

SWAMP NEWS

Arlington Alligators Swim Club

November 2003

Volume VII



Coaches Comments

Great successes have been seen on the swimming end of things. Every one of our athletes should be proud of their accomplishments! We have participated in four meets to date; The Alligator meet, New Trier, PAC and COHO. Many swimmers have now tried many new events. This is often a little scary and they all did a great job. We also have a few swimmers that deserve a little extra special recognition - Ian Rodriguez, who took a 2nd place high point at New Trier and Katie Hutmacher, who took a 1st place high point! Congratulations! Next we have Ryan O'Connor. Congratulations to him on his first place high point at COHO! Keep up the great work all you Alligators!!

I want to thank all the parents for their dedication in getting their kids to practice on a regular basis. It is a fair amount of your time and I appreciate all you do! I also want to thanks those of you that have volunteered to time at our away meets. These teams need our support, just as we need theirs!

Barrington is this weekend. Get ready to swim fast again!



Mary



Birthdays

Name	Birthday	Age
Bridge Naughton	November 2nd	9 years old
Dan Murphy	November 4th	18 years old
Linday Collins	November 8th	13 years old
Megan Anderluh	November 21st	12 years old
Sarah Miksa	November 24th	14 years old
Margaret Spacapan	November 29th	12 years old

President's Corner

A big thank you to all of our parents who helped in making our swim meet successful. Months of planning go into ensuring a well run meet. I would like to thank Mark Anderson, our meet referee, for his hard work, dedication and guidance. Our concession committee, Mary Wilcher, Debbie Lee, Shelley Behrens and Maggie Nolan worked tirelessly in planning, shopping, collecting donation from our families as well as area businesses to put together a wonderful (and highly profitable) concession stand. Our volunteers who helped out the weekend of the meet did a great job. All of our parents showed up on time and were willing to assist in any area that was in need. It is nice to know that our parents can be counted on to pitch in and help.

Swimapalooza

Please mark your calendars for this season's swim-a-thon, Swimapalooza, which will be held on Tuesday December 2nd at Harper. Let's make this our biggest and best fundraiser of the year!

Coach Adam will psyche the swimmers up for this fun event and prizes will be given to three swimmers who bring in the most money. Pledge sheets will be in mailboxes soon.

Fundraising

Entertainment books are still for sale. The club needs to sell at least 60 books to retain the \$4 profit margin. We are sorely below that mark. Each book sells for only \$10 and has many great coupons inside. Contact Gene Waskowski at 253-5630 to receive your books.

Our poinsettia sale is currently under way. This was a great fundraiser last year and the plants were beautiful. Information flyers were placed in mailboxes a week ago. Flyers are also available on the website.

A clinic to become an Official will be held on November 16 in

Executive Board

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Noreen Rodriguez, President
Mark Anderson, Vice President

Mary Ann Anderson, Vice President
Deb Barrett, Treasurer
Jill Pellican, Membership Chairman

Maria Mackiw, Recording Secretary
Sara Zimmermann, Recruiting Chair.
Sue Ulrich, President Ex-Officio

Patti Nordyke, Apparel Chairman
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Evanston. Our club is in need of more parents that are willing to train and officiate at meets. The job of an official is very important and extremely rewarding. Contact Mark Anderson at anderswim728@aol.com if you are interested.

Thank you to Karen Pesenko for all her work in making the Halloween Party a success. All the swimmers had a great time. The relays were fun and the food was plentiful! Speaking of parties, the Alligator Christmas party will be held on Friday, Dec 19th in the banquet room at Plum Grove Pool. Please reserve that night on your calendars. ▲

Noreen

Nutrition Nibblet

Do you take TIME to eat before practice? Do you space out your meals and healthy snacks throughout the day or do you chow-down right before you come to the pool? If you eat too quickly, not only will you possibly give yourself a stomachache, but your food will not have time to digest and become the ENERGY you need.

H2O Oasis

We are back in the full swing of things and I must say that I am surprised at how many people are STILL not bringing water bottles to practice. As a selected test-subject at the National Gatorade Sports Science Institute, I have been learning a lot about the importance of hydration for athletes. As swimmers, even though we are surrounded by water, we still need to drink throughout practice.

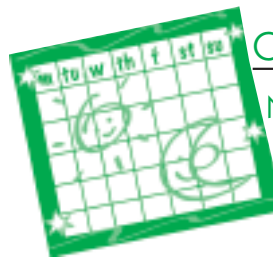
Here are some guidelines:

3 hours before practice, drink at least 17 to 20 oz of water or a sports drink (like when you get home from school)

20 minutes before exercise drink another 7 to 10 oz of

water or a sports drink (sip on something in the car, on your way to practice)

During exercise! As swimmers many times we do know realize that we need water until it is TOO LATE! (Even slight dehydration can cause a noticeable decline in your performance). So let's see those water bottles on the deck – you won't catch ME without one! ▲



Calendar of Events:

November 7th, 8th & 9th — BSC Meet at Barrington High School.

November 11th — Harper Closed, No practice.

November 15th — Meet schedules due to Mary Ruffin.

November 16th — Officials Clinic in Evanston.

November 24th — 13 and over Pizza Party.

November 27th — Thanksgiving, No Practice.

December 2nd — Swimapalooza (swim-a-thon).

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