

Coach's Corner

Christmas Time

From Coach Hembree

Christmas is a wonderful time of year that includes many exciting opportunities for families. Whether you travel to be with family or stay home to celebrate, December is a great time of year. December also allows our swimmers time to relax and focus on swimming without having to worry about school. Many of our athletes and our coaches look forward to great training during the two weeks of Christmas break. Those two weeks allow for the swimmers to raise their level of training while being challenged physically and mentally. This time also allows for some great team bonding bring our athletes closer together as individual groups and as a team all while overcoming the challenges presented to them.

As we move into Christmas break and the holiday season please make sure you are communicating with your group coach if your swimmer will not be in attendance at practice. This is extremely important this time of the year when we are planning for our coaches to spend time with their families and as those coaches try to plan training time for your swimmer.

After Christmas break things around the pool get a little crazy. Whether we are hosting the NLC conference championships or the IHSAA Sectional champions for the high school teams, or having our club athletes wind down there last two months with meets all over the northern half of the state our swim families will sure be busy. January through March is an exciting time for a swimmer. Whether they are trying to qualify for Divisionals (Semi-State) in Fort Wayne or the Age Group State or Senior State Meets there is a lot of Fast swimming that'll be going around.

As a reminder please make sure you are getting signed up for the volunteer spots at our hosted meets. NASA is known in the area to run great meets and is the reason that many teams will come from all over the state to attend our hosted events. This events cannot be successful if we do not have the workers to operate the meet. There is plenty of jobs to go around and all of these jobs are simple enough that anyone can do them. Don't be afraid to sign up for a job you have never done and let our board members train you. If you have any questions please let a board member know.

Merry Christmas from the NASA Coaches and Board of Directors

INSIDE THIS ISSUE

1. Christmas Time
2. Age Group Happenings
3. Upcoming Important Dates
4. Swimmer of the Month
5. Safe Sport Corner
6. Parent Corner

"I believe in belief. If you are going to achieve anything, the very first step is to form a strong belief that you can do it, then remind yourself of that constantly"

- Coach Richard Quick

From Coach Dan

This month we have focused a lot on a new training technique. The goal is to allow the kids to monitor and regulate their effort in training. They are using heartrates, goal times, and technical goals to hold themselves accountable for their training. Combining this with our Tritonwear information, I am seeing a much better understanding of the habits that make fast swimming prioritized over the "race all the time" mentality. It is no secret that the fastest swimmers in the world have very pretty, efficient strokes, and we are making huge strides in that direction.

From Coach Aaliyah

This month MS Blue worked on goals, getting heart rates, getting times, and consistency. We also worked a lot on our kicking, starts, and finishes. We have seen a lot of time drops in our test sets across the group and a lot of overall improvement.

From Coach Emma

Elementary Silver has had a fantastic month! We had great meets with lots of time drops at the beginning of November, and over the last couple of weeks we have been in the pool working hard on drills and stroke technique, speed, starts and turns, and swimming longer distances to prepare for our next meet. We are continuing to take on new challenges and do hard things, as well as focusing on setting short and long term goals and talking about some basic race strategy. We're going to finish out the year strong this month! Go NASA!

From Coach Shelly

November just like October has flown by, the Bronze group continues to work very hard at making it to practice and learning all four strokes. We really focused hard on streamline this month as well and underwater kicks. This group of kids continue to amaze me as a coach though they are various ages they are really starting to understand team and encouraging and helping each other grow as swimmers and teammates. This next month we will continue to work on all four strokes and making them legal and encouraging each other as teammates.



Important Dates

2nd - NHS vs. Goshen/
Plymouth @ Goshen

7th - NHS vs. Warsaw/
Mishawaka @ NHS

10-12th - NASA Winter Classic

13th - NASA Age Group
Christmas Party

18th - NHS vs. Northwood @
Northwood

20-3rd - Christmas Break

21st - First Day of Winter

24th - Christmas Eve - No Age
Group Practices

25th - Christmas Day - No
Practices

31st - New Year's Eve

1st - New Year's Day - No Age
Group Practices

November Elementary Bronze Group Swimmer of the Month is Chloe. This month Chloe continued to come to practice, and work hard to learn all four strokes. Watching her get the hang of breaststroke has been awesome! Chloe does not give up, she comes to practice to learn, and is starting to become a good leader and a great teammate. She includes her teammates and helps put equipment away when given the opportunity!

