

NWGA NITROS NEWS

Friendly Reminders

- Nitros monthly fees are due by the 7th of each month. After the 7th a late fee of \$15 will be charged.
- Spirit Wear Orders: Families may order additional shirts through the CAC office. Orders are closed now, but will open back up again in December and March.



Nitros Swimmers had a blast dressing up for the Annual Halloween Party. Pictured here are our costume winners from each age group.

In this issue...

Great information for swimmers to learn about Mental Toughness as they compete and some healthy eating recipes.

UPCOMING SWIM EVENTS

Kentucky Autumn Classic

Date: 11/17-11/19
Time: TBA
Location: Univ. of Kentucky

Ga Senior State Championships

Date: 12/8-12/10
Time: TBA
Location: Ga Tech (Must have qualifying times)

Jingle Bell Classic

Date: 12/9/17
Time: TBA
Location: Dalton High School (14 and Under)



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Mental Toughness

- by Olivier Poirier-Leroy. Join his [weekly motivational newsletter for competitive swimmers by clicking here](#).
- *Mental toughness isn't just about being more gritty than the next swimmer; it's about taking care of yourself between practices. Here's how sleep will help you be more resilient this season.*
- The life of a competitive swimmer can be grueling. You don't really need me to tell you that. Between the early morning workouts, the in-season meets, and a season that stretches across every month on the calendar, we put a lot of time and energy into the sport.
- As a result of all the millions and millions of [swim practices](#), and all of the competing interests for our time—school, eating, what passes for a social life, more eating—our schedule becomes taxed to the point that we start looking for things to cut corners on.
- Unfortunately, sleep is usually the first thing on the cutting block.
- Your coach has told you a hundred times how important it is. So have your parents. [And so have I](#).
- When you think of what mental toughness is, there are probably a host of different examples that come to mind. It's being able to show up on [those early mornings](#) when you are sore and tired. It's finishing the main set at full throttle even though your lungs and muscles are screaming for oxygen. It's doing the little things right, even when you don't feel like doing them.
- Mental toughness, **essentially, is the ability to withstand stress.**
- The approach we take when it comes to “toughening up” usually goes against how mental toughness works, however. We go balls-to-the-wall all the time, never giving [ourselves a chance to recover and rejuvenate](#). Or we treat our bodies like a five-alarm dumpster fire between practices, ensuring that we never have a chance to properly bounce back.
- The sneaky reality of mental toughness is buried in how we well we recharge and recover. It's looking after ourselves physically and mentally so that we can “top up” our toughness for moments where we need it most.
- **Mental Toughness Comes from Proper Recovery**
- Some swimmers naturally come by exceptional levels of resilience. There's no arguing that point. There are athletes among us have a better developed approach to mental toughness.
- But mental toughness is not something that is static or even entirely genetic. It's a skill, something that we can crank up when we give it a little bit of TLC.
- And one of the easiest (and most enjoyable) ways to secure yourself some hot-blooded mental toughness is spending more time in the sheets.
- **Lack of Sleep Makes Your Workouts Harder Than They Need to Be**
- Think back to the last time you went back-to-back sleepless nights: how did *those* workouts go?
- **Sleep deprivation causes things to feel harder than they should.** When we experience sleeplessness the next day our rate of perceived effort goes up—even off just one night of bad sleep, meaning that the hard workout planned is going to feel even harder.
- **Sleep deprivation causes our ability to pay attention to plummet.** Ever notice that it gets harder to focus on things when you are tired? Things like the interval, the breathing pattern, or even keeping track of how many rounds of the main set you've done?
- **Sleep deprivation causes us to be sicker more often.** Unsurprisingly, when we subject ourselves to sleep loss we put our bodies at risk of being sick. Research has consistently shown a connection between poor sleep and bad health outcomes ([here's one](#)), which should make intuitive sense: how many times have you gotten sick when your schedule was over-burdened?
- **Sleep deprivation makes us less tough.** One [study](#) found that teenagers who had higher levels of mental toughness slept better, slept longer and more deeply, and woke up less often compared to their groggy and less mentally tough peers.
- **The Next Step**
- Getting more sleep usually means that you are going to have cut corners elsewhere.
- Perhaps they are going to be things that you think you need (Netflix, chatting on your phone till the wee hours of the morning, scrolling social feeds like the wheel on Wheel of Fortune). Perhaps it means you need to get serious about your schedule.
- Write yourself out a sleep schedule. Get some naps in. Spend more quality time with your pillows.
- Higher levels of mental toughness and better and faster swimming await.

