

# INJURY PREVENTION

1. WATER: Drink 2 quarts/day for proper hydration. This assists in recovery and removal of wastes from your body. It assists in flexibility and range of motion. Everyone should have his/her own water bottle in practice (with name on it).
2. STRETCH: After warm-up or short cardio, stretch when the muscles are warm. Stretch during practice when you feel tight and DEFINITELY after practice. This will help you recover for the next practice session.
3. NUTRITION: Nutrients in foods, beverages and vitamin/mineral supplements are key to your metabolism, mental clarity, and performance. You are an athlete training 2 hrs./day. EAT! Nutrition will be covered in detail at a later date.
4. REST: You should be getting at least 6 hrs. a night (8-9 is optimal). Your muscles are recovering from the stress they endured in practice. Sleep will help your body to feel better and will help your mind to stay clear and focused.
5. CLOTHING: Hello! It's wintertime! Dress like it! Warm winter coat, socks and shoes, **hat** to cover damp hair, mittens. Believe me, being sick is far less cool than what you look like all bundled up.
6. LISTEN TO COACHING STAFF: We know how far to push and when to back off. Diving Coaches aren't going to have you do 1 1/2's off the board until you have mastered the fundamentals. Divers need to focus before you even get on the board and during the dive while on the board and throughout its execution. Swim Coaches aren't going to have you do sets of full stroke fly until you've built up endurance and have proper technique. There is a time to swim fast and a time to swim slow, etc. We are training certain energy systems...swim with the intensity we are asking for and take the rest (no more or less) that is given to you.
7. LISTEN TO YOUR BODY: If you feel tight during practice—stretch between repeats or between sets. If something doesn't feel right inform one of the coaches. Tell the coaching staff of an injury within 24 hrs. of occurrence (don't wait for it to "go away").
8. SHOULDER PREVENTION EXERCISES FOR SWIMMERS: To prevent shoulder injuries. The coaching staff teaches the swimmers specific exercises to help prevent injuries. Once you learn them~do them *everyday!*
9. IF THE COACHING STAFF RECOMMENDS YOU TO SEE THE ATHLETIC TRAINER OR A SPECIALIST, **DO IT!!** Above all, do the exercises prescribed to you!!!! You are responsible for your own healing. YOU!!!
10. IF YOU ARE SICK OR TOO INJURED TO PRACTICE **DO NOT COME TO PRACTICE** TO "WATCH" OR "HELP OUT"! YOU NEED TO REST TO GET HEALTHY...TAKE THAT TIME AND USE IT WISELY!