SST NEWS

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**December, 2015 Volume 3, Issue 2**

# **10 Performance Nutrition Thoughts for the Holidays**

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**1. It’s the holidays!** A time to celebrate with family and friends, but during this small break from training, it’s wise to continue to make healthy performance based food choices…most of the time. Here’s how:

**2. When given cookies/treats, share them with your family.** If given lots of treats throughout the holidays, freeze some to enjoy at another time.

**3. As an athlete, lead by example.** You are a role model for many, including your family and friends. Set a good example by eating performance based meals and snacks.

**4. When at dinner parties or eating at a restaurant, skip the appetizers/bread served before the meal,** if you tend to eat too much.

**5. Without as many hours in the pool, your body may not need as many carbohydrates (breads, pastas, cereals) for energy.** Cut back on these items accordingly, or, if training is ramping up, choose whole grain items as opposed to processed ones to fuel training and recovery.

**6. When sitting down for holiday meals, strategically build a balanced plate of whole grains, lean proteins and fresh fruits and vegetables.** Have a plan from the beginning.

**7. During training breaks, continue to eat numerous servings of lean protein every day, to maintain muscle mass and strength (chicken, turkey, eggs, nuts, seeds, milk, yogurt).**

**8. If helping with baking in the kitchen, substitute solid fats (butter) with ½ canola oil or ½ fruit purees.** This can actually make breads and cookies more delicious!  Experiment.

**9. Late night snacks can keep hunger away while sleeping, but too many cookies before bed can decrease sleep quality and cause restless nights.** Make sure this snack first has protein for recovery while sleeping, then add a small amount of carbohydrates.

**10. Every serving of desserts/candy takes about 60-90 minutes of activity to burn off.** Enjoy, but in moderation.



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**SST HOLIDAY PARTY**

The annual Stingray Swim Team Holiday Party is on Wednesday, December 2nd from 4:00-6:00pm at the UAF Patty Pool. This exciting event only comes around once a year, so please plan to join the fun.

We will begin by wrapping gifts for our adopted family who will be thrilled to receive Christmas gifts this year. Our family consists of a mother, two girls, and three boys. The Stingrays believe in giving back to the community, and this is a great chance for us to bring holiday cheer to a family in need. Please sign up for a gift on the team website, then bring your unwrapped gift to the party.

 After wrapping the gifts, we will draw the winning tickets from this year’s raffle and also give out this year’s Swim-a-Thon awards. It’s going to be an evening full of excitement that you won’t want to miss. We will also open the pool for games and free time, and all Stingray families are welcome to get in. As if this event needed any more excitement, we will also provide food and beverages, and we will be introducing our newest coach, Hilary Nichols.

 There will not be practice at The Alaska Club on Wednesday, Dec. 2nd as we will all be at the Holiday Party. We hope to see everyone there!

**OFFICIAL’S TRINGING/RECRUITING A SUCCESS**

 In late November we held an Official’s Training and Recruiting Event at Hamme Pool. The event was a huge success and the turnout was better than expected. We had four Stingray parents at the event who will be completing the process to become USA Swimming Officials, bringing our team total to nine! Our goal for this season is to have 10+ registered officials from SST, and we are well on our way to crush that goal.

Our officials volunteer their time at each local meet, and many also officiate the high school and college meets. The more officials we have, the more “time off” each official will have. This is true for all Northern Area teams as we all help each other put on the best meets possible. As it stands now, if a few officials are unable to attend a meet, the whole Northern Area is in trouble. That’s why we need as many officials as possible, and it’s not too late to get started!

If you are interested in becoming an official, please contact our Official’s Chairs, Warren Lucero and Kris Haggland, and they will walk you through the steps to get started. All it takes is a few online quizzes, your Official’s Registration form, and to shadow a current official during a few meets. That’s it! After the process, you will be a qualified and confident USA Swimming Official. And don’t worry if you don’t know all the rules yet, our current officials will answer all your questions and make sure you’re comfortable on deck.

