

SAC Shootout

The Perfect Start

On Deck Nutrition

march 2015

psychsheet



PUTTING THE



PIECES TOGETHER

SAC Begins the Short Course Championship Season



READY POSITIONS

I'm so proud to say that our team looks very strong from bottom to top! While at times we don't have the opportunity to participate in many meets where we get the whole team together for competition, it's certainly a lot of fun when we do. We have had so many outstanding performances over the season and heading into the Championship season stronger than ever. We kick off the final stretch of our Short Course season with Age Group Regionals, followed by Senior State, Age Group State, 8&U Champs, Sectionals and Far Westerns. Good luck to everyone over the next several weeks, I'm confident that you all will represent SAC well!

Many times when our Championship season comes about, we are assigned meets out of our backyard. Often coaches are asked the "Why are we going there?" In the simplest of terms, because that is where we are assigned. This year for Senior Sectionals we are assigned to Austin.

In the 1980s and 90s, USA Swimming had a series of three spring Junior National Championships. By the year 2000, Junior Nationals were replaced with the current form of Sectional Meets, with about 10 "sections" throughout the country. Our original "Section" was called the Four Corners Section comprising of the LSCs in Arizona, Colorado, New Mexico and Utah. Another significant section that concerns us was the Pacific Northwest Section comprising of the LSCs in Washington, Oregon, Ida-

ho, Montana, Wyoming, Alaska and Hawaii. In 2003, the leadership of both of these Sections decided to create a faster meet and combined both sections into one section/meet. That is the meet that we have been attending since 2008.

This past year, the leadership of this combined section decided that it would be best to split back up into our separate sections for the spring sectional meets moving forward. They felt that this would allow more swimmers to participate in these meets. For the spring sectional meets, we will be split back up into our original sections, Four Corners and Pacific Northwest. I hope that makes sense and helps for a better understanding of why we are going to Austin this year, as that is where we were assigned. On the Age Group side, Arizona will often send the teams all over the state in order to expand competition and while we will host Regional's this year, many teams will travel to compete against us in this 'region'.

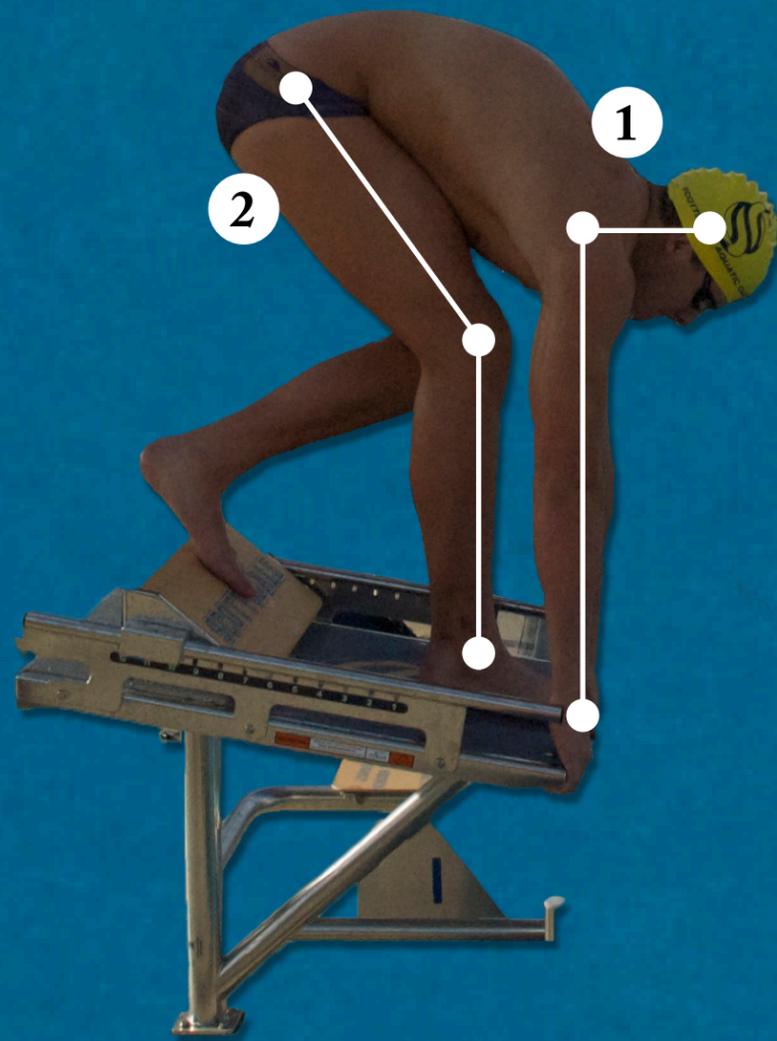
I'm incredibly proud of our swimmers and coaches, together we are strong and together we are achieving more. Be strong, be proud, be the best you can be in and out of the water! Good luck and GO SAC!



