



STREAMLINE

December 2015

Nominations underway for board of director positions

With four positions opening up on the Highland Hurricanes Board of Directors, it is critical we have members willing to dedicate their time, talents and efforts to ensure we can continue to effectively operate the swim club.

Nominations for vice-president, treasurer, meet director and parent member (social) are underway.

You can submit your name, or the name of another club member, as a candidate to secretary@highlandhurricanes.net. Please ensure to include the candidate's first and last name and the board position the person is requesting to be considered for. Elections begin January 1 with the 2-year term beginning April 1.

Please don't hesitate to contact a current board member to learn more about the open positions.

Support the HHS Swim and Dive Team

Come out and cheer on the High School Swimming and Diving team during their home meets. It is a great way to show your support for the team, for the Hurricanes swimmers to spend time with each other outside the pool and get a taste of what the next level of swimming is like.

Visit www.highlandhurricanes.net and click on the calendar tab for the dates of upcoming home high school meets.



Swim-a-thon to provide hope for healing

In addition to supporting USA Swimming Foundation and the Highland Hurricanes, a portion of the money raised during this year's swim-a-thon will go to purchase much needed items for the Fair Haven Center for Women's Project Beacon.

Fair Haven provides a safe and faith-focused recovery program for hurting women who have experienced trauma and sexual violence and brings about education and awareness to the communities they serve.

With less than one week until our Swim-a-Thon, scheduled for Friday, December 18 from 5:30 to 8 p.m., our club has raised about \$2,400 towards our goal of \$10,000. Make sure you make a big final push and get the word out to your friends and family, so we can reach not only our financial goal, but the goal of making a difference in the lives of women and their children who are survivors of trauma and sexual violence.

To learn more about Fair Haven visit www.asafeport.org.

Here is the schedule for the evening:

- 5:30-6:15 - Individual & Team Pictures
- 6:15-7:15 - Swim-a-Thon
- 7:15-8:00 - Pizza Party

For more information about the swim-a-thon event and how you can donate, visit www.highlandhurricanes.net.

Story idea? Feedback? Questions? Send ideas to vicepresident@highlandhurricanes.net

Gift ideas 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.

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*.

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.

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 editor of the Academy of Nutrition and Dietetics Sports Nutrition Manual, 5th edition, 2012.

Be sure to read the meet packet

Meet packets for competitions beginning in January have been posted in the events section of the website.

It is important you read the packets prior to the invites as they contain critical information. Some examples are: warmups and meet start times, cost per race and whether the meet is considered a positive check-in meet.

Positive check-in means you have to sign your swimmer in as opposed to just checking in with the coach. The positive check-in sheets are often collected 30 to 45 minutes prior to the meet start time. If your swimmer's name is not highlighted, they will not be able to swim.

Filming leads to improved techniques

Swimmers in the Tsunamis, Ty phoons, and Storms groups are currently being filmed using an underwater camera.

If you would like a DVD copy of your swimmer's filming, please send \$1 with your swimmer on the day of their filming. Included with the DVD will be written comments from the coaching staff. A home copy is the best way for your swimmer to study their stroke performance and is highly recommended. If your swimmer missed their scheduled practice day, please have them see one of their coaches so they don't miss out on this excellent training tool.