

NEW RICHMOND AREA TIGER SHARKS

Swim Team

Team Handbook



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with information from USA swimming, Minnesota Swimming and the Carmel Swim Club

WELCOME!

Welcome to the New Richmond Area Tiger Sharks Swim Team (NRATS)!

NRATS was incorporated in 1996 by a group of parents interested in establishing an alternative competitive sport in the St Croix and Polk County area for youth ages 6 and up. This organization is dedicated to providing youth the opportunity to:

1. Achieve swimming proficiency in four basic strokes: Freestyle, Breaststroke, Backstroke and Butterfly.
2. Compete as an individual as well as part of a team. The swimmer will work toward stroke and time improvement. They will learn and be expected to demonstrate good sports character.
3. Have fun! It's fun to practice with teammates, meet new friends at swim meets and take part in new experiences.

NRATS values each swimmer as an important member of the team. Our coaches and our club recognize that each swimmer joins the team with differing abilities and goals. Of primary importance is the swimmer's commitment to perform to his or her best at practices and at meets.

When a young person becomes a member of the New Richmond Area Tiger Sharks Swim Team he/she learns the values of sportsmanship and teamwork. Swimming through NRATS provides physical, emotional and intellectual skills that will last a lifetime.

THE COACHING STAFF

Co-head Coaches

Melissa Schulze	715-246-0376 (H)	612-481-0074 (C)
Ryan Sherley	715-386-4453 (H)	651-233-0578 (C)

Both coaches can be e-mailed at: tigersharkswim@frontiernet.net

BOARD OF DIRECTORS

The Board of Directors oversees the administrative functions of the New Richmond Area Tiger Sharks Swim Team. The Board sets policy, handles finances and makes sure that the club is being run in a manner consistent with the wishes of the majority of the parents. The board consists of five members and elections are held annually at the Team Banquet in March. The board meetings are open to all interested in attending. We encourage parents to attend and to serve on committees.

NOTE: Copies of the NRATS By-laws are available upon request from any NRATS Board Member.

home cell

President	Paula Andersen	715-246-8942	715-381-8622	pandersen4428@frontier.com
Vice President	Stan Falkenhagen	800-443-9011		falky@somtel.net
Treasurer	Dawn Coerber	715-549-6558	651-210-2330	dcoerber@sbcglobal.net
Secretary	Kathie Sylte		715-410-9353	Wildbnch4@frontier.com
Fundraiser Chair	Lisa Boyd	715-246-5694	651-343-3823	flyer68c@frontiernet.net
Budget Chair	Nate Olson			nathan.olson1440@yahoo.com

SWIM CLUB FEE STRUCTURE

Because the New Richmond Area Tiger Sharks Swim Team is not school or government funded, the swim club must charge fees to help cover the swim team’s operating expenses. The largest portion of our operating expenses goes toward coaches’ salaries. Other expenses incurred by our swim club include United States Swimming fees, Minnesota Swimming fees, insurance, office supplies, postage and awards for the swimmers. These fees you pay are based on the squad the swimmer is placed in and corresponds to the number of coaching hours he/she receives.

Fees are payable in a seasonal lump sum or on a monthly payment basis.

We do not want to exclude any swimmer because of financial circumstances. Those who feel they may have difficulty meeting the fee schedule are asked to speak to a board member to make special arrangements. **(All information submitted will remain strictly confidential.)**

It is the coaches’ sole decision to advance swimmers from the different squad levels. When a swimmer is moved from one squad to another, he/she must pay an adjusted fee for the highest squad in which the swimmer participates in for the remainder of the season. In the event a swimmer is advanced to the next squad, the new squad fees will begin during the next full month.

GROUPS

TIGERS:

Practice sessions are designed to introduce swimmers to the four competitive strokes (freestyle, backstroke, breaststroke and butterfly). Tiger swimmers practice 1 hour, 3 days per week. We recommend swimmers at the Tiger level swim at least 2-3 days per week.

