

Meet Recap

New Year

From the Office

january 2015

# psychsheet

## STREAMLINE INTO THE NEW YEAR!

**Anatomy of a Streamline**  
How to Get the Most Out of  
Your Streamline

**On Deck Nutrition Tips**  
Healthy Eating to Start 2015



# READY POSITIONS

*Streamline*, a word that every parent, swimmer and coach hears on deck multiple times throughout a practice.

What is a streamline exactly and why is it so important to our sport?

A streamline in basic terms is a straight bodyline that sets up every stroke from the start. In the coming pages, we will go into proper body positioning for streamlines and show you how much a properly executed streamline affects your swimming.

From our White Group all the way to our National Group, a strong emphasis is placed on streamlines to ensure the swimmer is developing proper technique from the start. It is perfectly normal for our younger swimmers to look up slightly while streamlining. Over time as they become more confident in their swimming, they will look down, keeping their bodyline straight while they move through the water to begin their stroke.

For our team, the hard work we do during holiday training helps us streamline into our winter calendar of events. This in turn sets us up for our Championship Season, whether that's Regionals, 8U Champs, AG/SR State or Sectionals, everything we do in the water starts with our streamline.

As we streamline into 2015, we look forward to the continued success of our swimmers in and out of the water. The SAC Coaches and Staff wish our membership a Happy New Year.

**Together Everyone Achieves More.**

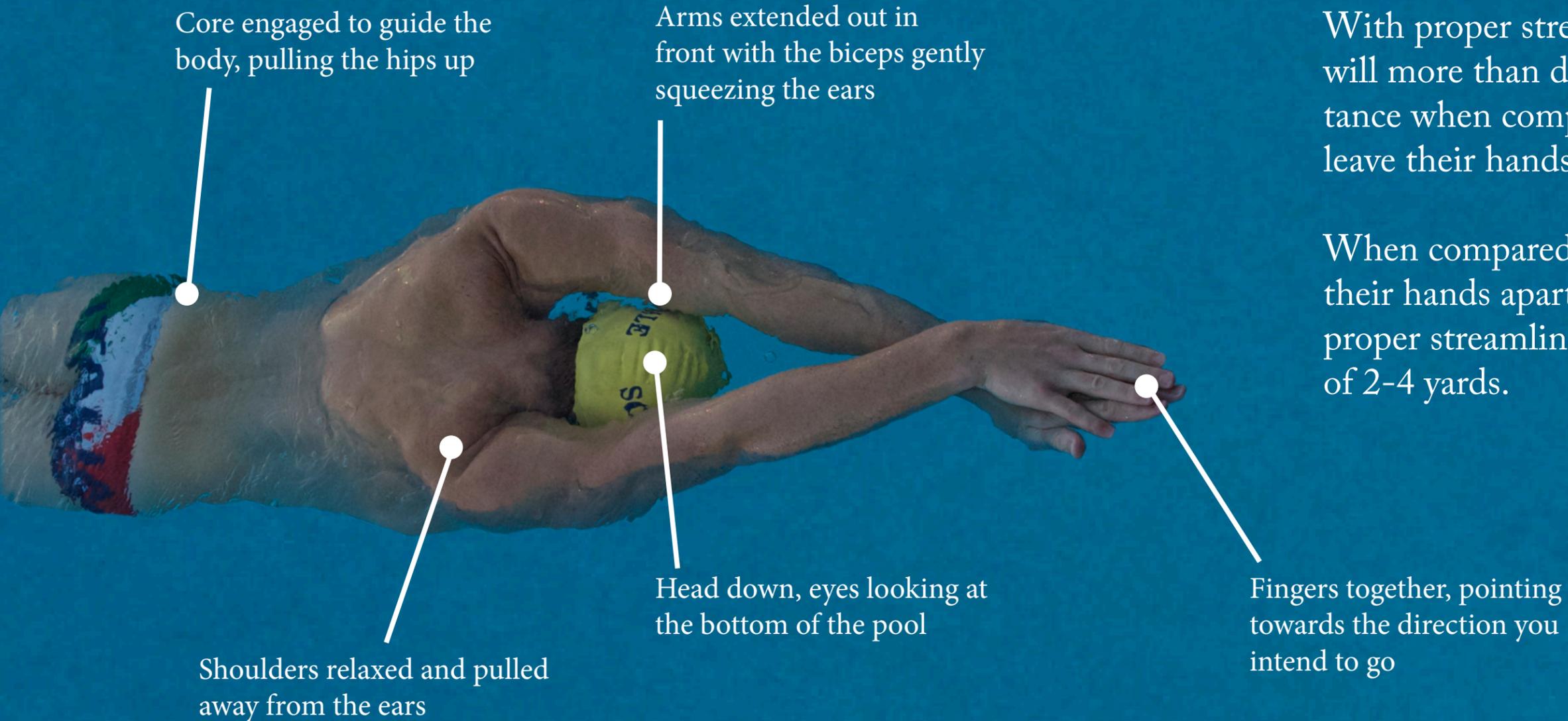
Go SAC!



