



**JUNIOR**  
**SWIMMERS LOG BOOK**

Name:

Squad:



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# SWIMMERS DETAILS

<b>NAME:</b>	<b>PARENTS NAMES:</b>
<b>ADDRESS:</b>	<b>EMERGENCY CONTACT AND PARENTS MOBILES:</b>
	<b>PARENTS EMAIL:</b>
<b>MOBILE:</b>	<b>ASA REGISTRATION NUMBER:</b>
<b>E MAIL:</b>	<b>DATE OF BIRTH:</b>
<b>SQUAD:</b>	<b>COACH CONTACT DETAILS:</b>
<b>MEDICAL INFORMATION (allergies, medication taken, etc)</b>	
<b>GP NAME:</b>	
<b>SURGERY NAME:</b>	
<b>SURGERY ADDRESS:</b>	
<b>SURGERY PHONE NUMBER:</b>	



## USING YOUR LOG BOOK

The Portsmouth Northsea Junior swimmers log book has been put together by the Club to help younger swimmers who compete for the club to develop as a swimmer. Use this log book to keep a record of your swimming season; it records information about yourself, your training and how well you perform in competitions.

Keep it up-to-date and it will provide you with a record of your training sessions so that you can chart your improvements during the season. You will also be able to keep a record of your PBs and determine if you are meeting the County, Regional or National qualifying times. Don't forget to download the latest qualifying times from the website and keep these in your logbook too.

Filling in the log book also allows you and your coaches to set goals for you and can help conduct training 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.

Print as many as you need of the individual pages and keep them together in a file or folder and it will soon build up an excellent record of your swimming performances.

**Good luck!**



## GOALS

What are your goals for the future?

### 3 Short term goals (next 3 months)

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### 3 Medium term goals (next 6 months)

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### Long term goals (your ambitions)

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# NUTRITION



Don't forget nutrition is key to your performance!

## GENERAL NUTRITION FOR COMPETITIVE SWIMMERS *PROVIDED BY THE ASA*

### Exercise Meals

If you're planning to go swimming or training later in the day try to eat an exercise-friendly meal two and three hours before you go. This means keeping your carbohydrate and protein levels high on roughly a 60:40 ratio and don't pig out on sluggish unsaturated fats.

Here are some good examples:

- Baked potatoes – fill them with beans, sweet corn or chilli, not too much cheese, and remember to eat the skin, it's the healthiest bit!
- Pasta meals or bakes – again go light on the cheese, throw in plenty of vegetables. Tuna is also a great energy source.
- Beans on toast – they may be the signature of a student's staple diet but low-sugar baked beans are actually really good for you. Bags of protein in the beans and wholemeal toast has your complex carbohydrates. And if beans aren't your thing, eggs will do a similar job.
- Chilli con carne – beans, lean mince, and brown rice all should set you up perfectly for exercise in a few hours. Fatty, greasy mince, white rice and salty tortilla chips will not.

### Pre-training Snacks

- Unless you're trying to lose body fat don't train on an empty stomach, you'll be running on empty and your performance will be impaired. Eat a small meal or snack between one and two hours before you start your training.
- Great snacking foods are fruits (fresh is best but dried are still okay), energy foods (cereal bars, energy drinks, protein shakes), yogurt (low fat if possible) or whole grain foods (whole wheat cereal or wholemeal toast).

### Snacking During the Day

- Elite athletes keep their blood sugar level as constant as possible by snacking regularly (and healthily) during the day.
- Only do this if you're training enough not to add body weight from the increased food/calorie intake.
- Target the same snacks you would as a pre-training boost – complex carbohydrates, fruits or protein shakes.

### Refuelling

- If you're putting in the metres in the pool, your body will need a boost when you finish your training.
- Always try to refuel within 30 minutes of finishing and preferably within 15 minutes – your body immediately needs nutrients to repair muscles and replace energy.
- Make sure you're refuelling with the 'right' foods though – something low in fat but high in carbohydrates and protein.



# **COMPETITION NUTRITION**

## **PROVIDED BY THE ASA**

**When preparing to compete at a swimming competition you need to pay careful attention to what you eat.**

**Read on to find out what to eat the day before the event and during the day.**

### **THE DAY BEFORE**

When competition time comes round, you'll have plenty on your mind already. So the day before the event, keep exercise to a minimum – if anything at all – and eat meals and snacks high in complex carbohydrates. You need to keep those glycogen stores topped up.

- Drink fluids little and often to stay properly hydrated.
- Eat little and often – every two to four hours to keep your blood sugar levels steady and fuel your muscles in preparation for your event.
- Avoid big meals or over-eating in the evening – this will almost certainly make you feel uncomfortable and lethargic the next day.
- Try to stick to familiar foods. Curries, spicy foods, baked beans and pulses (unless you are used to eating them) can cause gas and bloating, so avoid eating anything that may cause stomach discomfort the next day. It's best to stick to foods that you are familiar and compatible with!

### **THE MORNING OF THE EVENT**

- Don't swim on empty. Even if you feel nervous, make breakfast happen. Stick to easily digested foods – cereal with milk, porridge, banana with yoghurt, some fruit or toast with jam.
- If you're really struggling, try liquid meals such as milkshakes, yoghurt drinks or a smoothie.
- It's a good idea to rehearse your competition meal routine in training so you know exactly what agrees with you.

### **SNACKS BETWEEN HEATS**

- Try to eat as soon as possible after your swim to give yourself as long as possible to recover if you have to swim again.
- High fat and simple sugar foods will do you no favours in competition – instead search out the complex carbohydrates again.
- If you can't stomach anything solid try sports drinks, flavoured milk or diluted juice that will help replenish your energy supplies and assist the recovery of aching muscles.

The list below offers great food options to be snacking on in and around training for a competition. Remember to keep eating healthy foods from your regular diet though, such as fresh vegetables, nuts and fruits.

#### **Here are some more you can try**

- water, diluted fruit juice with a pinch of salt or a sports drink
- Pasta salad
- Plain sandwiches e.g. chicken, tuna, cheese with salad, banana, peanut butter
- Bananas, grapes, apples, plums, pears
- Dried fruit e.g. raisins, apricots, mango
- Smoothies
- Crackers and rice cakes with bananas and/or honey
- Mini-pancakes, fruit buns
- Cereal bars, fruit bars, sesame snaps
- Yoghurt and yoghurt drinks
- Small bags of unsalted nuts e.g. peanuts, cashews, almonds
- Prepared vegetable crudité's e.g. carrots, peppers, cucumber and celery

# WEEKLY TRAINING LOG



Date \_\_\_\_\_

SESSIONS ATTENDED		SESSION SETS	Total number of METRES	HOW YOU FELT	COMMENTS
DAY	TIME			☹️ 😐 😊	
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



# COACHES FEEDBACK SHEET



**Review date:**

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**Achievements:**

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**Areas to improve:**

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# QUALIFYING TIMES

Don't forget to include the current  
Hampshire, Regional & National Times  
in your log book file