Swimmers in the Tigers group can swim at least 25 yards of freestyle. Tiger level swimmers are typically 6 to 10 years old; however, older swimmers may swim at this level as well. Focus is on developing correct freestyle and backstroke technique and introduce swimmers to the breaststroke and butterfly techniques. Flip turns and competitive starts will be introduced. Equipment provided by the club includes: kick boards and flippers.

SHARKS:

Sharks include the continuation of the Tiger objectives with an emphasis on polishing stroke techniques and racing skills. The focus is on obtaining legal strokes, competitive starts, and flip turns in all four competitive strokes. Shark swimmers are also introduced to training techniques and use of the pace clock. This group consists of a wide variety of ages, mostly 7 to 11-year-olds. Shark swimmers practice 1 hour to 1 hour and 15 minutes, 4 days per week. We recommend swimmers at the Shark level swim at least 3 days per week. Equipment provided by the club includes: kick boards and flippers.

TRANSITIONS:

Transition includes the continuation of the Shark objectives with an emphasis on increasing swimmers endurance, improving proper stroke technique of all four competitive strokes, and improving technique of competitive starts and flip turns. Transition swimmers practice 1 hour and 15 minutes to 1 hour 30 minutes, 4 days per week. We recommend swimmers at the Transition level swim at least 3-4 days per week. Equipment provided by the club are pull buoys, kick boards, and flippers. Other equipment required but not provided by the club includes: zoomers, hand paddles and shirts to swim in.

JUNIOR:

Junior level includes the continuation of the Transition objectives with an emphasis on increasing endurance and improving proper technique of all four competitive strokes, and proper technique of competitive starts and flip turns. Junior swimmers practice 1 hour and 30 minutes to 1 hour and 45 minutes, 4 days per week. We recommend swimmers at the Junior level swim at least 4 times per week. Equipment provided by the club are pull buoys, kick boards, and flippers. Other equipment required but not provided by the club includes: zoomers, hand paddles and shirts to swim in.

SENIOR:

Senior level includes a continuation of the Junior level objectives with an emphasis on increasing endurance and improving proper technique of all four competitive strokes, and proper technique of competitive strokes and flip turns. Senior swimmers practice 1 hour and 30 minutes to 1 hour and 45 minutes, 4 days a week. We recommend swimmers at the Senior level swim at least 4 days per week and compete in at least 1 meet per month. We encourage our swimmers at this level to have an 80% practice attendance and train year round. Equipment provided by the club are pull buoys, kick boards and flippers. Other equipment required but not provided by the club includes: zoomers, hand paddles and shirts to swim in.

SEASONS

Winter season: Early October through the end of February or early March. This is considered “short course season.” All of the meets during this season are swum in a 25 yard pool.

Summer season: Mid April through the end of July or early August. This is considered “long course season.” This season we swim in a mix of 25 yard pools and 50 meter pools.

Practice times: Vary depending on the season; please check our website for availability

FACILITY

The New Richmond Area Tiger Sharks rent lane space from the New Richmond Area Centre.

All members of the team must have a current Centre membership.

TEAM COMMUNICATION

E-MAIL:

All team communication will be done via our website and e-mail. The team’s secretary will communicate all upcoming deadlines and important information via e-mail. Each month a team newsletter will be sent out to all participating families. Please read the newsletter and have your swimmer read the newsletter as well.

WEBSITE:

www.nrats.org All announcements and newsletters will also be put on our team website. Meet entries are to be completed via our website.

FUNDRAISING

Part of your commitment includes volunteering hours for local fundraisers, parades and home swim meets. Details of your required hours and options for buy-out are detailed below.

Please remember, this commitment of time allows the team to defray some of the costs associated with being a member of a local competitive team allowing us to keep the cost of participation to a minimum.

Summer:

1. Each family must attend at least 1 parade. Two parades will be available throughout the summer; Somerset Pea Soup Days (June) and New Richmond Fun Fest (July). One (1) \$25 check made payable to NRATS will be required at registration. This check will not be cashed unless your parade commitment is not fulfilled.
2. Each family will be responsible to raise a minimum of \$100.00 in donations/sponsorships for the team. One (1) fundraising deposit check of \$100.00 will be required at registration.

