

Frequently Asked Questions:

Q: Do we practice in the rain? Even in heavy rain?

Yes. Swim practices are conducted rain or shine. The only time a practice is called on account of rain is during a thunderstorm. Parents get to stay dry under one of the canopies, the swimmers get wet anyway. The coaches are usually the ones who get "rain wet".

This also means that meets, too, are held in the rain. And they have been during some pretty rainy days. In these situations everyone gets wet.

Q: What if my child cannot make a meet?

If your child cannot make a meet, please notify the coaches as soon as possible. The coaches must know by Wednesday in order to seed the meet properly. Please notify the coaches also, if for some reason your child will be late to a meet.

Q: What should the swimmers eat before and during a meet – what should they avoid?

Your swimmer should eat foods rich in carbohydrates. Carbohydrates are classified into starches, which are found mainly in grains, legumes (beans), and tubers (potatoes); and sugars, which are found in plants and fruits. The carbohydrates containing the most nutrients are found in unrefined grains, tubers, vegetables, and fruit, which also provide protein, vitamins, minerals, and fats. Carbohydrates are burned during metabolism to produce energy.

Avoid foods made from refined sugar, such as candy and soft drinks, which are high in calories but low in nutrients and fill the body with empty calories.

Before a meet, eat a light breakfast such as cereal, toast or fruits, enough to give you some energy, but not so much that you feel too "full" to swim. During the meet you may also want to snack on fruits or foods containing grains to sustain your energy.

Drink plenty of water! It gets pretty hot on that pool deck between events.

Q: What should swimmers keep in their swim bags?

Their bathing suit, towel and goggles are essential. At least two pair of goggles is highly recommended. Many times goggle straps or nosepieces break during meets. Not to mention that they also get misplaced.

For girls especially, swim caps are essential to keeping their hair under control.

Since summer can be chilly, especially after getting out of a cold pool, sweat pants, sweat shirt or T-shirts are also good items to pack.

Sun Screen!

