

psychsheet ^{august 2015}



READY POSITIONS

Welcome back SAC families!

As we embark upon our 2015 short course season, we must look back at our long course season with a great deal of pride. I'm incredibly proud of all our swimmers, it takes an extraordinary amount of courage to stand on the block and race with 100%.

Our team won 3 Championship Meets this summer: Regionals, Age Group State and Sectionals. In addition, we had a great showing at Senior State, with only a portion of our full Senior Team. The following week our athletes were considerably successful at Junior and Senior Nationals with many earning new Olympic Trial cuts and best times. At the end of August, 3 of our National group swimmers will head to Singapore to represent their respective countries at the FINA Junior World Championships: Taylor Ruck for Canada; Ryan Hoffer for the U.S.A and Natalia Jaspeado for Mexico.

When people look on from the outside, questions arise: How is SAC so successful? What do they do that's different from the other? Countless times, as a staff, we reinforce these fundamental principles: technique, respect and fun.

If a swimmer has poor technique and continues to ignore the discipline and patience it takes to correct their technique, that swimming journey ends quickly. Strokes develop and change as the athletes develop and change, hence from the White group to the National group we are continually working on technique. In the ebb and flow that is competitive swimming, striving to develop technique at every level is what sets us apart.

Now, it may sound irrelevant to remind everyone that swimming is about being respectful and having fun, but they go hand in hand! In order to have fun at meets and

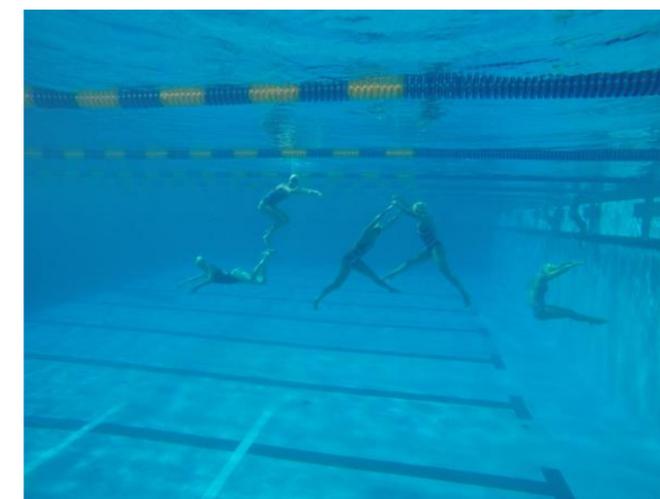
practice, you have to show a level of respect to those teammates who challenge you as an athlete. These are the teammates who become friends and will keep you smiling and laughing; cheering for you and reminding you how proud they are of your efforts... this has a positive effect on your swim journey. Of course we want swimmers to go fast during their races, but if it is at the cost of losing those fundamentals, we would rather our athletes slow down. Being reminded that these flow together will help ensure success at any stage.

SAC is a swim family, we support, encourage and guide at every level within our program. Our hope is that during this season, the swimmers are giving their best by being diligent in their efforts and constantly remembering those key fundamentals. This is what makes us successful, this is what makes us a swim family, this is what makes us SAC!

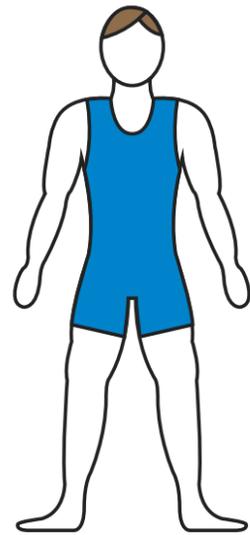
Go SAC!



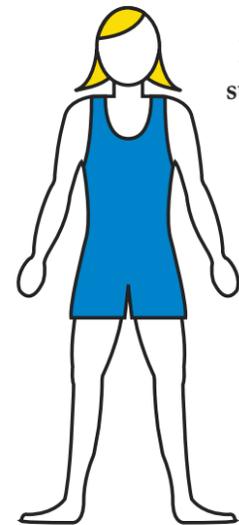
Coach Kevin



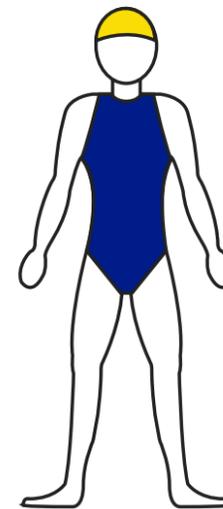
SWIMSUIT EVOLUTION



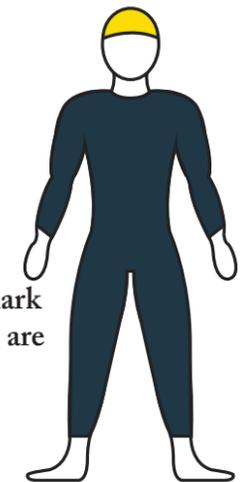
1908
Original Competition suits were made of wool