If you are returning in the Fall but not swimming during the Summer season, we encourage you to attend one of our summer parades.

Fall/Winter:

Deposit Checks: Each family will be asked to write two checks made payable to NRATS.

These checks will not be cashed unless the volunteer hours are not fulfilled.

1. Each family is required to have one adult work at the team sponsored Youth Triathlon event on Saturday, October 6th. One (1) fundraising volunteer deposit check of \$50.00 will be required at registration.
2. Each family will help raise a minimum of \$100.00 for the team by participating in our annual swim-a-thon. One (1) fundraising volunteer deposit check of \$100.00 will be required at registration.

Local Fundraising:

Throughout the swim season, we will have several additional opportunities to raise money for our team. These fundraisers will include bagging groceries at Family Fresh in New Richmond, and other events. More information will be provided as details become available.

TEAM BANQUET

Each year in March, swimmers are recognized for their participation on the team. Each swimmer is given a participation award. Parents and family members are encouraged to attend. It is a fun-filled evening of recognition for the swimmers and all their hard work.

Board elections are also held at the annual team banquet.

TEAM SPONSORSHIPS

We have a team website through Pure Blue to make it easy for you to order all your items. http://www.pureblueswim.com/New_Richmond_Area_Tiger_Sharks_s/485.htm. All the items you will need for your swimmer can be found here. This site includes all the required equipment that the transitions, Jr & Sr swimmers need for practice as well as goggles, team apparel and other items. By ordering through the site, you will receive 20% off all recommended items and 15% off all other items on the rest of their website.

To receive the benefits of being a Speedo sponsored team; we need to use Speedo products for our suits, caps, and warm-up suits.

Twice per year (beginning of each season), Speedo will offer us an additional 20% off bulk orders for warm-ups. We do these bulk orders at the beginning of each season to maximize the savings on these items.

COACHES RESPONSIBILITIES

The coaches' job is to supervise the entire competitive swim program. The New Richmond Area Tiger Sharks coaching staff is dedicated to providing a program for swimmers that will enable them to learn the value of striving to improve oneself--"to be the best you can be." Therefore, the coaches must be in total control in matters affecting training and competition.

1. The coaches are responsible for placing swimmers in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he/ she will be placed in a more challenging training group by the coach.
2. Sole responsibility for stroke instruction and the training regimen rests with the New Richmond Area Tiger Sharks coaching staff. Each group's practices are based on sound scientific principles and are geared to the specific goals of that group.
3. The coaching staff will make the final decision concerning which meets The New Richmond Area Tiger Sharks swimmers may attend. The coaching staff also makes the final decision concerning which events a swimmer is entered into.
4. At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer constructive criticism regarding the swimmers performance. (It is the parent's job to offer love and understanding regardless of their youngster's performance)
5. The building of a relay team is the sole responsibility of the coaching staff.

The coaching staff is constantly updating and improving the New Richmond Area Tiger Sharks program. It is the swimmer's and parents' responsibility to make the most out of the excellent opportunity this program provides for success in swimming.

SWIMMERS TRAINING RESPONSIBILITIES

As a swimmer's level of swimming ability increases so does his/her responsibility. The program is designed to encourage all swimmers to be Senior Swimming bound. As swimmers improve this is a deep commitment that requires great effort on all parts. A swimmer has responsibilities to the team, the coach, his/her parents, and most importantly to themselves. Swimmers need to prepare themselves for a 100% effort each time they come to practice.

Swimmers will be required to bring specified training accessories (i.e., goggles, flippers, etc.) to workouts. It is the swimmer's responsibility to make sure these items are properly adjusted and that spares are readily available. Equipment adjustment and repair will not be accepted as excuse to miss part of a training session.

