

BLUEFISH

C U R R E N T

WELCOME BACK!

It's Olympic Year and it's always an extra exciting time to be involved with swimming!

The Bluefish Swim Club, Christie, and the entire coaching/business staff and I would like to take this opportunity to welcome back our returning members and also extend a warm welcome to our new families. I would encourage our veteran members to embrace a new family or two in an effort to make everyone feel like they are part of Bluefish!

The 2010-2011 was a "dyn-o-mite" season for Bluefish. All levels and individuals have had outstanding success over the past year. Here are a few of the highlights:

- We hosted 5 Short Course and 2 Long Course meets including Regional Championships!
- Attended the 108th year of the Ohio Valley Championships in Louisville, KY for the first time! In the Lakeside Swim Club's outdoor Quarry pool. (The meet is older than USA Swimming!)
- 3rd place at 12& Under SCY Championships
- 1st place 13-19 NE Age Group Championships
- 2nd place Southern Zone Sectionals
- 3rd place NE LCM 14 & Under Championships
- 2nd place NE LCM Open
- New England Record breaking Relay's 11-12 Girls 400 Free SCY and 13-14 Boys 400 Medley LCM
- Megan Kramer broke every Bluefish 8 under Long Course record except the 50 Breaststroke! Way to go Megan!
- Emma Jackson and Kristen Connors both qualified for Olympic Trials in the 100 Breast at OPENS!
- Elizabeth Beisel wins Gold Medal in the 400 IM at World Championships in Shanghai, China July 16-31
- Elizabeth Beisel wins 200IM, 400IM and 200BK at USA Swimming Nationals Championships
- Connor Green Qualifies for Olympic Trials in the 400IM
- Pat Myers Qualifies and is selected for the USA Swimming National Junior Team
- Chuck was the 2011 Pan American Games USA Swimming Women's Head Coach. The competition took place in Guadalajara Mexico October 14-30th, 2011.
- Chuck was recently named to USA Swimming's Pathway's Committee



This list doesn't begin to fully encompass everyone's achievements; we had numerous high-point winners and scholastic All American team members. I would like to congratulate everyone on the team! We especially want to thank the entire Bluefish coaching staff and support staff, we have achieved so much because of your passionate dedication to our athletes. Finally, athletes please thank your parents and teammates for all the support over the last year.

We are excited Bluefish's will host their 1st Swim-a-Thon Sunday April 1st, 2012. We think this will be a great addition to Bluefish activities and accomplishments! Hopefully the start of a very successful and lucrative tradition for Bluefish! A Swim-a-Thon is a USA Swimming sanctioned fundraiser where participants earn money for their team by swimming lengths of the pool for a period of two hours. Swimmers can collect pledges per lap from family, friends and businesses. For example, if you receive a pledge for .10 cents a lap and you swim 200 laps, the swimmer would collect \$20. The details: Each swimmer is required to raise a minimum of \$20. All funds raised over \$20 will be applied to your annual Friends and Fan's family fundraising obligation.

As we move forward into this year we will focus on overall fitness, raising our swimming volumes as much as 20% with the addition of 2-3 mornings before school for our Senior team and the addition of Sunday practices for the Junior team. By taking one step at a time we will be able to build a foundation so that we will continue to be successful year after year. Who is going to be the next Bluefish Olympic Trial Qualifier in 2012? It could be you!

Go Bluefish!

Sincerely, *Chuck*

BLUEFISH CURRENT



Nov Trials/Finals Meet



Minneapolis Grand Prix



2011 Blue vs. Fish

Greetings from The President

By: David Thomson, F&F Pres.

First, I would like to welcome everyone back; our season has begun and I would like to complement everyone on an excellent first swim meet. Bluefish has a reputation for running excellent meets and this is due mainly to the efforts and commitment demonstrated by you our parents. Throughout, the season I would suggest that you try some new positions as this enables you to meet new people in the club and extend our Bluefish family.

I would also like to take a moment to recognize the past President of Bluefish Friends and Fans, Patty Murphy. Patty has led our organization for the last 6 years, and placed us in a position to financially and organizationally promote and support the sport of swimming. The list of accomplishments because of Patty's leadership would cover the pages of this newsletter, but without her efforts, we would not be in the position we are in today. I would ask that you take a moment to extend your gratitude to Patty for her time, vision, and leadership.

