



It's More Than Just Swimming...

December 2021

December Practice Schedule:

- Text Alerts: Please be sure you have signed up to receive text alerts, these are only sent when practices are cancelled at the last minute due to weather or unforeseen circumstances.
- No Practice's on Christmas Eve or New Year's Eve

All Practice Times will return to normal beginning Monday, December 13th



Practice Times: **Senior II:** Mon-Fri 3:15pm-5:00pm **Senior I:** Mon-Fri 3:15pm-4:45pm
 Gold: Mon-Fri 4:30pm-6pm **Silver:** Mon-Thur 5:15-6:30pm Fri 5-6pm
 Bronze: Mon-Thur 6-7pm

Team Communication: Please be sure that all of your emails / phone numbers are correct in the team website. You may make corrections on your own or ask for help if you need it! You may also sign-up for the text alerts through the website as well. Go to the "How Do I..." tab on the main page for directions. This allows you to receive alerts if the pool has been closed or practice has been cancelled due to poor weather.

Team Contacts: Coach Tim: tim.manley@surpriseaz.gov or 623.222.2264
 Coach Buster: buster.thompson@surpriseaz.gov
 Coach Lala: srshipman00@gmail.com
 Coach Mike: md.radosevich@gmail.com
 Coach Carrie: carrie.golden@surpriseaz.gov

Locker Room facilities are open for all to use, although we recommend bringing all swimming bags and gear to the pool deck, please do not leave any items in the locker rooms or bring valuables to the pool!

January Swim Meet: The upcoming meet in January will be held at the Moon Valley Country Club please be sure to sign-up online as registration is open now. The deadline for registration is midnight of Wednesday, January 5th!

Covid-19 Protocols:

Please follow a few simple steps for the health and safety of our athletes and families. **Stay home if you're sick or have any symptoms!** Please report any positive Covid cases to Coach Tim Manley immediately, information is kept confidential and will follow up with a notice of contact to all

athletes/families. The notice you receive will have clear instructions for return to practice guidelines. [If you have questions please contact Coach Tim, please don't assume or get answers from anyone else.](#) Please use the following links to see the full [City of Surprise Storm Guidelines](#) or the [Maricopa County Public Health Guidance](#)!

Lifestyle vs Band-Aid's: Yesterday during Senior II practice someone "unnamed" I will call him Landon, who asked if I had any pickle juice! Pickle juice is one of those "band-aid's" for muscle cramps. Yes, it has a lot of electrolytes (salt) in it and pickles contain potassium. I actually read one study on it and it has more to do with the taste creating a motor neuron block that deactivates muscle firing, which to me means your muscles no longer respond like they should and a muscle cramp is actually a good thing, it just told you a couple of things! (A. You just did too much) or (B. Your nutrition is not right) or (C. Both) Oddly enough Coach Mike who has really increased our dryland training in the past couple of weeks had just asked if we should send out some nutritional information to the team and it's always a great idea, although the hardest part is that it must become a lifestyle change. Not just for the athlete, but for both the athlete and the family, unless parents plan to cook two separate meals each night. So instead of pickle juice, just

increase your potassium intake on a normal basis. Here's a few tips! Increase your water intake daily, bring a water bottle to school and always to practice. Be sure if you haven't eaten for a while prior to practice you may need a small snack to fuel your body during practice. A banana is a great snack before practice. Always be sure to eat within 20 minutes of finishing exercise your body needs fuel to replace what it just burned! If you can't eat right away drink some chocolate milk. A quick tip for parents, (easier said than done) shop around the outside of the grocery store, most of the things we don't need are located in the center aisles! We all know we need to eat better, so be honest with what works best for your family. Just try your best to create a healthier lifestyle and use less band-aids!

Coach Tim

Show Up (to practice, be consistent) - **Work Hard** (both physically and mentally)
Make Good Choices (both in the pool and in life)

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