WEIGHT TRAINING

All swimmers that are 12 and older AND in the transition, junior or senior groups should be participating in strength training outside of designated swim practice times. Orientation sessions will be offered at the beginning of each fall/winter season through the Centre for an additional discounted price. Once the swimmer has completed the orientation and received the workouts, they are expected to complete the training on their own 2-3 days per week until instructed to stop by coaching staff in order to rest for championship meets. It is also expected that swimmers participate in the weight training program during the summer training months as well.

SWIMMER CODE OF CONDUCT

All swimmers must read and sign the swimmer code of conduct before beginning practices with the New Richmond Area Tiger Sharks (Please see attached Code of Conduct)

Swimmers shall never interfere with the progress of another swimmer, during practice or otherwise.

At all club functions, whether practice, meets, or social gatherings, we expect each swimmer to behave in such a way that their actions reflect positively on the team.

All members of the club, whether parents or swimmers, must continue to protect and improve the excellent reputation the club has.

PARENT CODE OF CONDUCT

All parents of swimmers on the New Richmond Area Tiger Sharks must read and sign the attached code of conduct.

ANTI-BULLYING CONTRACT

Everyone has the right to feel physically and emotionally safe. We will do everything we can personally, as a members of the New Richmond Area Tiger Shark Swim Team, to create and preserve a physically and emotionally safe environment. All Swimmers and Parents are required to read and sign the Anti-Bullying Contract.

PARENTS...YOUR ATHLETE NEEDS YOU!

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches. The progress your swimmer makes depends to a great extent on this triangular relationship. It is with this in mind that we ask you to consider this section as you join the New Richmond Area Tiger Sharks and reacquaint yourself with this section if you are a returning NRATS parent.

You have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the model you have been. Human nature, however, is such that a parent loses some of his/her ability to remain detached and objective in matters concerning his/hers children's athletics. The following guidelines will help you keep your child's development in the proper perspective and help your child reach his/her full potential as an athlete.

The coach is the Coach!: We want your swimmer to relate to his or her coach as soon as possible concerning swimming matters. This relationship between coach and swimmer produces best results. When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and oftentimes insurmountable, confusion as to whom the swimmer should listen to. If you have a problem, concern, or complaint, please contact the coach.

Best kind of parent: The coach's job is to motivate and constructively criticize the swimmer's performance. It is the parent's job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives him/her the confidence to perform well in competition.

Ten and Unders: Ten and Unders are the most inconsistent swimmers and this can be frustrating for parents, coaches, and the swimmer alike! Parents and coaches must be patient and permit these swimmers to love the sport. When a young swimmer first joins NRATS, there may be a brief period in which he/she seems to slow down. This is a result of the added concentration on stroke technique, but this will soon lead to much faster swims for the individual.

Not every time: Even the very best swimmer will have meets where they do not do their best times. These "plateaus" are a normal part of swimming. Over the course of a season times should improve. Please be supportive of these "poor" meets. The older swimmers may have only two or three meets a year for which they will be rested and tapered.

PARENTS RESPONSIBILITIES

Please make every effort to have your swimmers at practice on time. Realize that your child is working hard and give all the support you can. Encourage good diet and sleeping habits. They will serve your children well.

The greatest contribution you can make to your swimmer's progress is to be a loving, supportive parent. In this handbook is a reprint of an article called, "The Ten Commandments for Parents of Athletic Children". It offers some very useful and sound advice on communicating with your swimmer. (See attached)

Be supportive of the NRATS coaching staff.

PROBLEMS WITH THE COACH?

One of the traditional swim team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only is the problem never resolved that way, but in fact this approach often results in new problems being created. Listed below are some guidelines for a parent raising some difficult issues with a coach:

1. Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
2. Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size from 20-200 members. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for occasional short term inconvenience.
3. If your child swims for an assistant coach, always discuss the matter first with that coach, following the same guidelines and preconceptions noted above. If the assistant coach cannot satisfactorily resolve your concern, then ask that the head age group coach or head coach join the dialogue as a third party.
4. If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.

EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT SWIM MEETS...

Swim meets are a great family experience! They're a place where the whole family can spend time together. Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we possibly could. If you have any questions, please ask any of the coaches on staff.