Being a USA Swimming Official is one of the best, and most rewarding, ways to get involved in your child’s sport. Please do not hesitate to contact our Official’s Chairs and get started today!

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**PLANNING FOR YOUR CHAMPIONSHIP MEETS**

 You have been working hard in and out of the pool. You have been attending our local meets and racing well. You’ve been eating smart, doing your core exercises each night, and are in the best shape of your life…but what’s next?

 Besides the enjoyment of training with your friends, exercising, and perfecting your skills, the purpose of our sport is to see how far you’ve come at the end of the season. The best way to do that is by attending your championship meet(s). The championship meets are the culmination of all your effort throughout the season, and it gives you an objective way to measure your improvement. Plus, the championship meets are fun and exciting, which makes them a great chance to swim fast.

**** Many of the championship meets have qualification standards that must be met in order to attend the meet. These qualification standards are set prior to each season by either Alaska Swimming, USA Swimming, or FINA (the National Governing Body of USA Swimming). Most qualification standards, or “cuts”, are seperated by age groups. Your age group is set by your age on the first day of the meet. For example, if Johnny is 12 years old on the first day of the meet, he gets to swim as a 12 year old throughout the entire meet even if he turns 13 on the second day. All of the championship meet time standards can be found on our team website under the “times/awards” tab.

 The one championshp meet that does not have qualification standards is the Northern Area Conference Championship on April 1-3 at Hamme Pool. This championship meet is for all Stingray Swimmers in Bronze through Senior. We finished 2nd at the Conference Championships last year and will look to win our first title in many years this season. The only way this will be possible is to have maxinum participation, and we hope to see everyone sign up later this spring.

 The other championship meets on our schedule do have qualification standards, but don’t shy away from raising the bar and making a cut. The Alaska Age Group Championships on February 5-7 in Soldatna is the first stepping stone in qualifying for a championship meet. We currently have 26 swimmers qualified (compaired to 23 last year) and there are many more Stingrays who are close to a cut. The next step is the Alaska Summer Championships on July 28-31 in Anchorage. We currently have 36 swimmers qualified with many more to come. After that, the next step is the Alaska Junior Olympic Championships on April 21-24 in Anchorage. SST has 26 qualified so far (22 last year) with multiple swimmers close to their first cut. After JO’s, swimmers begin qualifying for the Alaska Senior Championships and other national level meets, including Region XII Champs in Orego and Sectionals in Washington.

 Whatever championship meet(s) you will be attending, it is important to plan ahead. Hotels will fill up fast, airfair prices may be on sale this week but spike the next, and car rental prices are sure to spike as the event draws near. If you will be attending a championship meet outside of Fairbanks, please plan your travel arrangements now. If you have questions about team travel, please contact our Vice President, Laurie Keyes, or Secretary, Gina Hrinko.

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**MEET OUR NEW ATHLETE REP – MICHAEL LUCERO**

Michael Lucero has been swimming as a Stingray for three years, and he is now taking the next step in his swimming career. He is our new Stingray Athlete Representative on our board as well as the Northern Area board. He will be the liason between our swimmers and board members, and we are very excited to hear his ideas on how we can improve. He will also be our athlete voice on the Northern Area board, making our conference stronger and faster. With his help, we will continue serving our mission to provide the best competitive swimming experience possible to our SST families.

Michael is 16 years old, training with the Senior Group. He had a great high school season and will contine that success with SST. He has made his first qualifying time for the Alaska Senior Championships and Region XII Championships. He will be able to bring back knowledge and ideas from experiencing these top tier meets. He also has leadership experience as a Civil Air Patrol, Eielson 71st Cadet Commander and Advisory Council Representative.

When asked what his number one leadership goal was this seaoson, he said, “To improve my leadership skills by leading by example and becoming the best teammate possible.” He is the right person for the job, and we are excited to work with out new SST Athlete Rep., Michael Lucero.