Coach Kevin

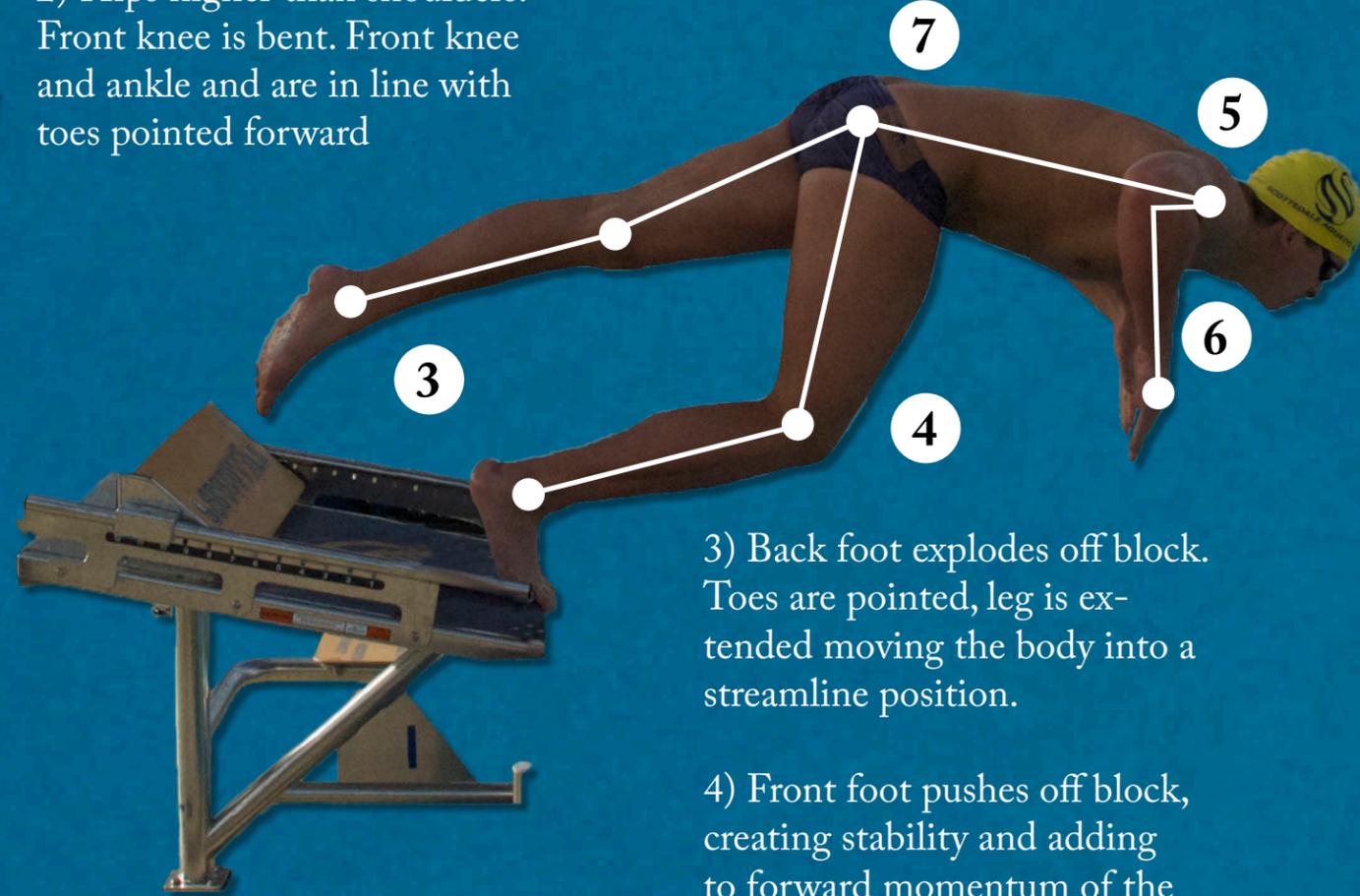
THE PERFECT START

SAC National Group Swimmer, Jack Blake, demonstrates the perfect start



1) Shoulders in line with wrists. Head is perpendicular to shoulders. Head is slightly over hands, gaze is downward.

2) Hips higher than shoulders. Front knee is bent. Front knee and ankle and are in line with toes pointed forward



3) Back foot explodes off block. Toes are pointed, leg is extended moving the body into a streamline position.

