

SQUAWK

VOLUME 17, ISSUE 3

MARCH, 2009

MARCH BIRTHDAYS

| | | | | | |
|---------------------|----|------|-------------------|----|------|
| Stephen Johnson | 9 | 3/3 | Jordon Portela | 10 | 3/16 |
| Carter Stacey | 10 | 3/3 | Abby Padgett | 11 | 3/16 |
| Shannon Brouk | 13 | 3/5 | Maggie McCalla | 7 | 3/18 |
| Canaan Campbell | 13 | 3/5 | Lesley Giullian | 15 | 3/18 |
| Abby Murrish | 9 | 3/8 | Smitha Ramesh | 8 | 3/19 |
| Morgan Miller | 14 | 3/9 | Emma Oury | 13 | 3/21 |
| Anya Dickinson-Cove | 11 | 3/11 | Ryan Flakus | 8 | 3/22 |
| Ashton Cuttell | 11 | 3/12 | Gretchen Frick | 13 | 3/23 |
| Kelley Edwards | 10 | 3/12 | Erica Christensen | 10 | 3/25 |
| Caroline Padgett | 10 | 3/12 | Lily Ross | 12 | 3/25 |
| Sarah Lieberman | 12 | 3/13 | Marilee Neutel | 13 | 3/26 |
| Alexander Warren | 16 | 3/13 | Tori Crawford | 15 | 3/27 |
| Eliza Anderson | 12 | 3/15 | Sarah Cunningham | 16 | 3/29 |
| Hailei Detwiler | 9 | 3/16 | Claire Campbell | 9 | 3/29 |
| Isabel Carey | 9 | 3/16 | Cody Pollom | 11 | 3/31 |

What's Inside This Month?

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Important Dates

- March 5-8th USAS LCM Sectionals
- March 13-15th Div I Championships
- March 17-21st NSCA Junior Nationals
- March 15th-April 1st Aquahawk Break
- April 7th New Swimmer Clinic
- April 16th Aquahawk Banquet
- April 24-26th Voorhees - Maxfield

COACHES UP-DATE

Senior/National Group—We have qualified a record number 26 swimmers for Sectionals in OK City. The meet has been moved back to short course yard format. We have qualified a record number of 13 swimmers for NCSA Junior Nationals in Orlando, FL. We feel like we are through the most difficult time of the year, January and February are hard on the swimmers who are going two days and in school full time.

Platinum—This group has spent the last month fine tuning their stroke and turns. I have placed emphasis on our kick-outs/pullouts and not breathing the first cycle. I have videotaped all of the swimmers and sat down with each swimmer individually to discuss their strokes. The ability to see yourself making mistakes has affected the swimmers in a positive way. I will continue to tape their starts and turns.

Varsity—This group is becoming more cohesive skill wise and are able to do more sets together as a group rather than being separated into three groups the entire practice. The girls are eager to start their high school season.

Gold/Gold A—I could not be happier with the progress of these two groups. The separation has proven to be good. We continue to perform well and work towards our goals of getting people to the Divisional Meets. We had a great turnout of new Gold A swimmers at the MAL Championships. For many of them, this was their first meet. In Gold, we had some new D1 and D2 times.

Silver—This is a very large and a bit chaotic at times due to are limited space, but it's a really fun group. Justin has videotaped them all individually on their backstroke starts and worked with them on it. The rest of us have been focused on last minute technique before these last two weeks. We're excited for DII's!

Bronze/Discovery—New this session is the use of Aquahawk Bucks. We give each child a buck for coming to practice then extra bucks for going certain skills or strokes well during practice. For example, if the skill of the day is streamline when we see a child do this consistently in practice without constant reminders then they get an extra buck. On the back of the buck we write the skill or stroke they have excelled in for the day. With the collection of the bucks, the kids will have a spring party with the chance to buy things with their money. So far it is very well received and the kids are looking for ways to earn extra money.

Test sets well be about two times a session, looking at different skills for each group. We are just checking for progress and it is more for coaching feedback. The Aquahawk bucks help with immediate feedback and it gives information to the parents on progress.

The mini-meet was a success. We had of a lot of parents helping and it was a great turnout for the kids. I think it needs to be a bit smaller and quicker, but in reality it was very indicative or a true meet with our time delays and running over our scheduled session time. The attendance is very good and consistent with our swimmers. Those that are coming at least two times a week are seeing great progress.

New Late Fee Policy

Effective with your March invoices, which will be mailed on or about February 21st, a late fee will be posted to all accounts not current and/or not completely paid in full prior the posting of this invoice. If you only have one cent remaining as an outstanding balance, your account will be assessed a \$15 late fee. This policy is being put in place because it is important for our club to be able to collect monthly fees when due. This allows the club to better manage the cash flow and to meet expense obligations in a timely manner.



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. Parent volunteers wanting to become stroke and turn judges will get together on March 28th or 29th and will take the test as a group with the assistance from parent Tony Portela. Interested parents will need to set up a password and print out the test ahead of time. USA Swimming Rules and Regulations book is a PDF file on line and can be printed off.

More specific information is located on the website, check it out.

Swim Fast

AQUAHAWK CONTACTS

| | | |
|------------------------------------|--------------|--|
| Presidents Ed & Polly Sloan | 841-4087 | Esloan01372@aol.com |
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| Business Manager Jolisa Buchner | 841-8891 | businessmanager@aquahawks.org |

SWIMMING 101

Do-s and Don't-s of Optimal Off- Season Nutrition*

Do... Focus on healthful eating and lifestyle habits.

Do...Use performance and energy level variables to monitor success.

Do... Decrease normal energy intake according to decreases in training.

Do...Substitute lower-fat foods for whole-fat foods.

Do...Reduce the intake of energy-dense snacks.

Do...Eat more whole grains, cereals, beans and legumes.

Do...Get at least 5 servings of fruits and 5 servings of vegetables each day.

Do...Eat low-fat dairy products and lean cuts of lean cuts of meat, fish and poultry often.

Do...Drink a variety of fluids to maintain hydration.

Do...Keeps snacks on hand for times when hunger might set in.

Do...Find a place for "favorite foods" to fit in moderation.

Do...Continue to exercise, even if it's not as much as the in-season.

Don't...Focus on the scale.

Don't...Eat low-energy diets.

Don't...Reduce fat intake to less than 15% of total calories.

Don't...Skimp on protein or calcium.

Don't...Skip meals.

Don't...Allow hunger to set in.

Don't...Deprive yourself of favorite foods.

** These guidelines have been adapted from the American Dietetic Association, Dietitians of Canada and American College of Sports Medicine Position Paper on Nutrition and Athletic Performances.*

The image features the text "GO Aquanews" in a 3D, blocky font. The letters are a vibrant green color with a subtle, darker green marbled or textured pattern. The text is arranged in a slightly curved, perspective view, giving it a three-dimensional appearance. The "GO" is on the left, followed by "Aquanews" in a larger font size.