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**NEW ASSISTANT AGE GROUP COACH – HILARY NICHOLS**

We are excited to welcome our newest coach, Hilary Nichols. Coach Hilary will be one of our main coaches at The Alaska Club, with Coach Heidi being promoted to our Head Age Group Coach. Coach Felina is now on maternity leave and we wish her the best!

Hilary spent the majority of her childhood at the community swimming pool. Being the daughter of the head coach of the club and high school swim teams in Tigard Oregon, it was only natural to begin swimming competitively at the young age of 6. She swam all through school on both the club team and the high school team, as well as playing water polo in high school.

After graduating high school, Hilary moved to Fairbanks to pursue a degree in Biological Sciences. After 2 years of only lap swimming for fun, she got a call from Coach Scott who was starting a women's swim team at UAF, and he wanted Hilary to help him start up the team. Although a little rusty and out of shape, she got back in the pool and swam as co-captain for the UAF Nanook swim team for 2 years until she graduated. Hilary's best and favorite events were the 200 backstroke and 200 butterfly. Butterfly is by far her favorite stroke.

  Hilary also works at the University in marine fisheries research, and loves everything to do with the ocean, especially the critters that live in it.  She has 2 sons, 5 and 1.5 years old, and she loves playing with her boys in the pool, skiing, cooking and exercising.

**DECEMBER AT A GLANCE**

* **December 2 – SST Holiday Party**
	+ **4:00-6:00pm @ UAF Patty Pool**
* December 3 – Patty Pool locker rooms close at 5:00pm
* December 3 – Makenna Beshears’ Birthday
* **December 5 – Coach Robb Coady Novice Invite**
	+ **Held @ Hamme Pool. Warm up at 8:00am, races begin at 8:45am**
* December 7 – Dara Bird’s Birthday
* December 8 – Lauren Hite’s Birthday
* December 11 – Patty Pool locker rooms close at 5:00pm
* **December 12 – Candy Cane Meet**
	+ **Held @ Wescott Pool. Warm up at 8:00am, races at 9:00am**
* December 12 – Cassidy Meyer’s Birthday
* December 22 – Travis Chiu’s Birthday
* December 20 – Annaka O’Donoghue’s Birthday
* **December 24-26 – NO PRACTICE FOR CHIRSTMAS WEEKEND**
* December 31 – Sophia Benson’s Birthday

**SST 2015-2016 Meet Schedule**

Coach Robb Coady Novice Invite

December 5

\*Non-Age Group Champ qualifiers only

Hamme Pool

Candy Cane Meet

December 12

Wescott Pool

Spring Will Come

January 9

Hamme Pool

Alaska Senior Championships (formally Great Alaska Open)

January 29-31

Long Course Meters

\*qualification standards

Bartlett Pool, Anchorage

Alaska Age Group Championships

February 5-7

Prelim/Final Meet

\*qualification standards

Soldotna

Sweetheart Superstar Invite

February 19-21

Three Day Team Hosted Meet (volunteers needed)

SST Hosts at Hamme Pool

Region XII Championships

March 3-6

Prelim/Final Meet

\*qualification standards

Gresham, Oregon

Northwest Age Group Sectionals

March 10-13

Prelim/Final Meet

\*qualification standards

Federal Way, Washington

 Senior Sectionals

March 17-20

Prelim/Final Meet

\*qualification standards

Federal Way, Washington

St. Patrick’s Day Meet

March 12

Wescott Pool

Northern Area Championships

April 1-3

Prelim/Final Meet open to ALL (volunteers needed)

Hamme Pool

Alaska Junior Olympic Championships

April 21-24

Prelim/Final Meet

\*qualification standards

Bartlett Pool, Anchorage

Alaska Summer Championships

July 22-24

Prelim/Final Meet

\*qualification standards

Bartlett Pool, Anchorage