



KEYNSHAM SWIMMING CLUB

SWIMMER LOG BOOK



Last Update: September 2006

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THIS SWIMMERS LOG BOOK BELONGS TO

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SWIMMER DETAILS

Name		
Date of Birth		
Parent's/Guardian's Names		
Home Address		
Home Telephone No.		
Contact No in case of Emergency	Who	No.
	Who	No.

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PURPOSE OF LOG BOOK

This Log Book is to track your goals, personal achievements and progress in swimming whilst you are a member of Keynsham Swimming Club.

The club will do all it can to help you achieve the highest standard for your ability in swimming and will do this through its development aims which are:

- ❑ To develop every individual to their best abilities and potential.
- ❑ To develop the club and all those within it to produce the strongest competitive swim team in all competitions.
- ❑ To attain the highest possible league positions in Speedo and Junior League competitions.

This Log Book should be used to:

- ❑ Document the training sets you have completed in each training session
- ❑ The times you have achieved on individual sets
- ❑ Write down how you felt during training (e.g. tired, energetic etc)
- ❑ Record your Personal Best (PB) times
- ❑ Record race times you have achieved at different meets
- ❑ Record what you ate prior to a meet
- ❑ Record your personal feeling about a meet
- ❑ Document the advice given to you by your coach about a competitive swim or training
- ❑ Record your Goals for the future (short and long term) in swimming.

This Log Book is yours to document and evidence your progress in swimming and the coaches in Keynsham Swimming Club will be happy at any time to discuss your goals and progress towards them.

SWIMMER DEVELOPMENT RECORD

PRELIMINARY SQUAD
I joined the KASC Preliminary Squad on :

JUNIOR SQUAD
I joined the KASC Junior Squad on :

SENIOR SQUAD
I joined the KASC Senior Squad on :

UNIVERSITY OF BATH AGE GROUP SQUAD
I was invited to join the University of Bath Age Group Squad on :

DEVELOPMENT SQUAD
I joined the KASC Development Squad on :

TRAINING RECORD

A copy of the detailed training schedule for each training session can be obtained from the Head Coaches on training days.

DAY	Week Starting		Week Starting		Week Starting		Week Starting	
	PURPOSE	METERS	PURPOSE	METERS	PURPOSE	METERS	PURPOSE	METERS
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
	Total Meters swam in the week		Total Meters swam in the week		Total Meters swam in the week		Total Meters swam in the week	
How did I feel about training this week								

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Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
	Total Meters swam in the week		Total Meters swam in the week		Total Meters swam in the week		Total Meters swam in the week	
How did I feel about training this week								

TRAINING RECORD

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DAY	Week Starting		Week Starting		Week Starting		Week Starting	
	PURPOSE	METERS	PURPOSE	METERS	PURPOSE	METERS	PURPOSE	METERS
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
	Total Meters swam in the week		Total Meters swam in the week		Total Meters swam in the week		Total Meters swam in the week	
How did I feel about training this week								

Training Tips

Training Guidelines

The following checklist is recommended and supported by the club.



- Be at pool side, changed and with all required equipment 15 mins before the session starts. Make sure that you have been to the loo.
- Check that swimwear and goggles etc are in good working order.
- Bring a drinks bottle on to the poolside but do not share drinks bottles.
- Visit the toilet before the start and arrive on the poolside in good time for warm up.
- Do not distract other swimmers from their training set.
- Streamline properly on all starts and turns.
- Practice correct finishes on all training sets.
- Never train if unwell. If unwell inform your coach.
- Try and maintain a healthy diet
- Get plenty of rest and early nights, especially before Meets and Galas

Attitude to Training

Swimmers will continually be assessed on their enthusiasm and approach to training and competition. To reach their full potential, swimmers are expected and will need to train properly and regularly. Swimming training does demand and develop a high degree of discipline that is useful in all aspects of life.

Self discipline, commitment and concentration are all attributes that are needed in ever increasing amounts as the swimmer progresses. A swimmer who lacks any or all of these qualities will have a very limited future in competitive swimming.

