

Provide a quality swim program capable of competing at all levels of the sport and promotes discipline, fitness and goal setting

GREAT MONTH FOR NITRO SWIMMERS

The month of February has been a great month for NWGA Nitros.

GHSA State Championship:

Nitro swimmers from Calhoun HS-Cartersville HS-Adairsville HS all had strong swims and represented well.

State Champions:

- 400 Yd. Free Relay: Bo Dwyer, Caleb Black, Cal Parker, John Carroll

3rd Place:

- 200 Yd. Free: Caleb Black
- 500 Yd. Free: Caleb Black

Georgia Open:

Several swimmer had personal best along with several making state cuts.

14 & U Age Group State:

With a large contingent of swimmers making state cuts, Nitro swimmers were able to capture 5 Age Group Sectional cuts

- Nate Eickman - 50 breast, 100 breast
- Brandon Webb - 50 breast
- Matthew Monforte - 100 Back
- Phoebe Reid - 100 breast

UPCOMING EVENTS

MARCH 2 - 5:

SR. SECTIONAL
Greensboro, NC

MARCH 4 - 5:

MAKO MANIA
Dalton, GA

MARCH 14 - 17:

NCSA JUNIOR NATIONALS
Orlando, FL

APRIL 1 - 2:

LAST CHANCE SPLASH
Calhoun, GA

A FULL
SCHEDULE OF
ALL EVENTS CAN
BE FOUND
ONLINE BY
[CLICKING HERE](#)

SWIMMERS OF THE MEET

GA Hurricane Groundhog

- Phoebe Reid
- Mary Jane McKinnon

Georgia Open

- Caleb Black
- Phoebe Reid
- Claire Alexander
- Kyle Hoerl

14 & U Age Group State

- Brandon Webb
- Nate Eickman

REMINDERS:

NWGA Nitros will be hosting the **LAST CHANCE SPLASH** on April 1-2

We are still looking for families to join our **Parent Mentor Program** and **New Packet Update**. If you are interested, please contact Greg Hasty and Michele Eickman.

NWGA Nitros along with the CAC will be promoting a **Swim Sponsorship Program** for 2017. If a sponsorship is brought in by a NWGA swimmer, the swimmer can receive up to 6 months of free membership. Please see information at the end of the newsletter regarding the **Swim Sponsorship Program**.

Every swimmer needs to be signed up for **REMIND** and have an account via the **NWGA Team Unify** page in order to receive email reminders.

A parent meeting will be held on March 6th in the Auxillary Gym at 5:30. During the meeting the following will be discussed:

- Long Course Schedule
- Last Chance Splash Meet
- Recruit Officials
- Sponsorship Drive
- Questions

REMIND 101

TEXT THE FOLLOWING MESSAGES FOR EACH GROUP TO 81010 OR SEARCH THE FOLLOWING CODES ON THE REMIND APP:

GREEN 1
@NWGAG1

GREEN 2
@NWGAG2

NAVY
@NWGANAVY

PURPLE 1
@NWGAP1

PURPLE 2
@NWGAP2

SILVER

TEXT THE CODE OF THE PRACTICE GROUP YOU SWIM

NEW
****ALL PARENTS****
TEXT @NWGAF

NWGA NITROS DIGITAL NETWORKS

teamunify.com/ganga



@NWGA_Nitros



@NWGANitros



nwga.nitros

TAPERING & SHAVE DOWN

TAPER

Our training throughout the entire season is always focused on one big meet. Generally, we use a pyramid training scheme and towards the end of the season we have to taper or decrease yardage, increase speed, rest, and recovery, which allows our muscles and our minds to regenerate...all in preparation for fast swimming at that one big meet. Taper depends on our training, muscle mass, and swimming events. Swimmers should be on time for each practice and note what they eat and drink as well as how much sleep they are getting each night.

