

Health News / Suit Care / Calendar Tips

HEALTH CARE INFORMATION

WATER BOTTLES

- ❑ Swimmers need to bring water bottles to every practice and meet.
- ❑ Water bottles should be clearly marked with the swimmer's name and swimmers should only drink from their own bottles. Stay healthy! **DO NOT SHARE WATER BOTTLES!**
- ❑ Swimmers need to drink plenty of water to keep their bodies hydrated. If the body is not properly hydrated, muscles will not perform like they should.

SWIMMER'S EAR

- ❑ Moisture from pool water that stays in the ear can become a good breeding ground for bacteria. The bacteria will irritate the membrane of the ear canal, making it painful and tender to the touch. This is called Swimmer's Ear and it usually requires a visit to the doctor for antibiotic eardrops.
- ❑ The best way to avoid Swimmer's Ear is to try and remove any water from the ears after swimming. A good way to do this is to put drops of an alcohol mixture directly into the ears. This can be purchased or made from the following recipe.

(MIX) 1 Full bottle of 70% Alcohol

2 Tablespoons of White Vinegar

Place this mixture in a dropper bottle for use after swimming.

One or two drops should be sufficient.

RED EYE

- ❑ For swimmers that have problems with chlorine irritating their eyes, Coach Stickels recommends the product **CLEAR EYES**.

SWIM SUIT AND CAP CARE

Mark all your gear as soon as you get it with a **PERMANENT MARKER**.

SUITS

- ❑ A suit that has been used in chlorinated water should always be rinsed in fresh water.
- ❑ Do not rub or wring suits to remove water. The wringer machine will shorten the life of a suit.
- ❑ Do not use soaps or detergents when rinsing the suit.
- ❑ Do not shampoo hair while wearing a suit, especially a Lycra suit.
- ❑ Do not bleach, machine dry, dry-clean, or iron a suit. Do not allow lotions or oils to come in contact with hems containing rubber. **DO NOT LEAVE A WET SUIT ROLLED UP IN A TOWEL!**

CAPS

- ❑ Dry them inside and out immediately after each use, then dust with talcum powder or cornstarch. This will protect the printing on the cap and make it easier to put on.
- ❑ Put goggles on carefully, the straps can rub the printing off of the cap.
- ❑ Hair should be wet when pulling on a cap since air under a cap may cause it to come off during swimming. Never allow small children to play with a cap as a toy.

SCHEDULE & CALENDAR TIPS

- ❑ The following pages contain the Schedule and Calendars. We do the best we can to plan for the entire year, but the Schedule and Calendar information is **SUBJECT TO CHANGE**.
- ❑ You will receive information about changes in your mailbox. **CHECK IT OFTEN**.
- ❑ When there is a change, **WHITE IT OUT** in your Handbook and write it in correctly.
- ❑ Check your meet entry sheet before each meet. There is room on the Handbook Schedule and on the Calendars to add information such as warm-up times, AM or PM age groups etc. Check for changes and correct your handbook with white out and a pen. **Highlight meets you want to enter**.
- ❑ We are confident that this organized approach will make everyone's busy lives much easier.