

November 2009

The Manatee Monthly

Speedo Tip of the Month

This month's Speedo Tip comes from KATHLEEN WOOLF, PhD, RD//Correspondent. "As a swimmer, you spend your workouts surrounded by water. Surprisingly, swimmers are at increased risk of dehydration. Adequate fluid is needed *inside* your body to function as a coolant. Consume fluids before, during and after exercise to ensure success in the pool. Follow these guidelines to ensure that you are always well-hydrated.

HOW MUCH AND WHEN?

- Drink at least 2 cups (16 ounces) of fluid, preferably water, about two hours before exercise. Fifteen minutes before exercise, drink one-half to a cup of water.
- During exercise, drink about 6-12 ounces every 15-20 minutes. An average "gulp" is about one ounce. When your workouts are less than an hour, plain water will keep you hydrated. When your workouts are more than an hour, consume a sports beverage that contains fluid, carbs and electrolytes. Soda and fruit juices should not be consumed because they contain too many carbs for hydration during exercise and may lead to stomach discomfort.
- After exercise, replace fluids as quickly as possible. For every pound of body weight lost during a workout, drink three cups of fluid.
- Drink fluids at regular intervals throughout the day.

HOW DO I MONITOR HYDRATION?

- Check your urine color first thing in the morning. When well-hydrated, urine is pale yellow and does not have a strong odor. Dark yellow, infrequent urine suggests dehydration.
- Don't rely on thirst. Instead, drink before you feel thirsty. If you are thirsty, it is too late.

MPSCPA Meeting:

When: November

9th, 7:30pm

Where: PW Program
Bldg

Who: All MPSC
Members



GRAND PRIX T-SHIRT CONTEST

Open to all swimmers in the blue and orange group.

Design the *front* and *back* of the Grand Prix T-Shirt to be sold at the December 5th 2009 Grand Prix (include date and name of meet). Limit two colors in the design and specify the color of the t-shirt you want it printed on. **MAKE IT FUN !!!!!**

Drawings due November 13th to the Jones Center pool

Winner will be decided by votes from all swimmers on blue and orange groups during the week of 11/16-11/20 ***Winning designer receives Name on T-Shirt, Free T-Shirt, 2 Movie Passes



www.mountpleasantswimclub.com

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November Birthdays

Matthew Adams - 14	Cade Heinold - 8
Erin Atz - 12	Hanna Humphreys - 16
Joe Baker - 11	Kylie King - 15
Lucas Beall - 13	Benjamin Kramer - 11
Cara Brotherton - 18	Emma Ludman - 10
Matthew Charlebois - 10	Anna Parker - 11
Sarah Conley - 9	Zachary Parker - 13
Allison Drennan - 10	James Schlegel - 7
Paige Fetchen - 11	Sydney Worrall - 12

Important Dates...

11/07/09 - SMRT Grand Prix #2

11/13/09-11/15/09 - Thanksgiving Invite

11/20/09 - Last day to register for Grand Prix #3 and the GSC Holiday Invite

11/27/09 - Last day to register for the Snow Flake Invite

Manatee of the Month:

A manatee of the month is someone

- ❖ who is a leader
- ❖ has good work ethic
- ❖ is committed to personal goals
- ❖ is a responsible teammate

The Manatee's for November are:

Blue - Daniel Kassis

Orange - Anna Geilfuss

PreSenior - Laura Brotherton

Senior - Joe McDowell

Senior Elite - Danielle Morrin

New Team Records

7 new team records were set at the Spooky Invite in four different age groups. Daniel Kassis set a new 8 and under record in the 25 free. Mark Mulder broke the 9/10 400 IM record. Laura Brotherton had several wonderful 11/12 swims and set 4 new team records. Her new team records were in the 1650 free, 100 fly, 200 fly and 400 IM. Allie Buechele rounded off the event with a new 13/14 1650 free record.

MPSC Facilities and Contact Information

R.L. Jones Center
391 Egypt Road
Mount Pleasant, SC 29464
Phone: 843-884-2528

Park West Pool
1251 Park West Blvd
Mount Pleasant, SC 29466
Phone: 843-856-2536