SWIM MEET REGISTRATION

1. Check the team website for the updated meet schedule for the season and select the meets you wish your swimmer to attend. Be sure to double check deadlines for entries.
2. Use the swim meet registration tab to select the meet you wish to attend and then select the events your swimmer would like to swim. Remember these are always at the coach's discretion.
3. Due to the complexity of running a swim meet, no late entries can be accepted.
4. Fees for meets are typically as follows

Meet administration fee:

\$5.00 per meet will be added to your account for each meet entered.

Regular season meets:

\$2.50 entry fee per swimmer and \$3.50 per event swum

Championship meets:

\$2.50 every fee per swimmer and \$5.00 per event swum

WHAT TO TAKE TO THE SWIM MEET

1. Most important: Meet Suit, Goggles, Tiger Sharks Team cap.
2. Towels-Realize your swimmer will be there awhile, so pack at least two.
3. Something to sit on (for parents too!). Example: sleeping bag, old blanket, or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it.
4. Sweat suits or warm clothes to wear on the pool deck after and before each swim: Each swimmer may want to bring two because they can get wet and soggy.
5. Games: travel games, coloring books, books, anything to pass the time.
6. Food: Each swimmer is should bring a small cooler. It is better to bring snacks. They usually have concessions at the meet, but the lines are long and most of the time they only sell junk food. Suggestions for items to bring:

Drinks: Fruit juice, Gatorade

Snacks: Granola bars, yogurt, cereal, jell-o cubes, sandwiches, veggies and fruit

Once you have attended one or two meets this will all become very routine. Please do not hesitate to ask any other NRATS parents for help or information!

These meets are a lot of fun for the swimmers! He/she gets to visit with his/her friends, play games, and meet kids from other teams. He/she also gets to "race" and see how much he/she has improved from all the hard work he/she has put in at practice.

BEFORE THE MEET STARTS

1. Be sure to check your e-mail and our website to obtain the correct warm-up time for your swimmers. Be sure to arrive at least 15 minutes before the start of warm-ups. Warm-ups are not optional, all swimmers need to attend warm-ups unless cleared prior to the meet with a coach.
2. Upon arrival, find a place to put your swimmer's blankets, swim bags and/or sleeping bags. The team usually sits in one place together, so look for some familiar faces and the team banner.
3. Heat Sheets/ Meet programs. A heat sheet is usually available for sale in the lobby or concession area of the pool. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event.
4. You may want to purchase a meet program to help identify when your swimmer will be racing. If you are only swimming one session of the meet, it may be a good option to share a program with another family in a different session. Once you have purchased your program, go through and highlight your swimmers name. Write each event-number, heat and lane on your swimmer's hand in ink. This helps him/her remember what events he/she is swimming and what event number to listen for.
5. Your swimmer now gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. Swimmer's bodies are just like cars on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.
6. After warm-up, your swimmer will go back to the area where his/her towels are and sit there until the next event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in.
7. The meet will usually start about 10-15 minutes after warm-ups are over.
8. According to USS rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff. They, in turn, will pursue the matter through the proper channels.