The following pages provide details of:

- A suggested home training programme.
- Warm ups and stretching before training and competitions
- Warm down exercises after training.

Keynsham Swimming Club - Home Land Training Programme

Session Length - approx 50 mins

Session to be undertaken 3 times a week

8 x	45 Second skip 15 Second rest	Set 1: Alternate pushing feet forward Set 2: Double foot small bounces Set 3: Alternate 10 hops on each leg Set 4; Heel Flicks Set 5: High Knees Set 6: Backwards Skipping Set 7: Crossovers Set 8: Double Skips	
SET 1	4 x 50 4 x 25 6 x 10	Alternate leg squat thrusts Double leg squat thrusts Burpees (straight jump)	on 1 min
SET 2	4 x 50 min 2 x 50 2 x 50	Abdominal crunches (centre) Abdominal crunches (left) Abdominal crunches (right)	on 1
SET 3	4 x 15 sec 2 x 15 sec 2 x 15sec	press up hold (centre) press up hold (left) press up hold (right)	15 sec rest
SET 4	4 x 25 2 x 25 2 x 25	Dorsal raises (centre) Dorsal raises (left) Dorsal raises (right)	on 1 min
SET 5	5 x 20	Press ups (full)	on 1 min

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Warm Up and Stretching Programme

Below are some simple exercises that you should do to warm up and stretch before training and competition.

Warming and loosening up (Repeat all 3 times)

20 left arm swings

20 right arm swings

20 both arm swings

20 left leg swings

20 right leg swings

Core body strength (These will help to prevent injury and hold your body correctly in the water)

15 slow, controlled sit-ups middle with tummy held in.

15 slow controlled sit-ups left as above.

15 controlled sit-ups right as above.

(Repeat 2 times)

To strengthen back and to stretch out tummy muscles

20 Dorsal raises opposite arm, opposite leg.

20 Dorsal raises change arm/leg

Gentle stretching and shaking out to finish.

Warm Down Exercises After Training (to be done in showers or changing rooms - These will help to prevent aches the next day by stretching out the muscles)

Right arm across body stretching gently

Left arm as above.

Right quad stretch, knees level right foot held by bum

Left quad stretch as above.

Left calf stretch, heel down toes pointing forward.

Right calf as above.

Full body stretch on tiptoes reaching as tall as possible.

Resistance bands can be used for all stretches.

It is important that all exercises are done correctly, if you need any guidance as to how these should be done please ask any of the coaching staff.

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PERSONAL BEST (PB) RECORD - SHORT COURSE - 25Mtrs to 200Mtrs

KEYNSHAM SWIMMING CLUB - PERSONAL TARGET SHEET												
NAME	25 Mtrs			50 Mtrs			100 Mtrs			200 Mtrs		
	Target	PB	Date & Venue	Target	PB	Date & Venue	Target	PB	Date & Venue	Target	PB	Date & Venue
Stroke												
Freestyle												
Backstroke												
Breaststroke												
Butterfly												
I.M.												

PERSONAL BEST (PB) RECORD - LONG COURSE - 50Mtrs to 400Mtrs

KEYNSHAM SWIMMING CLUB - PERSONAL TARGET SHEET												
NAME	50 Mtrs			100 Mtrs			200 Mtrs			400 Mtrs		
	Target	PB	Date & Venue	Target	PB	Date & Venue	Target	PB	Date & Venue	Target	PB	Date & Venue
Stroke												
Freestyle												
Backstroke												
Breaststroke												
Butterfly												
I.M.												

PERSONAL BEST (PB) RECORD - LONG COURSE - 800Mtrs to 1500Mtrs

KEYNSHAM SWIMMING CLUB - PERSONAL TARGET SHEET						
NAME	800 Mtrs			1500 Mtrs		
	Target	PB	Date & Venue	Target	PB	Date & Venue
Stroke						
Freestyle						
Backstroke						
Breaststroke						
Butterfly						
I.M.						