4) Front foot pushes off block, creating stability and adding to forward momentum of the body. The toes are also pointed behind as the leg is extended.

5) Head tilts forward to spot the entry point. The head tilts down creating a perfect bodyline along the spine.

6) Shoulders pull back as the hands spring forward. This movement brings the arms into streamline position, creating a smooth point of entry

7) As the swimmer leaves the blocks, finger tips, head position, shoulders, hips and toe pointing all create a straight bodyline that maximizes the potential energy of force leaving the block

ON DECK NUTRITION

Team travel is a major part of a swimmer's career whether it's traveling by plane or by car. Many of our local meets feel like travel meets due to their locations and format of the meets, making it difficult to go home between sessions. Good nutrition can often be difficult when planning for several days of eating while living in a hotel room or packing your cooler.

For our older, elite swimmers who are traveling by plane, it is important to start your trip off with good hydration. When flying, make sure to consume adequate fluids choosing milk, water, 100% fruit juices, or decaffeinated beverages. Avoid high sugar and caffeine drinks which can act as a diuretic causing the body to lose fluid. Steer clear of fried foods, high salt snacks and other high fat items offered in the airport's food courts. Better choices

to consume include deli sandwiches made with lean meats such as turkey, salads, stir frys, and yogurt parfaits.

For all traveling athletes, it is wise to pack protein bars, fresh and dried fruit, nuts, nut butters and sport drinks such as gatorade; for those flying, bring powdered mixes. This ensures the swimmer will have nutritious options readily available should he/she be unable to make it to a grocery store or if the hotel does not offer enough appropriate choices. Many hotels do offer breakfast; best choices include eggs, toast, oatmeal, bagels with peanut butter, fresh fruit, milk and yogurts. Although very tempting, try to avoid donuts, danishes, high sugar cereals, waffles with syrup, sausage or bacon and other high fat items such as biscuits and gravy. If possible, grab a piece of fruit to go!

Competition days can be long for our swimmers and parents! Best practices include planning ahead. It is important for all of our youth athletes to eat a nutritious breakfast. Swimmers tolerate foods differently so do what works best for you! Make sure to include a protein source along with carbohydrates. Smoothies, bagels with peanut butter, a turkey sandwich, oatmeal with dried fruit and nuts, a scrambled egg burrito or a hummus wrap are all good choices. Remember to stay hydrated, especially during sunny, warm days. It is best to alternate water and a sports drink. Snacking items such as plain noodles, bread, crackers, pretzels, fresh fruit and cut up veggies (watch high fiber items) are usually well tolerated and digested during a session. After long races or during a break between sessions, chocolate milk or a protein drink will aid in nutrient repletion. Items such as pasta salads, peanut butter and jelly sandwiches, string cheese and crackers, hummus and pita chips, yogurt and protein bars are also good between sessions or for eating small amounts during a session. Many parents have

been making their own protein bars from recipes found on Pinterest or searching the internet. The latest USA Swimming magazine published a No-Bake Peanut Butter Cereal Bar recipe that looked easy enough for the kids to make and consisted of items most of us have in our pantry.

Should swimmers need to eat at restaurants between sessions or after a full day of swimming, best choices are places where menu items include baked and broiled meats and vegetables, pasta dishes, salads, stir frys, fresh sandwiches, burritos and rice bowls. Try to avoid restaurants that mainly focus on high fat choices such as chicken wings or burgers and fries. Save that meal for the celebratory dinner!

Sharon Madura, MS, RD, is a SAC Mom, Manager of King Kong Racing Team 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

