



DOLPHIN NOTES

Newsletter for GMY Dolphins Swim Team

ISSUE 79 October 4, 2013

PRACTICE NOTES

There will be no Sunday am practice on October 6th because of the BWG afternoon meet.



DATES TO REMEMBER:

- Blue/White/Gold Intersquad Meet- Sunday, October 6th—3:30p.m check in/4:00 p.m. warm up and 4:30 p.m. start.....Team picnic immediately following the swim meet
- Swimmers are to return their goal sheets to their practice coaches on Monday, October 7th
- Officials Class October 9, Summit, NJ
- Team Dinner Out Fundraiser—October 23rd @ Frank's Pizzeria in Cedar Knolls- 5-8:30 p.m.
- Upcoming Invitational Meets—Discovery Meet @ Summit Y/Devilfish Meet @ Westfield Y/Gingerbread Mini Meet (8/u only) @ Ridgewood Y/ Autumn Challenge @ Raritan Bay Y in Perth Amboy
- DUAL MEET SEASON BEGINS ON SATURDAY, OCTOBER 19TH. ALL 3 TEAMS WHITE/BLUE/BOYS HAVE SCHEDULED MEETS



COACHES CORNER

- Swimmers are to be at practice on time. **ALL SWIMMERS** are to bring their practice equipment to every practice!!!!
- Please check in the swim team office if you ordered equipment from California Beach Hut and have not received it yet.
- PLEASE CHECK TEAM UNIFY ON A REGULAR BASIS FOR ANY UPDATES. THIS IS OUR PRIMARY MEANS OF COMMUNICATION.
- Parents, if your swimmer is ill and cannot attend practice please contact the practice coach so they can make the changes in the attendance book. If your swimmer is absent for an extended period of time please present a doctor's note upon return/cleared for practice.
- Monthly goals and attendance reports are posted on the bulletin board outside the swim team office. Please check on a regular basis.
- NEW INFORMATION ON TEAM UNIFY—THERE IS A RESOURCE TAB ON TEAM UNIFY WHICH WILL OFFER PERTINENT INFORMATION FOR PARENTS AND SWIMMERS. PLEASE TAKE A LOOK AND CHECK ON A REGULAR BASIS FOR ANY UPDATES.
- Goal sheets are due to the swimmer's practice coaches by October 7th. They may be downloaded on TU through the resource tab
- PLEASE WELCOME 3 NEW COACHES TO OUR COACHING STAFF: JAMIE SOBEL, ALANNA VAN STEYN AND VANESSA SCYPINSKI. Jamie will be working with Cadet 1 / Cadet 2 practice

sessions. Alanna will be working with Preps / Cadet 2 practice sessions and Vanessa will also be working with Preps / Cadet 2 practice sessions. Please Check Team Unify in the "Our Coaches" tab for their biographies.

OPEN GMYSPTO BOARD POSITIONS

The GMYSPTO is a group of parents that work to support the GMY team, team parents and GMY Coaches. We need your help! 1 Invitational Meet Coordinator position and 1 dual meet coordinator position are currently open. Please contact [Lisa Ginsberg](#) or [Leslie Grant](#) if you're interested in learning more about role on the board.

OFFICIALS CLASS OCTOBER 9

SAY Level 1 Officials Class on October 9th will now be at The Learning Circle 95 Morris Avenue, Summit NJ 07901. There was a change in location due to construction.

GMYPARENT HANDBOOK COMING

The swim team coaches and parent board are finalizing the 2013-14 parent handbook for all team members. It will be finished shortly and posted on the TU site. It is very informational so make sure to read through it once it's on the site.

