

News For SWIM PARENTS

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Summer's End Break

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QUESTION: "Will my child get out of shape if he takes four weeks off at the end of the summer season?"

Dave's reply: To answer this question, one must consider both the physiological and psychological aspects of children and sport.

Physiologically, your child will lose a certain amount of the conditioning he gained during the summer season. The amount lost will be directly related to the amount of training that he put into their summer season. For the most part, it is safe to say, that those athletes that put in the time and committed themselves to excellence will lose less than their teammates that did the reverse. Although, one must allow for individual differences. The more athletically endowed the individual, the longer they will maintain their conditioning.

Psychologically, the time off will probably help your child. A change of pace, a change of scenery, and associating with their non-swimming friends will be good for their attitude.

The four week absence from the pool, the coach, the kickboard, etc., will, in most cases, make them "hungry" for their sport.

We currently give our age group swimmers six weeks off at the completion of the summer championships. Our senior swimmers get two to three weeks off from training. Consistently, both these groups of athletes come back with great attitudes and are excited to be back at the pool, to see their coach, their swim friends, and even the kickboards.

Further, the four weeks off is a great time for the swimmers to participate in other activities such as bicycling, tennis, basketball, golf, and so on. If your child is performing other physical activities such as these, they are not going to get too out of shape. Now, if they are eating potato chips, drinking soda, and watching television they are putting themselves in quite a precarious situation when practice begins in the fall.

The best person to listen to is your child's coach. They know how much work your child has done and how much time they need off. Their expertise will determine what is best for your swimmer.