



PSW Weekly Update



Recovery After Practice

Recovering post practice is very important. Ideally have your swimmer consume carbohydrates within 30mins of practice (eg. banana, fruit, chocolate milk, bagel). Protein within 60-90mins post practice (this can be with dinner after evening practice or a protein bar or shake if heading to school) Ample water during and following workout. Sometimes we forget that swimmers sweat, because the water washes away the sweat and it is not something we “see”. While high sugar electrolyte sports drinks are readily available, there are many electrolyte options that do not have the high sugar content. These allow for adequate hydration without the sugar so can be consumed any time through the practice or day. Try to avoid having your swimmer consume high fat foods immediately post practice (eg. nut butters, fast food) as fat is very slow to digest and will actually slow down the digestion of the carbohydrates and protein that has been eaten.



Welcome Back

Welcome back and Happy New Year! I hope everyone had a fantastic holiday break and looking forward to a great 2019. It is so great to see everyone back in the water and PSW running at full capacity again. During the holiday break a number of the older groups did a training camp. These camps run for 5- 10 days depending on the age and saw the swimmers do some really amazing things in the training pool. Congrats to all that participated!

A couple of updates for everyone, coming up on February 2/3 we are hosting the PSW Winter Invitational. This meet will be attended by some of the fastest age group swimmers in BC as well as the top swimmers on Canada’s National team. This is a great opportunity to get an up close and personal look at some really fast swimming, so be sure to come out and volunteer. We need lots of volunteers and if anyone is interested in running the food room please let me know by Friday. The second update is that the Grandview Pool will be undergoing emergency maintenance starting on February 4 until March 13. I am currently working with the city to get more pool time and will be providing an update to the swim calendars as soon as possible. Thanks and see you at the pool GO PSW GO