SAC SHOOTOUT

April 25th, Starfire Golf Club
11500 N. Hayden Rd.
Scottsdale, AZ 85260

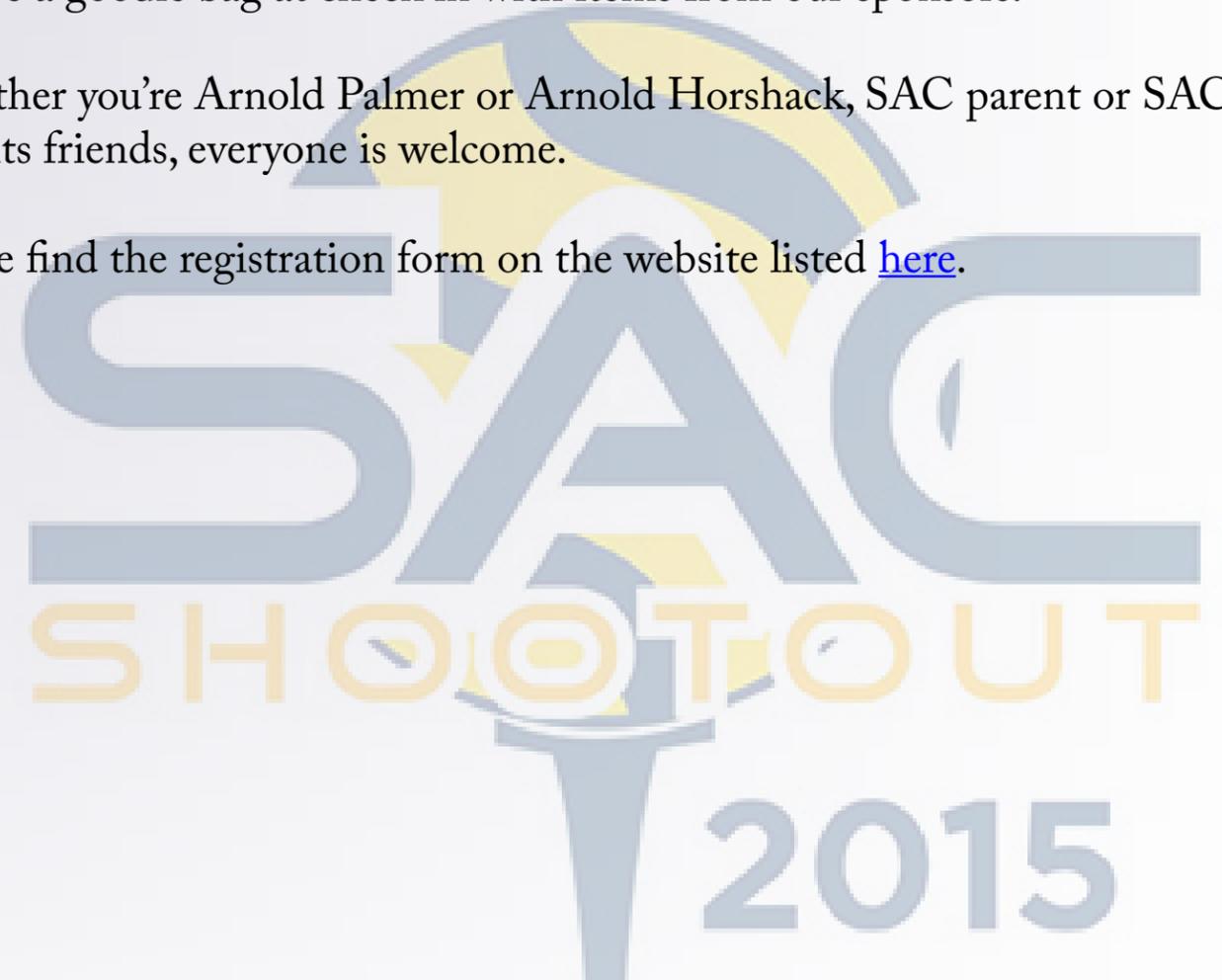


Join us for our 3rd Annual Golf Tournament, the *SAC Shootout* at Starfire Golf Club. The tournament is a great way to spend a Saturday away from the pool, enjoying the wonderful weather that Arizona spring has to offer!

Proceeds from the Golf Tournament are donated to the club for team enhancements. Each golfer receives with their registration, 18 holes of golf; prizes for longest drive, closest to pin; (2) drink tickets and lunch. Raffle tickets may be purchased in advance, or at check in. Each golfer will also receive a goodie bag at check in with items from our sponsors.

Whether you're Arnold Palmer or Arnold Horshack, SAC parent or SAC parents friends, everyone is welcome.

Please find the registration form on the website listed [here](#).



SAC

REMINDERS

Championship Meet Dates

2/26-3/1 Senior State (*at Westside Silver Fins*)

3/5-3/8 Age Group State (*at Oro Valley*)

3/21-22 8U Champs (*at Phoenix Swim Club*)

3/25-3/29 Senior Sectionals (*Austin, TX*)

4/9-4/12 Far Westerns (*Morgan Hill, CA*)

SAC Banquet

4/19 SAC Banquet (*Camelback Golf Club*)
5:00pm-8:00pm

Our yearly banquet will be held this year at Camelback Golf Club. The banquet will celebrate our graduating seniors and outstanding achievements of our swimmers. Each group has been asked to gather items for a themed gift basket to be bid on during our silent auction. The banquet is a great way to socialize with other SAC families away from deck, celebrate our team and raise money for team improvements. Please see your group parent for gift basket ideas and/or donations. No donation is too small.

Registration for the banquet will be available on SAC's website at the end of February.