



NEWSLETTER Nov - 2011

ISSUE #3

A major snow storm before Halloween, are you kidding me? It's been a crazy past week and I hope this newsletter finds everyone safe and with power. I apologize for all the changes in both our practice schedule and meet schedule unfortunately they are out of our hands and dictated by the weather. We've had a really solid start to our season which very well could have been great if not for the canceled IMX sessions.

The 8/U meet was crowded but great and the kids all swam fantastically. The backstroke meet and Pentathlon were huge successes and again the swimmers participating were sensational. The IMX meet this past weekend was on its way to being simply spectacular until the Sunday session was canceled but again the swimmers that swam on Saturday were outstanding. Early season meets allow coaches to see races and swimmers and those outcomes help us plan workouts going forward.

With a team this large (over 100 swimmers) it's difficult to learn who everyone is. So with that in mind I've put on the website under news a swimmer profile form. Please fill this out and send it back with a picture (face shot preferably). Every month I will randomly pick a swimmer from each group and highlight them in our newsletter under Swimmers Spotlight.

With our meet season well underway I thought an article on nutrition would be good for swimmers. This article comes to us courtesy of USA Swimming. When you get a free moment check out USA Swimming's nutrition tracker at <http://www.usaswimming.org/DesktopDefault.aspx?TabId=1547&Alias=Rainbow&Lang=en> it is a great resource. Want even more information, there are some really good nutritional articles on our website. Just click on our articles tab and you'll find a wealth of information.

Another great and fun application new from USA Swimming is their Deck Pass. Check it out here:

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&itemid=3883&mid=8712>

Coach Chuck

TOP FIVE BEVERAGE CHOICES FOR SWIMMERS

BY CHRIS ROSENBLOOM, PHD, RD, CSSD

Just because you're in the water it doesn't mean you don't need to drink water.

After 30 minutes of swimming, dehydration can occur. Environmental factors contribute to a swimmer's dehydration—warm water temperature and warm, humid air around the pool can increase the need for fluids. The National Association of Athletic Trainers recommends drinking about 2 cups (16 ounces) of water 2 to 3 hours before a workout or swim meet with another 1 cup (8 ounces) 10 to 20 minutes before diving into the pool. Most workouts are long and strenuous, so drink about 1 cup of fluid every 10 to 20 minutes during your workout. Keep a sports bottle filled with water at poolside so it is in easy reach.

What should you drink? Try these 5 choices and switch up your drinks for variety.

1. Water is best for most athletes. If you don't like the taste of plain water, ask mom or dad to slice up lemons or limes to drop into your water bottle for a fresh taste.



NEWSLETTER Nov - 2011

ISSUE #3

2. Sports drinks are a good choice when you have long, hard workouts or have to race many times during a meet. Stick to the basic tried and true sports drinks....like Gatorade or Powerade because they provide a good balance of carbs, sodium and potassium to replace losses.

3. Light sports drinks or zero-calorie sports drinks. These beverages, like G2 or Powerade Zero provide the same amount of sodium and potassium as regular sports drinks. These are good choices when you are trying to get lean or when injured and you are not able to train as hard or as long. These drinks contain artificial sweeteners, so drink them in moderation (1-2 servings per day).

4. Diluted fruit juice. Why dilute fruit juice? Fruit juice is too high in natural sugars to be a good fluid replacement. Fluids that have more than 6 to 7% carbohydrate (fruit juice has about 10% and some fruit juices even more) takes longer to leave the stomach so fluids don't reach your working muscles as quickly.

5. Low-fat milk is a good pre-workout and post-workout drink because it provides carbs, sodium, potassium (like sports drinks) with the added benefit of protein for muscle recovery and calcium for strong bones. Choose fat-free or 1% milk to lower the fat content; and it is OK to choose low-fat flavored milk like strawberry or chocolate if you prefer the taste.

Staying hydrated can help improve your performance and keep you healthy. Develop an individualized fluid plan and don't wait until you

are thirsty to drink...stay ahead of thirst so you don't get dehydrated.

Chris Rosenbloom is the sports dietitian for Georgia State University Athletic Department and is the editor of the American Dietetic Association's Sports Nutrition Manual, 5th edition, schedule for publication in 2012.

Tip of the Month for Swimmers

One of the most important skills a swimmer should strive to perfect is a good streamline. Whether your swimmer is an 8/under or a college age athlete, having a good tight streamline is paramount to fast swimming. The goal is to transform oneself into a "torpedo" by squeezing the ears with the elbows, tightening the core muscles, straightening the legs together, and pointing the toes. As noted in the article below the swimmer MUST streamline off every start and every wall every time! Practice really does make perfect.

From Coach Terry

Upcoming Dates to Remember

Holiday Party 12/18 at the Shelton Community Center – all Rapids should be in attendance.

Meet entry deadline HHAC dual meet 11/3
Meet entry deadline HHAC Qualifier 11/9
Meet entry deadline 8/U Quadrathon 11/9
Meet entry deadline CDOG distance meet 11/9
Meet entry deadline WRAT Pentathlon 11/9
Meet entry deadline Elm City Invitational 12/1

I hope everyone is signing up for meets – questions then please ask.

SWIMMERS SPOTLIGHT
Coming Next Month