



STREAMLINE

January 2014

Coach Nick Says ...

"Mental Preparedness Can Make a Big Difference Come Race Day"

Your swimmer has prepared for months for the big meet and is physically ready-to-go only to lose their mental edge come race day. Coach Nick Castillo offers a couple suggestions for parents to help better prepare their swimmer for competition.

It all starts with telling them to swim their own race, said Nick.

"In any race it's easy for swimmers to lose their train of thought," Nick said. "It happens a lot."

Nick says swimmers need to focus on their race plan, which includes understanding their weaknesses and what to do when becoming "lost" in the race. "It's very easy to start swimming other swimmers' races when you become lost. That's why swimming your race is the most important thing you can do," he said.

Also, Nick says each swimmer needs to have the "eye of tiger" when getting ready for the race, especially when standing behind the blocks and dealing with pre-race emotions.

"Swimmers need to remain focused," he said. "No talking to timers, friends, teammates or family. Those things can wait until after the race. The swimmers don't need little distractions like that."

"I want our swimmers to look like they belong behind the blocks. It starts with knowing what you want, seeing what you want and then going after it"

Welcome Coach Christine

The Highland Hurricanes Swim Club welcomes Christine Bass to the coaching staff.

Coach Christine comes to the Hurricanes from the Merrillville Marlins Swim Club.

She is a recent graduate of Central Michigan University in Mount Pleasant, Mich. where she received a Bachelor of Arts in Speech-Language Pathology, American Sign Language and Psychology. She is also a swim lesson instructor at Thornton Fractional South High School in Lansing where she teaches people of all ages.



Coach Christine is filling the position left by Coach Natalie Goolik who is going to Grenada to study veterinary medicine. Best wishes to Coach Natalie.

Annual Swim-a-Thon brings in \$7,098



Event teaches swimmers about the value of charity

An article about the event appeared in the Jan. 1 edition of the *Northwest Indiana Times*. [Read it HERE.](#)

Or, visit nwitimes.com and search for "Hurricanes Swim Club."

Race Day Nutrition

Excerpt from *The Parents' Guide to Swimming*, by Alan W. Arata, Ph.D.

"If a swim meet is during the afternoon, some four or more hours after breakfast, then a big breakfast of carbohydrates is probably a good thing. If the meet is in the morning, then large amounts of carbohydrates are to be avoided during the hour or so prior to the meet (this includes warm-ups too). It is probably best to have a light meal with a pretty high fat content. This is because the body tends to go into a low sugar period

after eating a high carbohydrate meal.

The most important thing for swimmers to consume during a meet is water. Swimmers who are thirsty already have their performance impaired. If they drink, they should be seeing clear urine during all those trips. If a swimmer doesn't like the taste of water and would drink a sports drink more readily, mix water with a sports drink to keep swimmers hydrated."

Value of attending open board meetings

On the fourth Monday of each month, the executive board gathers for a meeting that is open to all members.

So far these meetings have been lightly attended. It is important parents

attend because the swim club's budget, items the club needs to purchase and upcoming fundraising

and community outreach projects are discussed. Many of these items require membership approval. Last meeting, the board sought approval for the budget and a rewritten version of the by-laws both of which passed, but with very few people voting.

Please consider attending these meetings so your voice can be heard.

At the January meeting, members will receive a full report on how much money has been raised through the club's fall and holiday fundraisers and the Pilgrim Plunge swim meet as well as recent and future purchases.

January Birthdays

- 1 / 2 - Zoe Corman
- 1/3 - Coach Nick Castillo
- 1/5 - Haylie Keene
- 1/11 - Peyton Prodoehl
- 1/13 - Felipe Arbelaez
- 1/18 - Nicole Rickert
- 1/22 - Chantal Garcia

Fundraising Update

Thanks to everyone who has participated in this fall's fundraisers.

Our fundraisers:

- Slot Car Concessions (Lincoln Ctr)
- Halloween Adult Night Out
- Halloween Costume Fundraiser
- Gold Canyon Candles
- HHSC Raffle
- Craft Show Concessions (Lincoln Ctr)
- Fundraising at home swim meets
- Pie Cards
- Swim-a-Thon
- Corporate Sponsorships

- Ad Book sales

- Scrips

What we're fundraising for:

- Meet Manager Software upgrade
- Computer Purchases (2)
- Printer Purchases (2)
- Daktronics OmniSport
- 30 Pairs of fins
- Radios and Headsets
- Championship Banners

Chlorine promotes tooth decay

Did you know that prolonged exposure to chlorine in the water can lead specifically to tooth enamel erosion?

High chlorine concentrations affect the PH balance of the water. When the PH level drops below neutral (7,) tooth de-calcifying levels occur. If the PH level in the water is 6, it is as harmful as drinking acidic soda to the teeth.

Tooth enamel erosion can cause the teeth to yellow, become sensitive, and lead to tooth decay. The outer layer of the tooth, the enamel, is worn away from the acid. The inner layer of the tooth, the dentin, is exposed. The dentin is dark yellow in appearance and more susceptible to tooth decay in the oral environment.

However, there are many ways swimmers can prevent tooth enamel erosion:

- * See the dentist regularly for cleanings and checkups.
- * Swim with your mouth closed limiting chlorine exposure.
- * Wait at least 30 minutes before brushing your teeth after swimming. This is when the enamel is the weakest.

*Chewing gum with xylitol for 20 minutes before and after swimming to neutralize the oral environment. Ice breakers ice cubes chewing gum is effective.

- Contributed by Tina Piech