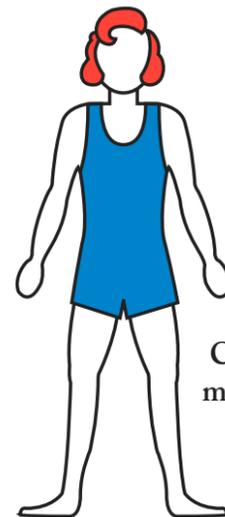
1936
Removal of the skirt from female suits. Speedo introduces the *Racer-back Suit*



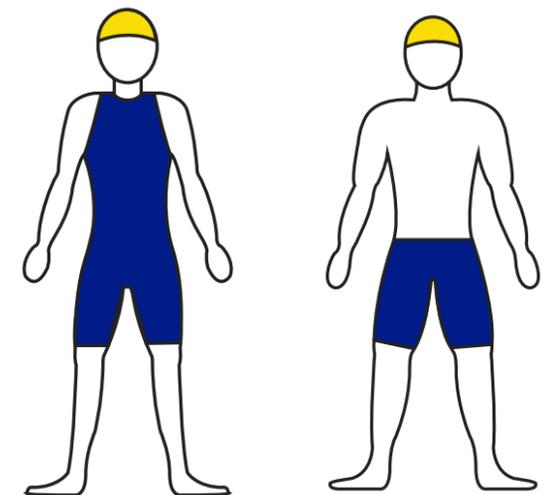
1990s
Form fitting, high necked suits



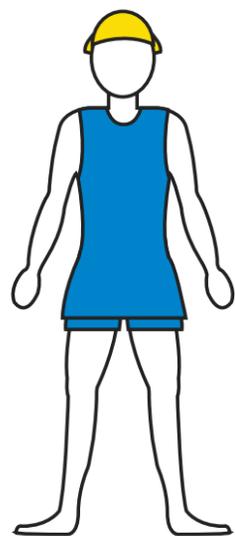
2000
Full bodied suits modeled off shark skin aid in buoyancy. These suits are banned by FINA in 2008



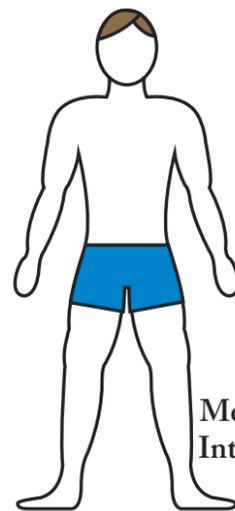
1956
Cotton suits are replaced by suits made from Nylon. World Records fall.



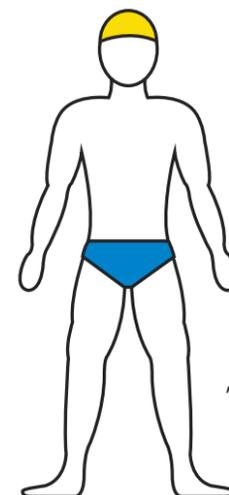
2012
Women's suits can no longer go past the shoulder or below the knee. Men's suits can no longer be above the waist or below the knee.



1912
Introduction of Cotton Swim cap and suit. Women's suits had an attached skirt



1948
Men's suits are no longer one piece. Introduction of the European Brief design.



1984
High cut, bikini brief suits help Team USA dominate in the pool.

ON DECK NUTRITION

Our youth and teen swimmers have unique nutritional needs as they require adequate fuel for both growth and physical performance. Proper nutrition can help our swimmers thrive academically and physically. The Academy of Nutrition and Dietetics reports that teenage male athletes need 3000-4000 calories per day while teenage female athletes need 2200-3000 calories. The following guidelines provide a framework for healthy eating.

Carbohydrates are an athlete's most important source of energy. 45-65% of total calories should come from carbohydrate sources. Healthy choices include fruits, vegetables, oatmeal, brown rice, quinoa, legumes, milk and yogurt along with whole grain cereals, breads and pastas. Experts recommend eating carbohydrates and protein after intense activity to replenish energy stores and speed recovery. These foods should be consumed within the first fifteen minutes post activity followed by a balanced meal 1-2 hours later.

Protein is essential to help build, repair and maintain muscle mass. 1-1.5 grams of protein per kilogram body weight (.45-.68 grams per pound) is recommended. Best high-protein sources include lean meats, poultry, eggs, seafood, low-fat dairy products, legumes, nuts, seeds, peanut butter and soy products. Quinoa is also an excellent source of protein.

Everyone needs fat in their diet with an emphasis on healthy fats especially omega-3 fatty acids. These are important for cognitive development in our youth and teens. Fats also provide an important source of energy for our athletes. Less than 30% of calories should come from fat

sources. Examples of healthy choices include vegetable oils, other plant-based oils such as flaxseed oil, purified fish oils, hummus, avocados, nuts, seeds, and peanut butter. It is important to remember that fat intake delays digestion so limit foods with excess fat prior to a workout or competition.

