

SQUAWK

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JANUARY, 2009

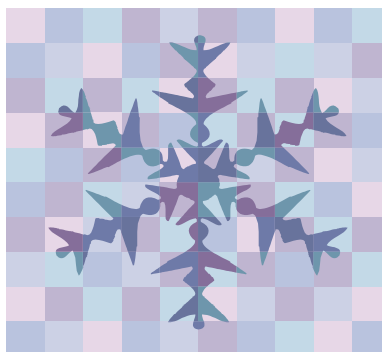
JANUARY BIRTHDAYS

Megan Drumm	7	1/3	Manya Nagpal	11	1/15
Maddie Martinez	13	1/3	Guillermo Hernandez	12	1/20
Cooper Schmiedeler	12	1/4	Trevor Hughes	12	1/25
Elizabeth Padgett	13	1/5	Nathan Evers	14	1/25
Carline Dong	10	1/7	Annastasia Odrowski	13	1/26
Averi Clement	7	1/8	Zach Denny	12	1/27
Valente Hernandez	13	1/13	Cooper Lancaster	10	1/27
Megan Peterson	11	1/14	Piper Rogers	9	1/28
Trenna Soderling	11	1/14	Ryan Lutz	7	1/30

Happy New Year

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Important Dates

- January 9-11th True Blue Igloo
- January 17-18th Midwest All-Stars
- January 22nd Mini Meet
- January 23-25th Invitational/Div Qualifier
- February 13th MAL 8 & Under
- February 13-16th Missouri Grand Prix
- February 14-15th MAL West Championship
- February 20th Championship Party
- February 27th-March 1st Div. II Championship
- March 5-8th USAS LCM Sectionals

Check the website for more specific meet information.

COACHES CORNER

The Lawrence Aquahawks will host the 25th Annual Midwest All Star Meet which will feature many of the top 14 and under swimmers from Iowa, Colorado, Nebraska, Kansas, South Dakota and Missouri. The meet will run Saturday January 17th and Sunday January 18th at the Lawrence Indoor Aquatic Center. Please sign up to help set-up the pool and time. If you would like to learn how to run the computer or console, please contact Patrick. 14 and under swimmers were chosen to the 2009 Missouri Valley All Star Team based on their swimming performances from October thru December 2008. The following Aquahawks will represent Missouri Valley Swimming on this year's team.

10 & Under

Jordon Portela, Cooper Lancaster, and Sydney Sirmongkhon-Dyck

11-12 Years

Kiara Clark, Shannon Brouk, Annastasia Odrowski, Lucy Sirmongkhon-Dyck, Canaan Campbell and Gretchen Frick

13-14 Years

Maddy McCaffrey, Phoebe Grabill, Heather Cistola, Ben Sloan and Nathan Evers



Meet Directors Needed

Assume the role of Meet Director for one of our hosted meets per year and this would satisfy your volunteer requirements as stated in the Mandatory Volunteer Program. For more information contact Jim and Angie Evers

865-1662

Office Hours

Tuesday, Wednesday, & Thursday

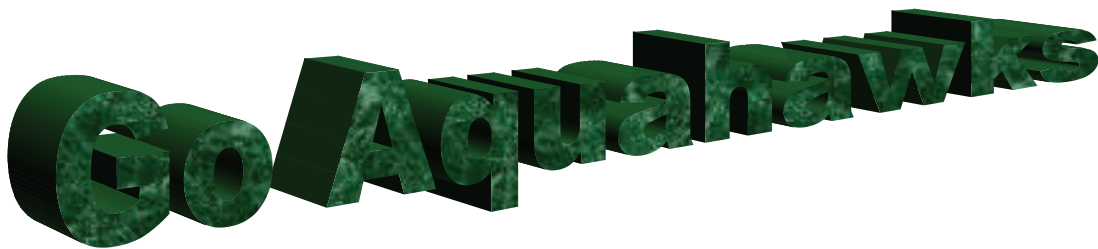
10:00-2:00

Monday & Friday—by appointment only

Office phone # 841-8891

Call for Meet Officials

Satisfy your volunteer hours and receive a rebate toward your dues. The team is very short on meet officials. In an effort to generate interest in participating the Board of Directors has determined that the organization will reward, through a rebate any individual who agrees to become a meet official. The team needs 10-12 stroke and turn officials, 3 Starters and 3 Referees. More specific information is located on the website, check it out.



AQUAHAWK CONTACTS

Presidents Ed & Polly Sloan	841-4087	Esloan01372@aol.com
VP of Operations Angie & Jim Evers	865-1662	acevers@sunflower.com jevers@epsinc.com
VP of Fundraising Paul Miller	785-559-6414	Paul-Miller@payless.com
VP of Membership Christy Odrowski	331-2883	Christy.odrowski@sbcglobal.net
VP Liaison Leslie McCaffrey	841-4339	lesliem@sunflower.com
Secretary Jana Flannigan	749-0845	spenc-mor@sunflower.com
Treasurer Collier Case	841-3024	Collier.w.case@sprint.com
Age Group Coach Patrick Norman	841-8891	normanpphawk@hotmail.com
Head Coach Mike Soderling	841-8891	mike@aquahawks.org
Business Manager Jolisa Buchner	841-8891	businessmanager@aquahawks.org

SWIMMING 101

Nutrition For Swimmers

One of the building blocks of quality training is good nutrition. Every swimmer and parent needs to be aware of the following two points:

1. ***Food does NOT make a swimmer swim fast.*** That's right. Food does not make him swim fast. What does make him swim fast? Training makes him swim fast.
2. ***Quality training makes him swim fast.*** A vital part of quality training is good nutrition!

Believe it or not, your swimmer doesn't get fast during practice. In practice she might see her times improving, but her adaptation to training (i.e. getting fast) actually occurs while her body is at rest. Workout is the stimulus that causes this to happen.

Workouts are hard! They're supposed to be. They're designed to tell the body, "This is hard work for me...you better do something to enable me to do it again later." And the body actually responds by becoming more efficient—aerobically and anaerobically. During its time off, the body WILL adapt, but only if given the **proper fuels**.

What should my child eat before practice? At meets?

The best pre-practice, or pre-meet should contain primarily carbohydrates. Carbohydrate-rich foods like pasta, breads and cereal are easily digested and absorbed. Rule of thumb: 0.5-2.0 grams of carbohydrate per pound of body weight one to four hours prior to exercise.

Meals that provide 100 grams of carbohydrates

- 1 bagel with peanut butter and 2/3 cup of raisins
- 1 cup of low-fat yogurt, 1 banana and 1 cup of orange juice
- 1 turkey sandwich with 1 cup of applesauce
- 2 cups of spaghetti with meat sauce and 1 piece of garlic bread
- 8 oz. of skim milk, 1 apple, 1 orange, 2 slices bread and 3 pancakes
- 1 serving of Gatorade and 1 bagel

Fluid Replacement Tips

- Keep a fluid bottle by the side of the pool when working out and drink between repeats and sets.
- Choose sport drinks like Gatorade that taste good, stimulate fluid absorption in the body maintain proper fluid balance in the body, and provide energy to working muscles.
- Avoid carbonated drinks, which can cause stomach bloating and may reduce fluid intake.
- Avoid caffeine-filled beverages. They are diuretics and contribute to fluid loss.