Coach Kevin



# ANATOMY of a STREAMLINE



With proper streamline technique, swimmers will more than double their underwater distance when compared with swimmers who leave their hands at their side.

When compared with swimmers who leave their hands apart (the superman technique), proper streamline swimmers gain an average of 2-4 yards.

# MEET RECAP

## New SAC Records from Holiday Fest and Winter Junior Nationals

### Mid - Season Recap - Holiday Festival, Sr Gulf Championships, Winter Junior Nationals

Each of these meets presented their own challenges and triumphs for our swimmers. The long days at Mona Plummer, traveling without parents, and competing at a high level on a National stage could have been seen as obstacles at each of these meets respectively. Because of our dedication to preparation from the bottom to the top, SAC saw personal, team and meet records fall, new sectional cuts from several swimmers including 12 y.o. Ashley Strouse (1650 Fr), and of course, two Junior National high point winners in Taylor Ruck and Ryan Hoffer.

The theme of this newsletter is Streamlining which I hope is apparent in our approach to teaching the athletes from the White Group up. We are streamlined in our drills - the National group does Shark Fin just like our new 6 year olds; our skills - every coach shouts daily about doing dolphin kick whether it's 3, 5 or 9 off each wall; and with our training - we train the race.

This is why I truly believe that we continue to be successful at each level whether it's an NTS meet like the ASG meet where many earned new Regional times or at the Austin Grand Prix where some of our fastest will go to represent us on the National stage.

#### 11-12 yr old

Leila Rosin 50 Fly  
Daniel Simmons 1650 Fr, 200 Fly

#### 13-14 yr old

Taylor Ruck 100 Fr, 200 Fr, 500 Fr, 100 Bk  
200 Bk, 200 IM, 400 IM

#### 15-16 yr old

Aaron Apel 500 Fr, 1650 Fr  
Jack Blake 200 Fr  
Ryan Hoffer 50 Fr, 100 Fr, 100 Bk, 100 Fly

#### 17-18 yr old

Sam Fazio 50 Fr, 100 Fr  
Hannah Holman 200 Br  
Tom Ottman 500 Fr, 1650 Fr  
Marcello Quarante 200 Br

# ON DECK NUTRITION

Good nutrition is an important component of an athlete's training program; however, this area is often overlooked or even forgotten. There are many aspects of nutritional intake to keep in mind to ensure our youth athletes maintain optimal health, growth and athletic performance. These include everyday good nutrition habits, eating during competition, pre and post practice meals, supplement use and hydration.

Generally, 3 meals and 1-2 snacks per day consisting of lean meats, low fat dairy, a variety of fruits and vegetables along with complex carbohydrates will be adequate for maintaining good health. Limiting high fat, high salt and high sugar foods as well as consuming fast foods, fried foods and processed foods in moderation will all contribute to better nutritional intake. For great general information such as appropriate calorie ranges and number of servings needed per food group based on age, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).