Most individuals do not need an additional vitamin-mineral supplement if a good variety of foods are consumed. Critical micronutrients for young athletes include calcium, iron, zinc and B vitamins. These are found abundantly in a combination of dairy products, red meats, fruits, vegetables and enriched grain products.

Hydration is an area often overlooked but just as important as food. It is key to stay hydrated throughout the day especially with our current high temperatures. Athletes should drink water before and after exercise as

well as every 15-20 minutes during activity. Our swimmers generally practice over 60 minutes so alternating water and sports drinks is encouraged to replace electrolytes lost during prolonged activity.

A healthy diet can optimize performance both physically and academically. Eating a good variety of foods and drinking adequate fluids is the foundation for our youth athletes to train and grow.

Sharon Madura, MS, RD, is a SAC Mom, Party Planner Extraordinaire and regular Nutritional Contributor to the PSYCHsheet newsletter.

To request additional information or to suggest future nutritional topics please send an email to Coach Crystal at ccstrimple@gmail.com



IRON MAN CHALLENGE

What is the Iron Man Challenge?

11-12

Aaron Rosen

The Iron Man Challenge is legally completing all events for the season in swimmer's age group.

13-14

Payton Mueller

The following swimmers have completed the 2015 Long Course Iron Man Challenge

Marvin Schwickert

15 & Older

Aaron Apel

Kelly Huffer

Shae Nicolaisen

Taylor Ruck

10U

Taylor Courtney

Samantha Cusick

Margaret Esterly

Asher Good

Carly Johnson

Anna Maki

Keirlyn Mullica

GETTING INVOLVED

Getting involved with the SAC community is the fastest and easiest way to develop the swim-family relationship needed to support your swimmer! As a Gold Medal Club, we are always looking for volunteers to help run various activities that we do outside of the day to day training. Activities that are designed to enhance our community and our swim team. How can you get involved? Below is a listing of committees that are looking for parent volunteers to continue in aiding of their success and our success as a team.

Annual SAC Swimathon:

Contact: Jenny Dorsch
jendorsch@aol.com
 2015 Date: Saturday November 21

Annual SAC Banquet:

Contact: Carolyn Pattison
dcpattison@msn.com
 2016 Date: Saturday April 17th

Annual SAC Shootout Golf Tournament:

Contact: Jay Krew
jkrew1994@gmail.com
 Tentative 2016 date: Saturday April 23rd
www.sacshootout.com

Positions need: Corporate Donation Chairperson, Raffle Donation Chairperson, Event Day Coordinator,

Prize Bag Coordinator. Additional volunteers and committee persons are also need.

Media Relations Chairperson for SAC

Contact: Bob Platt
spirith20@aol.com

A background in Public Relations is preferred. This position would be responsible for working the coaches to write up a brief recap highlighting the successes of the team after each championship meet and communicating it to available media outlets.

Equipment setup and takedown

Contact: Judy Pennington
sac6coach@aol.com

Positions needed: aiding in the setup and takedown of meets, aside from the normal set up and takedown. This person(s) would be helping in the electrical equipment needed to run meets, along with maintaining working order of various equipment. Computer experience is highly recommended.

EQUIPMENT CHECK

The following is a list of equipment necessary for each swim group.

National/Pre National

Mesh bag, carabiner clip for bags, strokemaker hand paddles, pull buoy, fins, tempo trainer, Arena snorkel, kickboard, team cap

Senior/Pre Senior/HSD

Mesh bag, strokemaker hand paddles, pull buoy, fins, Arena snorkel, kickboard, team cap

Gold A/B

Mesh bag, hand paddles, pull buoy, fins, Arena snorkel, kickboard, team cap

Silver A/B

Mesh bag, floating fins, small Arena snorkel, kickboard, team cap

Bronze

Mesh bag, floating fins, small Arena snorkel, kickboard, team cap

Blue

Mesh bag, floating fins, small Arena snorkel, kickboard, team cap

Red A/B

Mesh bag, floating fins, small Arena snorkel, kickboard, team cap

White A

Mesh bag, floating fins, kickboard, small Arena snorkel, team cap

White B

Mesh bag, floating fins, kickboard, team cap

PARENT MIXER

UPCOMING DATES

SAVE THE DATE
Saturday
26
September
2015

SCOTTSDALE AQUATIC CLUB
2015 Parent Mixer
Orange Tree Golf Club

Please join us for a night of socializing

Details and Invitation to follow

For More Information call (480) 951-5368

AUGUST

- 22 New Family Q&A
(6pm-7pm)
- 28 Ski-Pro On Deck
(4:30pm-7:30pm)

SEPTEMBER

- 12-13 WSF vs. SAC
- 17 New Family Q&A
(6pm-7pm)
- 26 Parent Mixer

OCTOBER

- 3-4 PSC vs. SAC
- 17-18 MAC vs. SAC
- 22 New Family Q&A
(6pm-7pm)
- 27 Age Group
Halloween Party
- 31-Nov. 1 FINALE A/B at PSC