

## Your support needed for Swim-a-Thon Coach Nick Says ...

With a little more than a week to go before the Swim-a-thon, there is still plenty of work to be done if we are going to meet our goal of raising \$10,000. There is still time to make this happen if we all step up our efforts as three great organizations stand to greatly benefit.

Five percent of what we raise will go to the USA Swimming Foundation to support their goal to "Save Lives and Build Champions." Forty-five percent will go to the Highland Hurricanes to cover operating expenses and equipment as well as help support The Highland Hurricanes Relief Fund – our newest program to help Hurricane families who have fallen on hard times and need help with the costs associated with swimming. Fifty percent of the proceeds will be donated to the Northwest Indiana Cancer Kids Foundation (NICK), which will be used for their Bedside Shopping program. NICK will purchase Amazon.com gift cards to help them with Christmas shopping. Visit [www.nwicancerkids.org](http://www.nwicancerkids.org) and click on Our Kids to learn more about the young children our fundraising efforts will help.

If you have not signed up to help at the Swim-a-thon, please visit the Hurricanes event page as this event counts towards your parent participation requirements. The order of events for the Swim-a-thon on Saturday, Dec. 13 are:

- 12:30-1:30 - Team Pictures
- 1:30-3:30 - Swim-a-thon
- 3:30-4:00 - Pizza Party



**HHSC President Jim Stange, right, presents Donna Criner, representative of Northwest Indiana Cancer Kids Foundation (NICK), with a check following last year's Swim-a-thon, which raised \$7,098. Half of the proceeds went to the NICK organization.**

### Great Prizes for Top Fundraisers

Every swimmer that raises \$100 will be awarded with a spin of the HHSC Prize Wheel. Prizes include free concession items, gift cards to Culver's or McDonalds, bag tags, spirit items, and more (prize values vary).

The top five fundraisers will earn SwimOutlet gift cards with values of \$200, \$100, \$75, \$50 and \$25.

USA swimming has also offered the following incentives:

- \$1,200+ raised – Swim backpack
- \$800-\$1,199 – Swim towel
- \$600-\$799 – Swim-a-thon T-shirt
- \$400-\$599 – Swim-a-thon swim cap
- \$200-\$399 Swim-a-thon bag tag

### Limit distractions behind blocks

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

Swimmers need to remain focused so it is important for them not to talk to timers, friends, teammates or family. Those things can wait until after the race. The swimmers do not 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.

Although well-intentioned, timers at our home invites often make this difficult by striking up an extended conversation with the swimmers as they are preparing for their race. It is perfectly acceptable to wish them good luck, cheer them on during the race and congratulate them afterwards, but there is a big difference between cheering the swimmers on and giving them advice. Only the coaching staff should be giving advice.

This is evident in the relays. There is a strategy to when the swimmers leave the blocks as they tend to rely upon sight as opposed to sound. Yelling for them to "go" distracts them and could cause them to be disqualified.

Remember, your swimmer has prepared and is ready physically – anything you can do to help them keep their mental edge is appreciated.

## By-law changes approved at October open board meeting

The key to the long term success of any organization or club is to have strong and consistent leadership in place. This is the case at non-profit organizations, like the Highland Hurricanes.

However, the high-volume of work and significant amount of responsibility that comes with being a board member often is a deterrent to serving.

In an effort to attract quality leaders while rewarding those who currently serve on the board, the executive officers (president, vice-president, secretary and treasurer) and meet director will receive a 100 percent discount on their first swimmer's dues for the fall/winter and spring/summer seasons, while the parent board member will receive a 50 percent discount.

This change, which is reflected in the by-laws found on the HHSC website, was unanimously approved by

the board of directors and parents who were in attendance at the October open board meeting.

"Having a financial incentive in place is a big part of our leadership succession plan," said HHSC President Jim Stange. "In the past it has been challenging to get parents to commit to the time it takes to serve on the board. It is our hope the discount makes a board position more attractive, which can ensure a stable club."

The nomination period is currently open for three of the HHSC Board member positions: president, secretary and parent board member. All are two-year terms beginning April 1, 2015. You can nominate yourself or be nominated by someone else. All members accepting nomination must submit to a USA Swimming Level I background check and complete the USA Swimming Athlete Protection Training for Parents. You will be walked through this process.

## Top Nutrition Gifts for Swimmers

*Reprinted from USA Swimming*

**By Chris Rosenbloom, PhD, RD, CSSD**

If you haven't already made your holiday gift list, consider asking Santa for some gifts that can help improve your eating habits for the swimming season.

1. A blender (like a Magic Bullet or Ninja) to make your own shakes or fruit smoothies. Making your own shakes or smoothies is fun and can be tailored to your tastes. Whether you like chocolate, strawberry or mango flavored drinks, there are hundreds of recipes to suit your taste buds. By using low-fat milk, yogurt, skim milk powder, or kefir you can get high-quality, good-tasting, protein-rich drinks for a fraction of the cost of commercial products and without the risk of getting a banned substance in your drink. Add your favorite fruit (fresh or frozen fruit works well), peanut butter, or almond milk...whatever you like to make a fresh, healthy drink.

2. A George Foreman grill can let you be an indoor grill master all year long. These grilling machines are perfect for a quick snack or meal. Learn to cook with this easy kitchen appliance. From cheese quesadillas to turkey burgers, this grill will serve up healthy, quick meals or snacks. Some other great kitchen gadget ideas can be found on the website Appetite for Health. The website, written by registered dietitians, contains great tips for athletes, timely nutrition articles and great recipes.

3. A subscription to a nutrition and health magazine. My all-time favorite is *Cooking Light* (and you can get a tablet edition); it is full of great recipes and also contains good, science-based articles on food and nutrition. I think 80% of the recipes in my kitchen are from *Cooking Light*. If you aspire to be a world-class foodie, try *Eating Well Magazine*. A food and nutrition newsletter is also a good idea for the whole family: Environmental Nutrition (<http://www.environmentalnutrition.com/>) claims to "open your eyes to what you put in your mouth." Another good newsletter is Nutrition Action Healthletter from the Center for Science in the Public Interest; I love their reviews of food categories that help you to select the "best bites" in just about every food category.

4. An eco-friendly water bottle. Instead of buying bottled water get a great looking stainless steel or aluminum water bottle to cut down on plastic waste.

5. Lastly, if you are still looking for a gift for mom or dad, consider giving them USA Swimming nutrition expert Jill Castle's new book "Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School."

*Chris Rosenbloom is the sports dietitian for Georgia State University Athletics and is the editor of the Academy of Nutrition and Dietetics Sports Nutrition Manual, 5th edition, 2012.*