MEET START

1. It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on their hand). He/she may swim right away after warm-up or they may have to wait awhile.
2. A swimmer's event number will be called or displayed on the scoreboard. Swimmers should report behind the blocks with his/her cap and goggles. It is always a good idea to double check with the timers to make sure you are in the correct lane. Generally, girl's events are odd-numbered and boy's events are even-numbered.
3. The swimmer talks to their coach before each race for a final piece of information and to check in so that the coach is aware that the swimmer is ready for their race.
4. The swimmer swims their race.
5. After each swim:
 - A. He/she is to ask the timers (people behind the blocks at each lane) his/her time.
 - B. He/she should go immediately to their coach. The coach discuss the swim with each swimmer.
 - C. Generally, the coach follows the "compliment sandwich" guidelines when discussing swims:
 - a. Positive comments or praise
 - b. Suggestions for improvement
 - c. Positive comments
6. Things you, as a parent, can do after each swim:
 - A. Tell him/her how great they did! The coaching staff will be sure to discuss stroke technique with them. You need to tell him/her how proud you are and what a great job he/she did.
 - B. Take him/her back to the towel area and relax.
 - C. This is another good time to check out the bathrooms, get a drink or something light to eat.
 - D. The swimmer now waits until his/her next event is called and starts the procedure again
7. When a swimmer has completed all of his/her events he/she and their parents get to go home. Make sure, however, you, as a parent, check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and he/she is not there. (The coaches speak from experience on this issue).
8. Relay swims: When registering for a swim meet you have the option to allow the coaches to put your child in a relay or not. If you are available to do relays, the coaching staff will do our best to enter your child in a relay but it is not guaranteed. If your child neglects to swim in a relay they have been entered in and no replacement can be found to swim the relay, you will be responsible for the cost of the entire relay.
9. Relays at state: It is NRATS policy that only swimmers who compete in their championship meet for individual swims will be eligible for placement on a state relay. Who swims on the relay is determined by the NRATS coaching staff.

MINNESOTA TIME STANDARDS

Please see the attached for the current time standards. These are used to help encourage swimmers to set goals for their swims. The Minnesota time standards are used to determine qualifying times for certain meets throughout the season as well. The first time standard a swimmer is encouraged to shoot for is the "C" time, then "B", then "A" and so on. It may take swimmers a long time to achieve the different standards, that is what makes this sport so great, it is about the swimmer and the clock and what they are doing. As a club, we focus on helping the swimmer achieve their personal best time in each event, not on the time standards or what place is achieved. At the end of the season, there is a championship meet for all of the time standards.

WHAT HAPPENS IF YOUR CHILD HAS A DISAPPOINTING SWIM?

If your child has a poor race and comes out of it feeling bad, talk about the good things. The first thing you say is, "Hey, that is not like you. You're usually a top swimmer." Then you can go on and talk about the good things the child did. You never talk about the negative things.

If your child comes up to you and says, "That was a bad race, don't tell me it wasn't," there is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. "All right, you have had a bad race. How do you think you can do better next time?" Immediately start talking about the positive things.

NUTRITION

Reprinted from "Training Agenda", a USS Sports Medicine and Science Series

Everything you do influences your performance, but your food choices have the most effect due to the long term and short term benefits. A proper diet, including proper selection of foods, will help your training and performance while also achieving a healthy lifestyle once you stop competing.

To help ensure a balanced diet, remember that there are no magical nutrition remedies. So forget the fads and eat a variety of wholesome foods from the four food groups--milk, meat, fruits & vegetables, and grains. Foods in these groups provide protein, fat carbohydrate, fiber and all the necessary vitamins and minerals.

Your ideal diet should include the following percentage of calories:

Carbohydrate	50-60%
Fat	20-30%
Protein	14-18%

This nutrition series is designed to help you better understand good nutrition and to provide guidelines for ideal food choices. Within sports, there are four major periods that nutrition will impact:

During Training

Training represents the period in which athletes spend most of their time. Therefore, this category represents the most critical period. During this time, a diet high in carbohydrates is important. This is important since it is not uncommon for athletes training 4-6 hours a day to burn 2500 to 4000 calories a day. The best way to replenish these calories is with a high carbohydrate diet. By being conscious of this and by taking high carbohydrate foods or drink in the first 30 minutes following a workout, you can minimize depletion of energy stores.

Pre-event Nutrition

The major purpose of the pre-event diet is to ensure sufficient energy and fluid for the athlete. Two to three days before competition, a high carbohydrate diet with plenty of fluids should be emphasized. The pre-event meal should include a light, high carbohydrate meal three to four hours before the event.

Nutrition During Competition

Provided that good nutrition practices were followed during training, middle distance and sprint events will not be limited by nutrition-related factors. During a three to four day competition, make sure you consume plenty of fluids and each meal should include high carbohydrate, low fat selections.

Nutrition After Competition

High intensity work will deplete the muscle's energy supplies. Therefore, carbohydrates play an important role after competition to make sure energy stores are maintained.