This fall we have added new positions to the Friends and Fans board as well as retained veteran members to establish a larger and comprehensive leadership team. I would like to welcome back Melanie Peach, Vice President, Virginia Costello, Treasurer,

and Suma Kaveti, Secretary; their institutional knowledge has been invaluable in the transition not only for me as President but also to our expanded board. I would also like to welcome new Board Members, Doug McMahon, Mary Capprini, Donna Chane, and Kellie Martin. These folks have accepted V.P. roles and responsibilities on our board and add many great ideas and perspectives. If you have any question about Friends and Fans please be sure to approach any on these dedicated individuals.



We have had a very productive fall establishing multiple methods for families to reach their fundraising goals, establishing a donation policy enabling individuals to use certain types of donations toward their fundraising goals, and establishing board leadership for committees. We are currently looking for members to work with our board chairs on the following committees, Fundraising (Doug McMahon), Social (Sue Cordery), and Scholarship (Mary Capprini) If you can help please contact these people.

In closing I would ask that everyone please, get involved in Bluefish Friends and Fans, the more involvement the greater our accomplishments will be! Our next general meeting is scheduled for Saturday December 12th, please place the date on the calendar. I am looking forward to working with all of you and having a great swim season!

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Meet Day Nutrition

By: Jill Castle, MS, RD, LDN

What do you pack to eat on race day? What's your nutrition prescription?

Everybody has a different approach when it comes to eating on race day. Having a strategy and an execution plan can remove doubt and worry about hunger, energy levels, digestive problems, and keep you focused on the race at hand.

Here are a few guidelines for smart eating and packing up the cooler:

Don't DQ your day. Breakfast at home or on the road is the metabolism boost every swimmer needs. Instant oatmeal made with skim or low fat milk, toast with nut butter, dry cereal, yogurt and fruit are all light options that rev up the body. If you are competing in the morning, be sure to keep it light. Opt for a heavier breakfast if competition is in the afternoon.

Pack variety. A few options of fruit, vegetables, grain and high quality protein sources should cover the variable appetite and tummy tolerance you may experience on race day. It's better to have more food options than a large quantity of only two or three foods. Don't make the mistake of relying on a single food or energy bars to get you through the day. While they can do the job of fueling your body, they may not rate in appetite satisfaction. Having a variety of food sources increases the odds of proper fueling and healthy eating.

Pack enough. You don't want to run out of food, and you may want to share with other swimmers (well-fueled swimmers help the whole team, right?).

Pay attention to temperature. If you are packing perishables, be sure to add an ice pack. It's no fun to get tummy cramps before a race because something has spoiled.

Pack in the protein. Protein will be an ally in keeping your blood sugar stable, thus keeping hunger, energy and mood in check. Nibble on cheese sticks or slices, nuts, peanut or nut butters, deli meat slices, yogurt or yogurt drinks, boxes of low fat milk, hummus, hard-boiled eggs or edamame.



Spinach & Artichoke Dip

Ingredients

1 cup thawed, chopped frozen spinach
1 1/2 cups thawed, chopped frozen artichoke hearts
6 ounces cream cheese
1/4 cup sour cream
1/4 cup mayonnaise
1/3 cup grated Parmesan
1/2 teaspoon red pepper flakes
1/4 teaspoon salt
1/4 teaspoon garlic powder

Directions

Boil spinach and artichokes in 1 cup of water until tender and drain. Discard liquid. Heat cream cheese in microwave for 1 minute or until hot and soft. Stir in rest of ingredients and serve hot.

speedo 



Connor Green
wearing the new
Speedo Fastskin 3
Super Elite Mirrored
Goggles at Nationals

Don't forget the Carbohydrate. Your muscles rely on carbs for fuel. Pack easily digestible sources such as 100% juice, fruit leather, applesauce, fresh or dried fruit, or veggie sticks. Don't forget the more complex carbohydrate foods too, such as crackers, unsweetened dry cereal, pita or other breads, pretzels and graham crackers. Stay away from refined sugars such as soda, candy and desserts on race day.

Nosh or Nibble? Save "meals" or large quantities of food for big breaks between events. Nibble small amounts of food before and after events that are closely scheduled. At a minimum, you should be nibbling to stay energized and keep your muscles fueled on race day.

Think your drink. Water, 100% fruit juice and sports drinks are appropriate at a swim meet. Plain and flavored milk are great recovery drink choices after the meet; they provide protein for muscle repair and carbohydrate to re-fuel muscles.

Know your eating style on race day. If it is counter-productive to racing, follow these guidelines as a strategy for optimal eating. Don't tempt yourself by packing foods or making concession purchases that you (really) don't want to be eating.