UPCOMING OCTOBER GMY TEAM DINNER FUNDRAISER

On October 23, we are planning a team dinner fundraiser at **Frank's Pizzeria in Cedar Knolls** from 5 - 8:30 p.m. Swimmers and families can dine at Franks before or after swim practice. There is a flyer that you will need to bring to Franks and we are finding out if a cell phone picture of the flyer will be accepted

Swimoutlet.com Affiliate Fundraising Program

The GMY team has an affiliate program with **Swimoutlet.com!** The team will earn between 8-10% of all purchases made through our affiliate web page. The link to the page is www.swimoutlet.com/MCYDolphins. Once you log on through that link it will take you directly to our affiliate page. At the top of the page you will see a banner that says "You are shopping through the Greater Morristown YMCA Dolphins Affiliate site." Please tell everyone you know, especially members of Greater Morristown Area Y about this promotion as this is a very easy way to fundraise for our team.

GMYPARENT SWAM IN 1500 METERS FOR MIKE OCEAN SWIM EVENT SEPTEMBER 21

GMYPARENT Senior 2 Swimmer **Sophie Thomsen** participated in the **1500 Meters for Mike ocean swim** (=1 mile) Saturday, September 21st at Belmar. She came in 3rd in her age group with a time of 24:08.7.

Meters for Mike is annual charitable event that started last year. Proceeds raised go to the Michael Heaney fund - Michael is a friend of Meghan Moore, a personal trainer at the GMY and head coach of the Morris Township Manatees summer swim team. Mike was a competitive college swimmer at TCNJ who was severely injured in a car accident.

559 swimmers participated this year, up from 496 in 2012. Sophie had a great experience and would love to have some GMY teammates join her in Belmar next year! Congratulations on this great achievement!

INVITATIONALS

Kim Gigantino kgigantino@juno.com is our team's new Invitational Meet Coordinator. The Board is looking for one additional coordinator. If you have any questions about a specific invitational please contact Kim. Parents who enter their children in an invitational will be assigned to time at the invitation; and if are unable to do so, must find a replacement or will be fined \$25.

Upcoming Invitational Meets October / November

Directions to the Ys can be found on TU in the Schedule and Results section under "Y Meet Directions."

Discovery Meet (YMCA) October 12-13, Summit Area Y

Registration Deadline: passed

Devilfish Classic (YMCA), October 20, Westfield Y

Registration Deadline: passed

Gingerbread Meet (USA 8U meet) November 3, Ridgewood Y

Registration Deadline: passed

Autumn Challenge, November 16-17, Raritan Bay YMCA

Registration Deadline: October 13

Harvest Invitational, November 30, December 1, GMY

NUTRITION ARTICLE OF INTEREST

What to Eat Before, During and After a Workout from May / June Issue of Splash Magazine
by Christine Rosenbloom, Phd, RD, CSSD

Pre-workout Fuel

A pre-workout food should provide carbohydrate to top off your stores of glycogen, sort of like topping off a tank of gas. A study from the University of California Davis compared plain water, commercial carbohydrate chews and **raisins** before and during exercise. The results? Exercisers who ate raisins or the chews had faster times compared to the plain water drinkers. What that means for swimmers is that eating a carbohydrate-rich snack before a workout or competition is better than plain water. The raisins were just as good as the expensive chews. A small box of raisins (1.5 ounces or ¼ cup) contains 130 calories and 31 grams of carbohydrate, and contains vitamins and minerals with no artificial color or flavors.

During Workouts

During a long, hard workout, consuming some carbohydrate helps maintain blood sugar levels and wards off fatigue. **Bananas** were compared with commercial sports drinks to see if real food could maintain blood sugar and reduce fatigue. There was no difference between the two, so consider packing a banana or two for a poolside snack.

After Workout Recovery

After exercise is the time to refuel and replenish your muscles. Two nutrients are needed to do the job: protein and carbohydrate. Carbs replace glycogen that was lost during a hard workout, and protein supplies the building blocks to repair and rebuild muscle tissue. Carbs also help the protein get into the muscles by elevating the production of the hormone, insulin, a powerful anabolic hormone. **Low-fat chocolate milk** provides both carbohydrate and protein and several studies have shown it to be as good or better than commercial drinks. For those with allergies to milk proteins, try chocolate soy milk.

A food-first approach is a great way to fuel a workout, before, during and after exercise, so give it a try.