Food Choices

The best food choices include a well balanced, mixed diet with choices from each of the four food groups. You can get all the nutrients you need by selecting a variety of foods in the recommended serving size from each of the following food groups:

Food Group	Selections	Servings
MILK	Milk, Cheese, Yogurt, Cottage Cheese, Ice	4 or More
MEAT	Meat, Fish, Poultry, Eggs, Beans, Peas, Nuts	2 or More
FRUIT & VEGETABLES	Fresh, Frozen, Canned, Dried and Juiced Fruits and Vegetables (Vitamins)	8 or More
GRAIN	Cereals, Breads, Rolls, Pasta, Muffins, Pancakes (Carbohydrates and Minerals)	8 or More
OTHERS	Cakes, Cookies, Pies, Candy Soft Drinks, Chips	ONLY if you need additional calories AFTER selections

Fast Food Nutrition (??)

Yes! "Fast Food" restaurants play an important role in the diets of athletes on the go. Today, these restaurants can provide a viable source of good nutrition--but the choice is yours and selection is critical. Here are some guidelines to make wiser choices:

Menu Adjectives

Fat content must be watched when selecting menu items. If you see one of the following words, try to make another selection:

Fried, Crispy, Breaded, Scampi Style, Creamed, Buttery, Au Gratin, Gravy.

Selection adjectives that are **good** include:

Marinara, Steamed, Boiled, Broiled, Tomato Sauce, In Its Own Juice, Poached, Charbroiled.

Handbook

Restaurant Choices

Depending on the restaurant you go to, here are some tips when selecting foods:

Mexican - Choose pot beans instead of refried beans and chicken or bean burritos and tostados. Ask for baked, soft corn tortillas instead of deep fried shells. Salsa is fine, but watch your chip intake.

Italian - Pasta with marinara sauce is good but watch alfredo sauces. Pizza, plain or with vegetables, is a good choice. Bread is good (watch the butter). Low-fat italian ices are better than rich dessert choices.

Chinese - Stir fried and steamed dishes, like chicken & vegetables and rice, are good choices. Minimize fried egg roll intake or avoid all together.

Burger Places - Salad bars are great but watch the dressing. Look for grilled burgers, hold the mayonnaise and go light on the cheese. Watch your french fry intake (select a baked potato with a little butter if you can) and go easy on the milk shakes.

Breakfast Cafes - Always ask for butter on the side of pancakes, toast, muffins, etc. Select fresh fruit, juices and whole-grain breads and muffins.

Fast Food Choices

Listed on this page are a partial list of fast foods and their calorie & fat content. When selecting, always go with the low fat choice.

Breakfast	Calories	Fat (gm)
Juice	80	0
English Muffin w/butter	186	5
Scrambled Eggs	180	13
Omelet	290	20
Egg McMuffin	340	20
French Toast (2 slices)	400	20
Sausage with Biscuit	467	35

Burgers	Calories	Fat (gm)
Hamburger	262	15
Cheeseburger	318	20
Quarter Pound Burger	427	25
Quarter Pound Burger w/cheese	525	35
Big Mac	570	40
Whopper w/cheese	760	50

Chicken	Calories	Fat (gm)
Drumstick	117	5
Chicken Sandwich	320	10
Chicken Nuggets (6)	300	23
Chicken Salad Sandwich	386	20
Chicken Club Sandwich	620	35

Desserts	Calories	Fat (gm)
Soft Serve Cone	185	5
Strawberry Sundae	320	10
Carmel Sundae	361	10
Frosty (12 oz)	400	15
Cherry Pie	260	15

Fish	Calories	Fat (gm)
Fish Sandwich	450	30
Seafood Platter	471	35

Milk and Milkshakes	Calories	Fat (gm)
2% Milk	120	5
Whole Milk	150	10
Milk Shake	350	10
Pizza (3 slices of 12")	Calories	Fat (gm)
Cheese	510	8
Pepperoni	430	17
Potatoes	Calories	Fat (gm)
Plain, baked	215	0
Regular Fries	220	15
Baked, Cheese & Broccoli	541	25
Baked w/cheese	590	40
Mexican	Calories	Fat (gm)
Taco	179	6
Beefy Tostado	291	15
Bean Burrito	343	15
Taco Salad	390	20

Nutrition Do's & Don'ts

Carbohydrate intake is important during every stage of nutrition. For each meal and snack, follow these Do's and Don'ts listed on this and the next page for wise food choices during training.