Fiber Facts. Fiber can be a problem on race day, or not. Fiber is a food component to which each swimmer has an individual tolerance. Don't experiment with high fiber foods on race day; sort this out during training season and avoid tummy trouble when it matters most.

BLUEFISH CURRENT

Eliminate Your Competition

By: Guy Edson, ASCA Staff

Here are some short vignettes of parent--coach interactions I have collected over the past couple of months at meets I have attended with my own team as well as observations other teams here in South Florida.

Early in the morning before the meet warm-up a coach, holding one corner of the shade canopy and trying to both direct a hand full of helpful swimmers and negotiate around the corner of the bleacher is suddenly replaced by a crew of parents telling him, "You and the swimmers have more important things to do. We will take care of this."

During a passing rain shower hitting in the middle of the 400 freestyles, a parent stands by the coach with umbrella in hand so the coach can watch and take splits in relative dryness.

In the finals' heat sheets the coach discovers that one of his swimmers is seeded two seconds faster than she actually swam in prelims and the erroneous time is a JO qualifying time. After talking to meet management he finds out that there was a "timing error" and the meet management felt the results were fair and were not going to change them. He explains the situation to the dad of the swimmer and before the coach has a chance to say that the child has to truly make the time standard, the dad beats the coach to the thought saying, "she has to earn it by doing it."

Most everyone has left at the end of prelims except officials, timers, a few coaches and swimmers preparing for a couple of heats of 1500's. During the short break the coach reviews splits and strategies with his swimmers and doesn't have time to leave the deck. A parent brings him a cold soda and a sandwich from the concession stand.

After finals a group of parents clean up the area they had occupied that day leaving it cleaner than they had found it.

A swimmer who qualifies 9th and fails to make finals is comforted and reassured by the dad who then, without comment on the swim, directs the swimmer to speak with the coach.

A parent sincerely asks if the coaching staff can do a private lesson to fix his son's butterfly. The coach said that he didn't believe he needed a private lesson, but just needed to apply what the staff is saying to him in practice every day. Before the 50 fly event the coach reminds the boy, with the parent present, to get his head and chest down, hips up, and to stretch the entry before beginning the stroke in order to allow the hips time to get up. In the event the swimmer dives in and swims uphill butterfly the entire way. The coach explains to the parent that every day the staff reminds the swimmer about proper timing and body position in the water and he sometimes tunes in and does it but more often doesn't. When the swimmer returns from the swim for post race analysis the coach asks the swimmer if he thought at all about his hips up and he said "no." The parent then says to his son, "Sounds like you just need to pay more attention in practice."

A swimmer who has noticeably struggled all meet long has one last chance to make finals and all parents stand up to cheer the swimmer on. (He makes finals.)

On the last day of a three day meet, a swimmer -- who has had an exceptionally good meet and made several qualifying times the previous two days but is noticeably tired -- makes the final of one event on the last night. It is an inconsequential event for the athlete and there is no team scoring involved. The coach recommends that the swimmer scratch finals and go home early to get some rest. The dad is fully supportive.

Due to a ton of scratches, a young swimmer is moved all the way up to first alternate and this would be his first chance at a final. He is excited about the opportunity to swim again. Even though his best time is far behind the other qualifiers his parents are also enthusiastic about bringing him back for a chance at swimming in finals. However, there are no scratches and the boy is unable to swim and is noticeably disappointed. His parents hug him and reassure him that his time will come and they stay for the rest of finals to watch and cheer for the other swimmers...All good examples of wonderful parent support.

So, where does the title "Eliminate the Competition" come from? It comes from another vignette:

During the 400 freestyles in a qualifying meet, a 12 year old swimmer who I had just finished going over the pre-race strategy with the coach, was pulled aside on his way to the blocks by the dad who told him to "eliminate the competition" on the first 200 so that he would have an "easy time of it" on the second 200. This may be an acceptable business strategy but not so good in the 400 free. The boy tried to do as the dad said and did indeed go out fast but failed badly on the second half of the swim and missed a qualifying time substantially. The dad stormed out of the natatorium without talking to his son or the coach.

I was going to write an article about this situation and what might have been a more appropriate chain of events but then I started thinking of all the good things parents do at swim meets and I decided to focus an article on the positive instead, because the positive parent behaviors far outweigh the negative behaviors. We coaches thank all of you parents who model such good choices for your children and the team.



