



# VS NEWS

A Newsletter for Velocity Swimming

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Velocity Swimming, PO Box 2791, Wenatchee, WA 98807  
<http://www.velocity-swimming.com> [coachjohn@velocity-swimming.com](mailto:coachjohn@velocity-swimming.com)  
(509) 884-8917

## NUTRITION AND SWIMMING

*By Coach Pringle*

### INSIDE THIS ISSUE

- 1 Nutrition
- 2 Team ramblings and other news.
- 2 September Swimmers of the Month
- 2 News and Notes

One of our problems as coaches is that we can't possibly be with our swimmers 24/7. This makes coaching the "hidden" performance busters difficult at best, and impossible at worst.

The hidden performance busters are: dehydration, proper nutrition, and on top of appropriate nutrition—the correct amount of calories to fuel high powered performances.

An example from my past coaching is that I had a young lady who was swimming consistent 2:00 times in the 200 free. Suddenly, she started swimming 2:10! This was alarming to me because it was affecting our team with lower scores. I had a meeting with her and came to find out that she thought she was fat and had been eating an apple in the morning, a yogurt in the afternoon, and a salad at night. Needless to say this was not enough for a swimmer training 14 hours per week! I made her start eating more and writing what she was eating down for me. Quickly, she began swimming 2:01's again and had a best time of 1:59 at her HS District Meet—qualifying for State in the process.

Swimmers have to eat! A minimum of 5000 calories a day should be the target for ALL Black group swimmers. White group swimmers should target a minimum of 4500 calories. Other groups perhaps 4000 calories is enough. This is difficult to achieve without adding a fourth meal to the day. Short of a fourth meal, a snack for the 5 minute walk between each class at school is an alternative. Peanut butter and celery sticks are one snack that is quick and easy to eat on the run. Pretzels, bagels, beef jerky or turkey jerky are other examples of easy fast and nutritious snacks.

Hydration is a problem for ALL swimmers. The University of California Men's team coach did a study and found that his swimmers were severely dehydrated in the morning before practice. He said that all swimmers should be drinking water regularly throughout the day and may need as much as a gallon of water per day to stay properly hydrated.

As a parent, you can help by encouraging your kids to drink water regularly. Feed them a fourth meal each day, or have a snack food available for each break in their day. Remember my example above and help your swimmer be their best every day! Our lives are busy and it is easy to take this subject for granted. When you don't, you may see some big time drops in the pool!

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*Apparel Orders! Email Shawna Pringle your order at [mrssalsa6@aol.com](mailto:mrssalsa6@aol.com). Call or text her with questions at (508) 488-0601. It will be great to have our entire team in Velocity Gear!*

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## TEAM RAMBLINGS & Other News

All team members need to re-register on-line at our team website and print and fill out the three required forms. Return those to Coach Pringle or another coach.

Congratulations to our Girls' High School Swimmers for their performances at the District Swim Meet. Prior to Wild Card entries being issued, WHS had all three relays moving on and Hannah Bruggman and Katherine Robinson as individual entries. It is expected that there may be wild cards for WHS and Eastmont swimmers alike. Great job ladies! We are looking forward to seeing you back soon with us! Velocity HAAA!

Welcome to all of our new team members! I am excited to see so many new faces. Please let me or one of the other coaches know if you need anything. Don't be afraid to ask questions! We are here to help!

The 2012-2013 competition calendar has been formulated and is available on the team website. Next meet available for sign up will be the Christmas Invitational. Our own indoor winter meet! One change has been made. Our developmental meet in January had to be canceled due to IES limitations on indoor development meets. We will go forward with our Mayflower meet before Apple Capital!

Your Velocity Board is hard at work making sure our team operates smoothly and efficiently. If you have questions, you can speak with any of them—or ask a coach!

Thank you to Camilla Rose for providing our team window stickers! They are classy and cool and every team taxi should have one on display. Cost is \$10 and it all goes to the team. Ask Coach John to get you one today!

25 of our swimmers will participate in Yakima's Harvest Open this weekend! 32 of our swimmers will swim in the SAS Turkey Trot Open in Cheney on November 16<sup>th</sup>, 17<sup>th</sup>, and 18<sup>th</sup>. Go team!

### SWIMMERS OF THE MONTH (SOM)

Coach John announced that the following swimmers were selected as Swimmer's of the Month for September:

Black Group: Gabrielle Davy

White Group: Nathan Bay

Teal Group: Xavier Martinez

Splash Group: Isabella Rose, Emma Greedy

Congratulations to these swimmers for their improvement and hard work! Keep it up!

## NEWS and NOTES

USA Swimming "Deck Pass" is a new application that is fun and motivational for swimmers. Several of our swimmers are deck pass users and those who are on deck were issued their first award from Coach Pringle this weekend.

Team captains were selected by Coach Pringle for the 2012-2013 season. They are: Jared Vargas, Henry Bergstrom, Adrian Marquis, and Torri Peterson. Team captains provide team care and support as well as make a monthly report to our Board,

54 Swimmers participated in a 2<sup>nd</sup> place team finish at the Octoberfest Swim Meet! Great job! High Point winners were: Brooklyn Dressel, Benjamin Grigsby, Christian Cutter, & Jessica Wierzbicki.

**Christmas Invite is coming!!! Please remember that this is a full-team effort and everyone should be participating. More information will be posted soon!**

**OFFICIALS! Thanks to the 14 team parents (and one grandparent) who attended the swim officials training at the Very Scary Swim Meet on Sunday. Thank you! Your service is appreciated and our team will be better off with your efforts. THANK YOU!!!!**

Coach Pringle gave a presentation about Velocity Swimming to the Exchange Club on Friday, October 26<sup>th</sup>. The Exchange Club is a Service Club who has an annual Christmas Tree Sales fund raiser. If you plan on getting a real tree, please consider supporting their cause, and if you go—ware your Velocity Gear and mention your affiliation.

Apparel order is under way! Email your orders to Shawna Pringle at [mrssalsa6@aol.com](mailto:mrssalsa6@aol.com). Call or text her with questions, (508) 488-0601