	Do	Don't
Breakfast	<p>Eat hot cereals like oatmeal or oat bran.</p> <p>Select whole-grain or high fiber cold cereals.</p> <p>Eat breads, including muffins, biscuits and bagels.</p> <p>Try milk, skim or lowfat is best.</p> <p>Choose fruit, including fresh, canned and fruit juices.</p> <p>Drink hot beverages such as hot chocolate and hot apple cider.</p> <p>Eat pancakes, waffles and french toast.</p> <p>Chooses eggs up to two or three times weekly.</p> <p>Choose fat-free toppings like syrups and jams as an alternative to butter.</p>	<p>Eat sausage, ham or bacon more than once or twice weekly</p> <p>Opt for eggs every day</p> <p>Choose sugary children's cereals</p> <p>Choose fast food breakfast sandwiches and fat-laden croissants every day.</p> <p>Use too much margarine or butter.</p> <p>Eat doughnuts or pastries daily.</p> <p>Skip breakfast.</p>
Lunch	<p>Pack a lunch when possible.</p> <p>Choose whole-grain breads.</p> <p>Choose lean meats like turkey over salami or bologna.</p> <p>Use mustard and ketchup as condiments.</p> <p>Choose a hamburger over hot dogs.</p> <p>Choose a baked potato over french fries.</p> <p>Eat pasta as much as you like, but choose tomato sauces rather than cream sauces.</p> <p>Try pizza without fatty meat toppings.</p> <p>Eat hearty soups and stews.</p>	<p>Eat fast-food meals too frequently.</p> <p>Eat fried foods like fish'n'chips too frequently.</p> <p>Overuse condiments like mayonnaise or salad dressings.</p> <p>Eat fatty and salty luncheon meats too often.</p> <p>Skip lunch.</p> <p>Choose prepared salads containing excessive mayonnaise or salad dressing.</p>

	Do	Don't
Dinner	<p>Eat pasta dishes.</p> <p>Choose pizza with vegetable and lean meat toppings.</p> <p>Try chinese food with rice and fresh vegetables.</p> <p>Select fish often. Broiled or poached is best.</p> <p>Trim visible fat from meats and remove skin from poultry.</p> <p>Have soups, salads and plenty of vegetables.</p> <p>Eat as much bread as you like.</p> <p>Include potatoes, rice or beans when available.</p> <p>Choose fresh fruit, yogurt or jello for dessert.</p>	<p>Choose deep-fried meals more than twice a week.</p> <p>Eat high-fat meals like hot dogs or sausages in excess.</p> <p>Choose meals with heavy cream sauces or gravies.</p> <p>Ruin a baked potato or bread with too much butter.</p> <p>Have cakes, ice cream and pies every night.</p>
Snacks and Beverages	<p>Pack nutritious snacks like fruit, raisins and nuts.</p> <p>Have rolls, muffins and breads when you get a break.</p> <p>Snack on popcorn, pretzels and breadsticks.</p> <p>Drink eight to ten glasses of fluids every day.</p> <p>Drink nonfat or lowfat milk.</p> <p>Drink fruit juices, sparkling waters and plain water.</p> <p>Drink hot ciders, soups and hot chocolate.</p>	<p>Count on potato chips or tortilla chips as good snacks.</p> <p>Eat cupcakes or cream-filled pastries to satisfy hunger.</p> <p>Eat ice cream, cakes or candies in excess.</p> <p>Drink too many soft drinks.</p>

This team handbook can be modified at anytime with the approval of the team board of directors.

NEW RICHMOND AREA TIGER SHARKS

Handbook