workout.

Recovery tips to take with you

- Plan snacks ahead of time. Keep a variety of nutritious ready-to-eat snacks in your swim bag or locker, such as whole-grain crackers, low-fat cheese, fruit, PB&J, granola bars, etc.
- Begin recovery with a snack within 30-45 minutes after practice or competition followed by a meal within 2 hours.
- Your post workout snack should include carbohydrate and protein in a 3:1 *carb:protein ratio* (3 grams of carbohydrate for every 1 gram of protein). Use myfitnesspal app to track intake for awareness.
- Keep portion control in mind. Replace muscle fuel or carbohydrate utilized during practice. Liquid carbohydrate or simple carbs can be utilized during workout or right after to speed up absorption and recovery.
- Provide protein to aid in repair of damaged muscle tissue and to stimulate development of new tissue. More is not better, so shoot for 20-40 grams of protein in your recovery snacks and meals.

Back-pack, locker, glove box, travel bags, desk drawers, on the go

- Trail mix (nuts, dried fruit, choc chips)
- Wheat bread sandwiches or subs with lean meat/cheese
- PB and J on whole wheat
- Dry cereal & drinkable yogurt
- String cheese and fresh fruit
- Beef jerky & applesauce/fruit cup
- Nuts or sunflower seeds & granola bar

- Bagel thin with banana and nut butter
- Hummus or guacamole cups
- Sports bars- Cliffbuilders bars, Rx Bars
- Meal replacement shake

6 Steps to Being Well Hydrated

1. Begin exercise well hydrated. Drink 16 oz about 2 hours before practice and another 8-16 oz about 15-20 minutes before practice.
2. Weigh yourself before you get in the pool.
3. During exercise
 - If <60 mins drink 6-12 oz every 20 mins of water
 - If >60 mins drink 6-12 oz every 20 mins of a 6-8% carb solution drink (ie Gatorade)
4. Weigh yourself after to calculate sweat rate. For every pound you lose, drink 16-24 oz of fluid.
5. Drink water with every meal to ensure pale yellow colored urine to indicate you are hydrated (check out the hydration chart).
6. After exercise, drink water with carbohydrate to speed up the recovery process. Thirst lags behind the body's need. Prevent yourself from becoming thirsty because if you're thirsty, then you are already dehydrated.

Sweat isn't just water...

- When you sweat, you lose electrolytes such as sodium, potassium, and chloride which are essential to muscle function and water balance
- Water doesn't contain these electrolytes
- Fluid replacement beverages help replace what is lost
- Only 3 things (carbs, pro, fat) give you energy, and RedBull is not one of them!
- So why does caffeine give you "energy"?
 - Your body naturally produces chemicals that make you tired
 - Caffeine blocks these chemicals from reaching the brain.
 - You feel energized, but once the caffeine is gone, the built up chemicals finally reach the brain...Crash!

Caffeine

- 8 oz brewed coffee= 90-180 mg
- 1 oz espresso shot= 50-80 mg
- 8 oz black tea= 40-120 mg
- 12 oz soft drink= 25-50 mg
- 8 oz energy drinks= ~80 mg
- Caffeine pill= 200 mg per pill
 - ~500 mg in the average size male can be close to positive test.
 - Peak plasma level 30-75 mins after ingestion
 - Positive drug test= 15 mcg/ml

There is no formula to calculate the amount remaining in your bloodstream

When should you use sports drinks?

- When exercise is longer than 60 minutes
- Water is fine for exercise, but use sports drinks when extra energy is required and if it is hot and humid
- NOT needed when not physically active. Sports drinks should not be consumed while sitting on the couch watching TV!

Recommendations to assist in planning for competition:

1. Be prepared!
2. Constant intake of energy
3. Carbohydrate is key. It is fast, available energy
4. If you don't practice it, don't do it during a meet
5. This may be a good time for "supplements" such as energy bars/gels, carbohydrate solutions, etc
6. Choose foods that do not cause GI distress. High fat, high protein foods cause GI distress
7. Pack snacks and carry them throughout the trip with you wherever you go
8. Research the area you travel to ahead of time and determine food availability. Identify restaurants you know offer good options, grocery stores close to the hotel, and if it is possible to prepare food in your hotel
9. Create a timeline for consuming food and fluids throughout the day. This will help ensure you don't overeat or skip meals, snacks, or hydrating opportunities. The timeline should be based on your race schedule and should be practiced prior to race day

10. When competing in multiple sessions, it is important that an athlete consume a post-race snack immediately to recover and prepare for what's to come

ATHLETE'S PLATE

MODERATE TRAINING:

The diagram shows a circular plate divided into four quadrants, each representing a food group. Surrounding the plate are various food items and beverages categorized into Fats, Grains, Lean Protein, Vegetables, and Flavors. A central list of food items is also provided.

FATS
1 Tablespoon

Grains
Pasta
Rice
Potatoes
Cereals
Breads
Legumes

Lean Protein
Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu, Tempeh)
Legumes/Nuts

Vegetables
Raw Veggies
Cooked Veggies
Veggie Soups

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

Coffee
Tea

Fresh Fruit
Stewed Fruit
Dried Fruit

Avocado
Oils
Nuts
Seeds
Cheese
Butter

The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.
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ATHLETE'S PLATE

Training volume and intensity vary from day to day and week to week along your training/competition plan. Eating your meals and fueling your workout or race should also be cycled according to how hard or easy it is. Consult with your sport dietitian to put the Athlete's Plate into practice!