Healthy Eating

Busy Morning Breakfast Cookies (Makes 24 cookies)

Ingredients:

1/2 cup butter, softened
1/2 cup firmly packed dark brown sugar
1 teaspoon vanilla extract
1 can (20 ounces) crushed pineapple, drained
1 cup whole wheat flour
1 cup unbleached all-purpose flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/4 teaspoon salt
1 3/4 cups rolled oats
1 cup golden raisins
1 cup chopped pecans or walnuts

Directions:

1. Preheat the oven to 350°F. Coat a foil-lined baking sheet with cooking spray or cover with parchment paper.
2. In a large mixing bowl, combine the butter, brown sugar, vanilla, and pineapple.
3. In a medium mixing bowl, combine the flours, baking soda, cinnamon, salt, oats, raisins, and nuts.
4. Add the dry ingredients to the pineapple mixture and stir until well combined.
5. Drop rounded spoonful's of batter onto the baking sheet. Using a fork, press cookie dough down a bit to resemble more of a cookie shape. (Freezing instructions for Method 1 begin here.)
6. Bake for 13 minutes, or until the middles of the cookies are firm to the touch. Let cool before removing from the baking sheet. (Freezing instructions for Method 2 begin here.)

Freezer Meal Instructions (to Freeze)

Method 1: Make the cookie dough and scoop onto the baking sheet. Place the baking sheet into the freezer to flash freeze the dough, about 1 hour. Once the dough is frozen, transfer to a plastic freezer bag and store in the freezer.

Method 2: Fully bake and cool cookies. Then place in an airtight freezer bag or container and freeze.

To Prepare From Frozen

Method 1: Take desired amount of cookie dough balls out of the freezer and let them thaw in the fridge overnight or at room temperature for 10 to 15 minutes. Bake as directed.

Method 2: Let cookies thaw on the countertop, or microwave a slices cookie in 10-second intervals until warmed up.

Cooking Notes

Substitute any small dried fruit for the golden raisins.
To add some sweetness, toss in 1/2 cup dark chocolate chips.
These also make a great after-school snack.

CROCK POT RECIPE

SLOW COOKER CHICKEN TACOS

Prep time

10 mins

Cook time

4 hours

Total time

4 hours 10 mins

Serve in a lettuce wrap or on a bed of greens. Top with, salsa, olives, fresh chopped vegetables of choice, and/or sliced avocado. Includes recipe for Slow Cooker and Instant Pot!

Author: Simply Nourished Recipes

Recipe type: Slow Cooker - Whole 30 - Paleo

Serves: 4 serving

INGREDIENTS

1-1 1/4 lb. chicken breast or thighs
1/2 cup organic or homemade salsa
1/4 cup water
1 tsp. ground cumin
1 tsp. chili powder
1/2 tsp. garlic powder
1/2 tsp. ground coriander (optional)
1/8 tsp. cayenne pepper (more for more heat)
1/4 tsp. sea salt
1/4 tsp. black pepper

Salad greens or bibb lettuce

Fresh cilantro

Toppings: Fresh chopped veggies of choice, olives, avocado, fresh salsa, lime wedge etc.

INSTRUCTIONS

Place all ingredients except salad greens/lettuce and toppings in a slow cooker and cook on high for 4-5 hours. Remove chicken and shred with 2 forks. Return to slow cooker and cook on low for an additional 30 minutes. Serve chicken taco meat in a lettuce wrap or on a bed of greens, top with cilantro and add desired toppings.

Instant Pot Directions

Place all ingredients except salad greens/lettuce and toppings into the bottom of the Instant Pot insert. Lock the lid in place and flip the vent valve to 'Sealing' position.

Select 'Poultry' or 'Manual' setting then use the +/- buttons to adjust the cooking time up or down to 17-19 minutes (depending on how thick your chicken breasts are).

When cooking time is up, allow pressure to release naturally for 10-15 minutes before releasing any residual steam.

Carefully remove the lid once all steam has been released and shred the chicken with two forks right in the pot. If meat seems watery, select the 'Saute' setting and cook for 5-8 minutes or until liquid is reduced.

Serve chicken taco meat in a lettuce wrap or on a bed of greens, top with cilantro and add desired toppings.

MORE NITROS NEWS

The Wicked Swim Meet hosted by The NWGA Nitros was a success. Numerous teams competed and swimmers earned some awesome times.

Swimmers of the Meet

Carrollton

Claire Alexander

Brandon Webb

Phoebe Reid

Caleb Black

Wicked

Jocelyn Chance,

Lindsey Cox,

Garrett hasty,

Andrew Pierce

Phoebe Reid



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