One area of general eating that many swimmers seem to forget is breakfast. During sleep, our bodies are depleted of energy stores

(glycogen) which aid us in achieving both academic and athletic performance. Without breakfast, the body is unable to replete those stores resulting in less than optimal thinking and swimming. Breakfast is a must! Many swimmers are getting up very early to get to practice or a meet warm up. Plan ahead by making a bagel or sandwich with peanut butter or low fat cream cheese the night before and keep it in the refrigerator. Consider a smoothie by placing your fruit, yogurt and juice in the blender the night before then whip it in the morning. The swimmer can drink it on the way to the pool. Cheese sticks, hard boiled eggs, dry cereal, yogurt, single servings of chocolate milk, oatmeal, nuts, trail mix, and cut up fruit are all easy "grab and go" items. Energy bars, granola bars and Carnation Instant Breakfast along with other prepared liquid breakfast items such as Kellogg's To Go or Quaker Breakfast Shake can also be consumed. Leftovers from the previous dinner might be an option for those who like more savory items. Experiment with different foods to find what works best.

Eating before, during and after a meet or practice is also an area that most swimmers need

improvement. This area will be addressed more specifically in a future article but here are a few suggestions. As noted above, it is important for a swimmer to eat something in the morning to replete their energy stores lost during sleep. During swim meets, easily digested foods that are low in fiber, fat and salt appear to be better tolerated. Plain bagels, crackers, cooked noodles, pasta salad, fresh fruit, and low fat yogurt are examples. Avoid fast foods and soda during a meet. Chocolate milk and a peanut butter sandwich are a great recovery meal to supply your muscles with much needed energy repletion.

Nutritional supplements such as Gu, Gatorade chews, Zip Fizz and 5 Hour Energy are seen consumed routinely by our swimmers, even our very young athletes. Supplement use is a personal preference; however, here are a few guidelines to consider before providing these to your athlete. Most supplements are made to provide quick absorbing nutrition or to replenish losses during endurance activities such as marathons, triathlons, etc. Consider how much time your athlete is swimming before providing a supplement. Meet warm ups are generally short and there are few distance events during meets. Most swimmers are eating other foods between events so additional supplementation might not be necessary. Read labels to ensure you are providing supplementation as intended for use. This might include amount recommended and how much time before an activity it should be consumed. Many supplements are not

recommended for children; whereas, others are meant for repletion of lost nutrients after an intense activity. Be mindful and knowledgeable regarding any supplements your athlete might be consuming.

Lastly, hydration is an important component of athletic performance and recovery. Swimmers are at a disadvantage when it comes to hydration since being in the water lessens their trigger for thirst and they do not feel like they are sweating. For swimmers whose level of intense activity lasts less than an hour, water is appropriate for hydration. Swimmers who have an intense workout longer than an hour should drink Gatorade or other electrolyte replacement liquids along with water. A future article on hydration will further discuss this important area.

Sharon Madura, MS, RD, is a SAC Mom, USA Swimming Official 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](mailto:ccstrimple@gmail.com)*



# FROM THE OFFICE

## Parent Service Hours

You can check your parent service hours by logging on to the website. Go to My Invoice/Payment and click on the Service Hour button. You have until August 31, 2015 to earn all of your service hours.

Check the office for lost and found equipment. Also remember the new deck is very slick, *no running while on deck!*

Our next fundraiser is Wednesday, January 21, 2015 at Which Wich. Please print the flyer and go to any of their 3 locations to donate 20% back to the team.

A big thank you to all of the families for their kind holiday gifts to our entire staff.

Thanks,

Judy



**Generosity never tasted so good!**

**SCOTTSDALE AQUATIC CLUB FUNDRAISER\* AT WHICH WICH**

**Wednesday, January 21, 2015 11:00am-8:00pm**

**Paradise Valley Marketplace (Tatum & Shea)**  
10810 N. Tatum Blvd.  
Phoenix 602. 404.WICH

**McDowell Mountain Village**  
15033 N. Thompson Peak Pkwy.  
Scottsdale 480.451.WICH

**Grayhawk Plaza**  
20851 N. Scottsdale Rd.  
Scottsdale 480.513.WICH

In a hurry? Go to [www.whichwich.com](http://www.whichwich.com), place your order online and stop by to pick it up!

\* Mention you're with SAC when you place your order, and 20% of the proceeds will go directly back to the team!



Making the world a better place, one wich at a time.



[whichwich.com](http://whichwich.com)