This is a BASIC review of the physiological factors associated with tapering in swimming. Remember that "you who you are" (age, size, and muscle mass plays a major role in taper) AND "you are what you train"...consistent attendance throughout the entire season is vital to proper development and successful performance (100-90%- Expected Attendance, 89-80%- Acceptable Attendance, 79-70%- Satisfactory Attendance, 69-60- Below Satisfactory Attendance, 0-59%- Unsatisfactory Attendance) An incremental, stepwise reduction in training volume (>60%) over a period from 10 to 21 days results in an improvement in performance. This contrasts to a minor reduction (<30%) in training volume which appears to maintain performance.

Interval training work (>90% VO₂max), with sufficient recovery between bouts to maximize exercise intensity, is desirable. This may be necessary to maintain training-associated adaptations with the reduction in training volume.

Generally speaking, weekly training frequency should be reduced by no more than 50 percent, although it is more conservatively suggested as being 20 percent (a substantial reduction results in loss of "feel" for the water and specific movements). It appears that rapid reductions in training frequency reduce performance rather than improve it. The effects of prolonged tapers have not been examined although it does seem that tapers of longer than 21 days would contribute to performance maintenance rather than improvement.

Summary: a successful taper involves a substantial (60-90%) graded reduction in training volume and daily high-intensity interval work over a 7 to 21 day period. Training frequency should not be reduced by more than 50 percent although a more conservative reduction would be 20 percent.

Physiological Effects

Improvements in performance during taper occur without changes in VO₂max. This suggests that the primary phys changes are likely to be associated with adaptations at the muscular level rather than with oxygen delivery. VO₂max does not reflect the positive effects of taper in swimmers.

Taper does not affect sub-maximal post-exercise measurements (lactate, pH, bicarbonate, base excess) and heart rate.

Blood measures have not been conclusively documented as being related to the taper phenomenon. Although not measured in swimmers, muscle glycogen and oxidative mechanisms have both been observed to increase in tapers.

Improvement in power is probably the major factor responsible for the improvement in competitive swimming performance through taper.

Taper and Performance

A 3 percent improvement in performance is the average change that results in swimmers. The first stage of a taper often produces a "bloated" feeling because of extra water retention in the muscles. For every gram of glycogen, 3 gm of water is stored. This often produces a feeling of being heavy or sluggish. Shaving has been shown to have mechanical and consequent physiological benefits. Positive psychology and realistic expectations (i.e., +3%) are very important.

Throughout the season it's 90% physical and 10% mental...NOW IT'S 10% PHYSICAL AND 90% MENTAL! YOU MUST BELIEVE TO ACHIEVE...ACCESS TO SUCCESS IS THROUGH THE MIND

SHAVING DOWN

Laminar flow is basically how a fluid (in this case water) passes over and around an object. Anything that resists the flow slows things down (acts like friction). The key thing with water is that interruptions in the flow causes resistance, which requires using more energy. Most swimmers let their body hair grow throughout the entire season-then shave down for the big meet. Even the feeling of being that smooth and the difference in the way the water flows over the bodies make swimmers feel faster and, of course, actually swim faster.

Swimmers have been "shaving down" for the past forty years. However, shaving was, as recently as 1999, the only means of achieving enhanced laminar flow. But with the advent of the new high-tech fast-skin, aqua-blade, and aqua-shift suits, the options for achieving improved speed through the water has been expanded. Generally, for girls shaving down means shaving the exposed legs and arms. For boys, shaving down means shaving the exposed legs and arms as well as the face, chest and back.

The BASIC idea is this: by shaving the body swimmers are doing two things. First, they are removing the hair from the body and therefore reducing overall drag when swimming. Secondly, swimmers are also removing the top, or dead, layer of skin off of the body, exposing millions of nerve endings to the water. This creates a heightened feel for the water and awareness of body position. Many swimmers say they feel "slippery", "slimy", or "electric" after shaving down. While most swimmers will admit some of the benefits are mental, all will say that there is certainly a physical benefit as well.