BLUEFISH CURRENT

USA Swimming's Deck Pass

USA Swimming released the Android and iPhone versions of its first-ever mobile application – Deck Pass.

The Android and iPhone Deck Pass mobile application is free to all users. Share times, brag about your accomplishments and set your goals in this new application that lets you compete and connect. Download it today to connect with all your swimming friends.

All swimmers, from state champions to summer leaguers, can track their times with the log book and even keep track of their personal goals through Deck Pass. USA Swimming members can also look up their times and recent meets, check their IMX scores, and see all of the Deck Pass patches they've earned.

USA Swimming coaches can use the mobile application to monitor their team's times and rankings. Furthermore, coaches can use the mobile application to assign coach-given patches to swimmers.

Deck Pass Mobile features include:

- IMX scores, best times, recent meets and rankings.
- Digital patches for your achievements at practice and at competitions
- A way to connect with your swimming friends.
- A tool that allows coaches to award digital patches to their swimmers
- Your team's times, scores and ranks.
- USA Swimming information on events, meetings, certifications and results
- A digital logbook to keep track of your times and earn more patches
- A goal tracker to set goals for the season and monitor your progress



Senior Swimmers Pump Up Playlist

- Pump It – Black Eyed Peas
- Closing Time – Semisonic
- Stereo Hearts - Gym Class Heroes
- Every Time We Touch – Cascada
- Miss New Booty – Bubba Sparxxx
- Sidewinder – Avenge Sevenfold
- Marry the Night – Lady Gaga
- Fear of the Dark – Iron Maiden
- Romans Revenge – Nicki Minaj featuring Eminem
- Soldier – Eminem
- Without You – David Guetta and Usher



Trivia Time!

USA Swimming's Deck Pass

- Q: What Was the first Ocean-liner to have a swimming pool?
- Q: When was the first heated swimming pool built and where?
- Q: Is it legal to swim breaststroke in a freestyle event?
- Q: What stroke was the butterfly originally a version of?
- Q: In 1896, swimming became an Olympic event for men and women. True or False?

Answers: (Hint: Hold a mirror to view answers)

1. The Titanic 2. 1st Century BC in Rome 3. Yes 4. Breaststroke 5. False- women did not

BLUEFISH CURRENT



Our Bluefish Officials



Help Wanted!

We're currently in need of:

- More Scorers
- Helpers for the UHAUL, storage loading & unloading
- More Officials! Enjoy free lunch at our meets!

We want you!

By: Joanie Beisel

Are you interested in becoming a Bluefish Official? Our seasoned officials are watching their children move on to college and our 12 and under parents are watching their swimmers become teenagers! How fast the time goes and that means my loyal group of volunteer parents will be making changes to their routines. Bluefish is in current need of trained Officials!

That means it is time to recruit... Yes that means YOU! I know that many of you have been wondering how much fun we all have and want to know how to become an official. Here are some facts, so if you are a parent of a child of any age, but especially of a young swimmer and you love the sport as much as we do, we would love to have you consider a career in officiating.

Everyone in the family benefits when you become an official! Here are just some of the great perks of the job! You will be getting the best seat in the house. Your children always know where you are when it comes time for looking for money for the snack bar! You finally understand the rules of the sport and you don't complain about the DQs anymore! Most meets you travel to have excellent hospitality concessions for coaches and officials so you never go hungry! The more officials that we have on our team the more flexibility we have with everyone when it comes to scheduling purposes. And most importantly with all families under pressure with time constraints our online testing, background checks, and user friendly training program makes it easier for everyone to get certified.

So what are you waiting for! Training to become an Official begins with an initial 2 ½ hour clinic on stroke and turn. After you finish the class you will be paired with an experienced official at our meets for a minimum of four sessions as an apprentice. After your apprenticeship you become an "Official" stroke and turn! You

can after 2 years progress upwards to many other exciting positions such as starter, chief judge and referee. My goal is to add 7 or more additional officials to our staff. You will have the opportunity to work and learn with some of the most experienced officials in New England and the United States. Bluefish Officials have been

represented at every level meet from Olympic and World trials to Y Nationals, Sectionals and Grand Prix's to local College and High School Dual meets and Championships. We cannot run our meets without you and I would like to ask you to please contact me at the below email as a training class will be set up this season. This is one of the most rewarding and fun jobs you will participate in while your children are young and the friends you will meet will last a life time! Thanks for volunteering! See you on Deck!

Please email Joanie Beisel@cox.net or call if you have additional questions 401-294-6995

