

TIPS FOR SUCCESSFUL OUTDOOR SWIMMING

Arizona is a diverse climate for year-round swimming. Summers are brutally hot and harsh to unprepared swimmers. November through February can be chilly but it is not impossible to swim outside comfortably. Being mentally and physically prepared along with a few extra pieces of gear and clothing can make an outside swimming experience more comfortable.

Winter Month Swimming Tips

- Tarps keep the heat in the pool. A team effort is needed to remove and replace tarps before and after swim practice. Many hands make light work, please plan to help tarp the pool before and after each practice.
- With the exception over active lightening, swimmers, swim in the rain. Always keep a trash bag inside your dry gear bag to use on rainy days. When needed, the swimmer can store dry gear inside the trash bag while on deck during practice to protect dry gear from wind and rain. The trash bag will keep dry gear (towel and after practice clothes) warm and dry.
- Swimmer always swim with a swim cap, especially in the colder months as swim caps help keep body heat in.
- If cold when swimming outside, bring a hot/warm drink to practice in a non-glass thermos to sip on during practice. Hot tea and water work great.
- After practice, a swimmer should get into their parka, bathrobe or giant towel (bath sheets work great) and go to the women's/men's locker room to change out of the wet swimsuit quickly. If you need to purchase a bathrobe or parka, purchase several sizes too big. The parka or bathrobe should almost go to the ground to keep the swimmer warm and wick the water off fast. Parkas can be an expensive investment but if purchased correctly they can last three to five swim seasons based on your swimmers age.
- Put on warm clothes after practice. Sweats, hoodies and pajama pants work great. Ugg-style boots are great to pull on when dry (get the cheap ones at Big 5, no one really cares about the brand, it's about staying warm).
- Have and wear a knit beanie or other warm hat after practice.
- Throw on a parka or bathrobe and leave practice for a warm shower at home.
- McClintock/Chandler High School Pools DO have hot showers to wash hair quickly after practice, so no shower would be needed at home.

- Swimmers need fuel and hydration after practice. Have and eat/drink a small snack or meal within 30 minutes of practice ending. High protein meals and snacks help swimmers recover. Staying properly hydrated helps swimmer avoid cramping muscles.

Summer Month Swimming Tips

- Apply sunscreen before leaving home. Allow sunscreen to be absorbed into the skin during the car ride to the pool. Sunscreen applied immediately before entering the pool generally just washes off and can get into the swimmer's eyes and cause redness and irritation.
- Always have and use your water bottle. It is recommended that a swimmer brings at least 32oz of water to their swim practice.
- Always wear shoes or flip-flops to practice. The pool decks and parking lots can be very hot on bare feet.
- Swimmers need fuel and hydration after practice. Have and eat/drink a small snack or meal within 30 minutes of practice ending. High protein meals and snacks help swimmers recover. Staying properly hydrated helps swimmer avoid cramping muscles.