How to shave down:

There are a number of do's and don'ts when it comes to shaving down:

- "Shave down" the night before the big meet (after pre-meet swim and dinner and before bedtime)
- Clip first. Remove of the bulk of hair with clippers before you break out the razors. This shaves time and prevents cuts.
- Use double bladed razors. Do not use: Wax, Epilady, Nair, Electric razors. Remember, we are not just removing the hair, but the top, dead, layer of skin. Only a razor blade accomplishes this.
- Use many, many razors. Don't ever shave with a dull razor. It will cut you and will not take off the hair/skin effectively. 4 at a minimum.
- Shave against the grain of the hair. Get your skin as smooth as possible.
- Take your time. Rushing will get you cut.
- Do not use menthol shaving cream. It desensitizes the nerves.
- Do not cut yourself. When you cut yourself and then jump into the water that is the only thing you will feel and the only thing you will think about. This detracts from that "shaved feeling" and will detract from your race.
- Do not use Lotion afterwards. This fills your pores and covers your nerve endings, thus defeating the purpose.
- Do use warm water. It relaxes the skin and allows for a closer shave.
- Do wear warm clothes afterwards. Try to prevent chilling and getting goose bumps.
- Do use astringent if you need to. This will burn some, but it will clean the pores and help to prevent razor burn or rash.

**CONTACT US:
NWGABOARD@GMAIL.COM**

COACHES

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NWGA BOARD

NWGA Board
Greg Hasty- President: greg_hasty126@comcast.net
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Jamie Petty Treasurer:
Dr. Michelle Griffith- griffthm@calhounschools.org
Members At Large:

- Keith Bagwell • Michael Hoerl
- Melissa Edens

S.W.I.M



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SUPPORT WATER IN MOTION CALHOON AQUATIC CENTER SPONSORSHIP & ADVERTISEMENT OPPORTUNITIES

Business/Organization: _____

Address: _____

Phone: _____ **Web Address:** _____

Contact Name: _____

Contact #: _____ **Contact Email:** _____

Ad Sold By: _____ **Contact #:** _____

Swimmer's Name _____

Sponsorship Level Options (See reverse side for details)

- PLATINUM \$5,000: Includes Employee Wellness Discount**
- GOLD \$1,000** **SILVER \$500** **BRONZE \$250**

Amount Paid \$ _____ **Cash/Check** _____

Checks should be made payable to Calhoun Aquatic Center

Note: Business logos should be submitted electronically as a JPG or PNG sized 640 x 480 emailed to lestera@calhounschools.org

For questions please contact Calhoun Aquatic Center at 706-602-6817 or visit
www.calhounaquaticcenter.com



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S.W.I.M

SUPPORT WATER IN MOTION CALHOON AQUATIC CENTER

SPONSORSHIP & ADVERTISEMENT OPPORTUNITIES

Platinum Sponsor \$5,000 – Receive 6 months membership free

- ★ Business advertisement on running digital board during operating hours and hosted events
 - ★ Business name and logo on 42' X 36" fixed sign in CAC
 - ★ Business advertisement on NWGA/CAC website and publications
- ★ Your business advertised during announcements at NWGA/hosted swim meets
 - ★ Your business advertised on swim meet Heat Sheets
- ★ Sponsor will receive the Employee Wellness discount of \$5 per month, per plan, per employee member

Gold Sponsor \$1,000 – Receive 3 months membership free

- ★ Business advertisement on running digital board during operating hours and hosted events
 - ★ Business name and logo on 42' X 36" fixed sign in CAC
 - ★ Business advertisement on NWGA/CAC website and publications
- ★ Your business advertised during announcements at NWGA/hosted swim meets
 - ★ Your business advertised on swim meet Heat Sheets

Silver Sponsor - \$500 – Receive 2 months membership free

- ★ Business advertisement on running digital board during operating hours and hosted events
 - ★ Business name and logo on 42' X 36" fixed sign in CAC
- ★ Your business advertised during announcements at NWGA/hosted swim meets
 - ★ Your business advertised on swim meet Heat Sheets

Bronze Sponsor - \$250 – 1 month membership free

- ★ Your business advertised during announcements at NWGA/hosted swim meets
 - ★ Your business advertised on swim meet Heat Sheets

Sponsorships support the aquatic programs at the Calhoun Aquatic Center and competitive swimmers of the Northwest Georgia Aquatics Team (NWGA Nitros)