

The Splash Club

News about you and your teammates.

Spirit!

January 2009

**B
R
O
N
Z
E**

Samantha Potts

Age: 11

Hobbies outside of the pool: Writing

Favorite food: Chicken Pot Pie

Favorite Book: Narnia

Favorite Swim Event: 50 Free

Favorite Saying: "Early to bed and early to rise makes a man healthy, wealthy, and wise"

Favorite summer activity: Swimming

Favorite school subject: Reading

Favorite song: "Joy to the World"

Nickname: Sam

Pets: 2 gerbils

When I grow up, I want to be: An architect



**S
I
L
V
E
R**

Aaron Stanek

Age: 11

Team: Silver 1

Hobbies outside the pool: Playing guitar and listening to music

Favorite food: Chicken and rice

Favorite book: The Giver

Favorite swim event: 100 Breast

Best Breakfast before a meet: Sausage biscuits and hash browns

Favorite summer activity: Water skiing

Favorite school subject: Science/History

Favorite song: "Loser" by 3 Doors Down

Pets: Rabbit, dog

When I grow up, I want to be: An engineer or pilot



**G
O
L
D**

Holly Trumble

Age: 15

Team: Gold 1

Hobbies outside the pool: Playing the piano

Favorite food: Chicken tenders

Favorite book: The Outsiders

Favorite swim event: 500 Free

Favorite saying: "Oh Snappers!"

Best Breakfast before a meet: Pancakes and slice of ham

Favorite school subject: History

Favorite song: "Decode" by Paramore

Nickname: Holly Wolly

Pets: Rufus, a dog

When I grow up, I want to be: A Physical Therapist



Each month will spotlight randomly selected swimmers who filled out a questionnaire. If you need another questionnaire, contact Becky Olsen at wholesome-olsen@sbcglobal.net.

Nutrition News

You Are What You Eat

You may be working hard in practice, but are you supplementing your training with proper nutrition? Test your nutrition I.Q. by deciding whether the following statements are true or false and comparing with the answers at far right.

1. Fruit is an excellent source of carbohydrate. **True / False**
2. It's best to wait about an hour after a tough practice to fuel your body with carbohydrates and protein. **True / False**
3. It's important to stay hydrated because it can directly affect athletic performance. **True / False**
4. Skipping breakfast will keep your energy levels stable throughout the day. **True / False**
5. The primary fuel source for swimmers is protein. **True / False**
6. Eating early and often throughout the day helps you avoid the blood sugar highs and lows (high energy, then sleepiness). **True / False**

SwimJokes

Q: What kind of stroke can you use on toast? A: BUTTER-fly!

Q: Why did the vegetarians stop swimming? A: They didn't like meets!

"Studies show that when evenly matched teams compete, the team wearing

RED

has a better chance of winning."

Go Splash Club!!



Submitted by Kayna Williams, Silver 2 Team
Source: Kids National Geographic 2/09

January Birthdays!

Gabrielle Delo 1/1 Delaney Shipman 1/6
Holly Trumble 1/14 Kelsey Beydler 1/16
Kyle Thomas 1/18 Kaitlyn Cole 1/24
Julie Fredenburg 1/25 Graci Carr 1/28
Shelby Stambeck 1/31

Ear Drops

A Home Remedy

1/3 PART VINEGAR

1/3 PART ALCOHOL

1/3 PART WATER

PUT SEVERAL DROPS IN EACH EAR AFTER SWIMMING.

NUTRITION NEWS ANSWERS

1. **True.** Fruit provides carbohydrate in the form of natural sugars (versus refined sugar). Fruit is a tasty, nutritious and easy snack, especially for swimmers on the go.
2. **False.** Try to eat a carbohydrate and protein snack within the first 30 minutes after practice. The sooner, the better. This will replenish your body's depleted blood sugar levels and glycogen stores, and repair muscle tissue. If you have trouble eating solid food after a hard workout, try liquid foods such as chocolate milk or a fruit smoothie. Then aim for eating a substantial meal within two hours after practice to maximize recovery.
3. **True.** Drinking early and often (every 15 minutes during practice) keeps you hydrated and provides your body with fuel. Without fluids, you decrease your work capacity, which can have a negative impact on exercise performance.
4. **False.** Make it a habit to eat a hearty breakfast every morning. You'll eat less junk food later in the day, and it will enhance your daily energy levels and athletic performance. Try this for a good breakfast: Oatmeal, multi-grain bagel with peanut butter, yogurt with granola, fruit and milk.
5. **False.** The primary fuel source is carbohydrate. Protein and fat also help make up the fuel source. But carbohydrate comes into play the most when you are maximizing your efforts during practice. Aim for at least 50 % of your daily caloric intake to be carbohydrate. Whole grains, brown rice, beans, wheat bagels, fruits and vegetables are some excellent choices.
6. **True.** Eating smaller amounts of carbohydrate frequently throughout the day helps keep blood sugar and insulin levels closer to normal. You'll be able to pay better attention at school or work, have no hunger pangs and feel stronger at workouts.

Source: USA Swimming



The Splash Club *Spirit* is a newsletter just for you. If any Splash Club swimmer has photos, stories, or ideas to contribute, contact Becky at wholesome-olsen@sbcglobal.net or put in the swim team mailbox and label it "Newsletter." All suggestions and comments are welcome!