MEDICAL RECORDS

This section should be used to record any medical conditions you may have the treatment that you regularly take for them. It should also be used for any injuries and treatments that may affect your swimming, either training or competition.

Never train if you are unwell or have an injury

If you are unsure speak to your coach before the training session starts

Condition	Medication

Date	Injury	Treatment	How Did it Affect My Swimming

PERSONAL GOALS

This section of your Log Book is dedicated to the goals that you want to achieve in swimming whilst with Keynsham Swimming Club. It provides a structure for you to consider and document your goals and progress on a quarterly basis. Be SMART when writing your goals, make them **Specific, Measurable, Achievable, Relevant and Timebound**

	Goal	Progress : Date	Progress : Date	Progress : Date
September to December				
January to March	Goal	Progress : Date	Progress : Date	Progress : Date

PERSONAL GOALS

	Goal	Progress : Date	Progress : Date	Progress : Date
April to June				
July to September	Goal	Progress : Date	Progress : Date	Progress : Date

CODE OF CONDUCT

A club is judged not only by the performance of its swimmers in the pool but also by their behaviour and that of other Club members and supporters. Only the highest standards of behaviour will be acceptable and any member of the Club found to be acting in a manner which may bring the Club into disrepute will be disciplined. At worst this could result in expulsion from the Club.

A good team spirit is always encouraged. As a club we should always support one another.

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 mis-conduct and will be asked to leave the club immediately. KASC adhere to the drugs protocols of the ASA which can be found on the **British Swimming Web Site** www.britishswimming.org

Code of Conduct for Parents

Remember that your child is involved in swimming for their enjoyment, fitness and success and not yours.

You should be realistic about your child's ability, do not over-expect. Harm can be done if your child falls short of your expectations and you do accept their disappointment.

Teach your child that honest effort is as important as victory; a Personal Best (PB) can be as big an achievement as a gold medal.

Teach your child good sportsmanship. Never ridicule or shout at your child for making a mistake or losing a race. Be positive at all times and don't show your disappointment.

Remember that your child will learn best from example, applaud good performances from you child, other swimmers in the club and from other clubs.

Recognise the value and importance to your swimmer and the club of the volunteer coaches, do not undermine them; they give their time and effort to provide recreational activity for your child.

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Encourage your child but do not coach. A little knowledge is dangerous and the club's coaches have high levels of qualification in order to provide a continually high standard of training in all squads within the club. Please remember that the coaches are working to make your child the best swimmer they can, however if you are not happy please raise your concerns and worries with the coach in the first place at the end of the session. Please do not interrupt the coaches while they are poolside during a training session. Your child will benefit from the coaches' full attention.

Be positive about the club and how it works, if you see a problem or have a concern about the way your child is being developed or how the club is run, please approach a committee member who will ensure that the matter receives urgent attention. This means that any major grievance or situation which brings the club or individuals within it into disrepute should be brought to the attention of the committee in writing. You should be prepared to discuss your grievance in person with the committee (or a sub-panel) so that the situation can be resolved and brought to a conclusion.

Rumors and gossip within the club can only hinder the club's progression and growth. Please do not get involved in this type of behavior.

Behavior Policy and Disciplinary Action

The Club always expects the highest standards of behaviour and mutual respect between all members - swimmers and parents/carers etc... Swimming is an extremely challenging sport so club members are expected to support each other and not to criticise - only the coaches and teachers are in a position to make comment.

Competitive swimming and bad behaviour do not mix and in some instances can be dangerous. Club coaches and teachers will not tolerate behaviour, which is either disruptive or potentially dangerous and may instruct any member engaged in unacceptable behaviour to leave the training session or competition venue.

and Finally

Good luck with your training and with all the competitions that you take part in. Further copies of the pages in this Log Book can be found and printed from the club's website at:

www.keynshamswimmingclub.co.uk

ENJOY SWIMMING - ACHIEVE YOUR FULL POTENTIAL AND HAVE FUN!

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

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