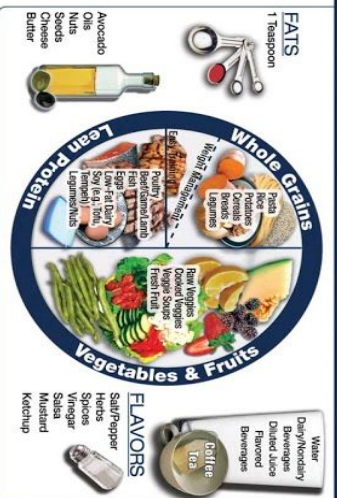
The Athlete's Plates are tools for you to better adjust your eating to the physical demands of your sport!

EASY An easy day may contain just an easy workout or tapering without the need to load up for competition with energy and nutrients. Easy day meals may also apply to athletes trying to lose weight and athletes in sports requiring less energy (calories) due to the nature of their sport.

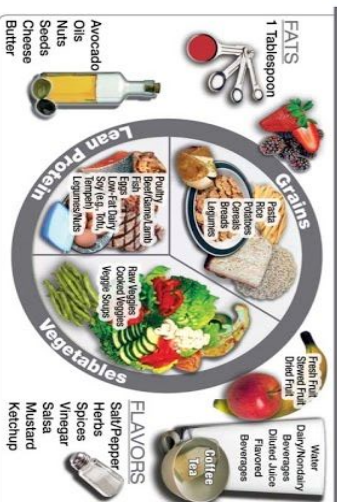
MODERATE A moderate day may be one where you train twice but focus on technical skill in one workout and on endurance in the other. The moderate day should be your baseline from where you adjust your plate down (easy) or up (hard/race).

HARD A hard day contains at least 2 workouts that are relatively hard or competition. If your competition requires extra fuel from carbohydrates, use this plate to load up in the days before, throughout, and after the event day.

EASY TRAINING / WEIGHT MANAGEMENT:



MODERATE TRAINING:



HARD TRAINING / RACE DAY:



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Grocery Shopping Tips

Preparation:

- Review the current advertisement for specials
- Plan your meals/snacks for the week
- Print a grocery shopping list
- Eat before leaving the house

General Guidelines:

- Shop the periphery of the store
- Choose healthy foods from each food group (fruits, vegetables, whole grains, meats/beans, dairy)

Produce:

- Choose a variety of colors
- Take advantage of specials/seasonal produce
- Frozen is fine—picked at peak and flash frozen to retain nutrients
- Canned is better than not at all—rinse with water first
- “Dirty Dozen” identified by the Environmental Working Group to contain the highest amount of pesticide residues—choose organic varieties of the following items...
 - Grapes
 - Strawberries
 - Cherries
 - Nectarines
 - Peaches
 - Apples
 - Pears
 - Peppers
 - Spinach
 - Celery
 - Lettuce
 - Potatoes
- Non-organic is better than not eating your vegetables and fruits!
- Wash everything!

Meat Department:

- Compare ground turkey, beef, pork, and chicken for fat content
- Choose leaner cuts (loin, round)
- Choose organic-certified meats (USDA seal)
- Avoid marbling—it provides great flavor, but also increases unhealthy fat
- Limit red meat to no more than twice/week (<9oz/week)
- Words to look for: cage-free, free-range, wild, grass-fed
- Wild varieties of fish contain more omega-3's

Dairy Department:

- Choose low-fat varieties
- Try Greek yogurt to increase protein intake
- Tip: add fruit as a natural sweetener to plain yogurt; may also add stevia, agave nectar, and/or a few drops of flavored extracts
- Choose organic varieties to avoid rBGH hormone
- Choose real organic butter or combine real butter with flax oil or olive oil to make your own spreadable butter
- Common milk alternatives: Almond milk, coconut milk, and goat milk

Bakery Department:

- Criteria for choosing a healthy bread:
 - Serving size should be one slice
 - Dietary fiber should be at least 3 grams per slice (5 grams is better!)
 - First ingredient should be a whole grain
 - Sugar should not be one of the first 4 ingredients listed
 - Less than 20% of calories from sugar
- Avoid products made with refined white flour

Deli Department:

- Look for nitrate/nitrite free, low sodium varieties
- Avoid cured meats, like salami, as they have a higher sodium content
- Aged cheeses or goat cheeses are better options
- Avoid fried foods
- Roasted chickens or turkey breasts are great time savers
- Hummus and fresh guacamole make great veggie dippers

Center Isles:

- Look for raw nuts and seeds for homemade trail mix
- Buy dry whole grains and legumes; brown rice, wild rice, couscous, beans, lentils, quinoa, popcorn, barley, oats, whole wheat flour
- Choose dried fruits with no sulphites
- Use the same criteria for bread selection to choose cereals, tortillas, crackers,
- Choose items with a short ingredient list; be able pronounce all items
- Rinse canned veggies to decrease sodium intake
- Choose fruits canned in juice, NOT syrup
- 4 grams of sugar = 1 tsp
- 5 grams of fat = 1 tsp, 100 calories per Tbsp
- Avoid hydrogenated/partially hydrogenated oils (trans fats)
- Limit saturated fat—dressings should have <2-3 grams of saturated fat
- Choose vinegar and oil based dressings rather than creamy varieties
- The more liquid a fat is at room temperature, the better it is for your heart
- Avoid sugar substitutes; use the real sugar in limited quantities

Frozen Foods:

- Stock up on frozen vegetables for quick meals
- Single-serving fish or chicken portions save time in the kitchen
- Purchase fresh chicken breasts, cook the entire package, and freeze for quick, easy meals
- Avoid frozen foods that are breaded, contain sauces, or have additives
- Avoid frozen dinners; they are convenient and portioned, but contain preservatives and sodium
- Anything you can make yourself is better than buying it premade at the store