- Coach Shelly

The Elementary Silver swimmer of the month is Braelynn Staley. Braelynn sustained an injury about 6 weeks ago and had to wear a boot for a while. She continued to come to practice as much as possible to listen and assist, and even helped out with timing at a meet she couldn't compete in. She is back in the water and has showed her tenacity and toughness gaining back her confidence and mobility in the water and out, and has kept up a great attitude throughout her healing process. Great job Braelynn, keep up the good work!

- Coach Emma

November swimmer of the month: Jake Kauffman. This past month Jake showed up to every practice ready to go. He has made crazy improvements in the short time he has swam with us and has a great work ethic. He is becoming a strong leader, especially in his lane. He always has a positive attitude and always comes to practice with a smile on his face. Good job Jake!

- Coach Aaliyah

Jeremiah has really pushed himself to another level this month. The last meet he went to gave him some great confidence and he has been using that to set higher goals in practice. He has had a really positive attitude all month has only missed one practice. I look forward to watching him do some big things at the next meet.

- Coach Dan

The senior level swimmer of the month for November is Sawyer Lehman. Sawyer has been demonstration a lot of leadership for a freshman. He has a great attitude and gets the job done when needed at meets. His attitude and leadership have been challenging his teammates to be better. Sawyer is poised to have a great season. Great Job, Keep it up!

- Coach Hembree



November Perfect Attendance

Paityn Nelson - El. Silver
Carson LaLime - El. Silver
Sarah Holds - El. Silver
Jacob Kauffman - MS. Blue
Deacon Smith - Senior
Tim Blough - Elite
Reagan Hartzell - Elite

Braelynn Staley - El. Silver
Hayden LaLime - El. Silver
Ethan Gonzalez - MS. Blue
Christopher Dibley - MS Gold
Abby Sullivan - Senior
Drew Gleim - Elite (Perfect for the Season)
Braden Marshall - Elite



Safe Sport Corner

Social Media/Electronic Communication Policy

The Northridge Area Swimming Association recognizes the prevalence of electronic communication and social media in today's world. Many of our swimmers use these means as their primary methods of communication. While the Club acknowledges the value of these methods of communication, the Club also realizes that there are associated risks that must be considered when adults use these methods to communicate with minors.

GENERAL CONTENT

All communications Adult Participants to Minor Athletes must be professional in nature and for the purpose of communicating information about team activities. The content and intent of all electronic communications must adhere to the USA Swimming Code of Conduct.

For example, as with any communication with an athlete, electronic communication should not contain in references or relate to any of the following:

- drug or alcohol use;
- sexually oriented conversation, sexually explicit language and/or sexual activity;
- the adult's personal life, social activities, relationship or family issues or personal problems; and/or
- inappropriate or sexually explicit pictures.

Note: Any communication concerning an athlete's personal life, social activities, relationship or family issues or personal problems must be transparent, accessible and professional. Whether one is an athlete, coach, board member or parent, the guiding principle to use in communication is:

- "Is this communication something that someone else would find appropriate or acceptable in a face-to-face meeting?"
- "Is this something I would be comfortable saying out loud to the intended recipient of my communication in front of the intended recipient's parents, the coaching staff, the board or other athletes?"
- "Is this something I would be comfortable with if it were on the front page of my local newspaper?"

Open and Transparent

- a) If an Adult Participant communicates one-on-one with a Minor Athlete via electronic communications, the Minor Athlete's parent/Legal Guardian must be copied or included. If a Minor Athlete communicates to the Adult Participant privately first, said Adult Participant must copy or include the Minor Athlete's

parents/legal guardian on any Electronic communication response to the Minor Athlete. Adult Participants must only use Electronic Communication platforms that allow for Open and transparent communication.

- b) The following exceptions apply to section a:
 - i. In emergency circumstances;
 - ii. When a Dual relationship exists; and/or
 - iii. When the Close-In Age Exception applies.
- c) When an Adult Participant communicates electronically to the entire team or any number of Minor Athletes on the Team, said Adult Participant **must copy another adult Participant.**



Transparent: All electronic communication between coaches and athletes should be transparent. Your communication should not only be clear and direct, but also free of hidden meanings, innuendo and expectations.

Accessible: All electronic communication between coaches and athletes should be considered part of the Club's records. Whenever possible, include another coach or parent in the communication so that there is no question regarding accessibility.

Professional: All electronic communication between a coach and an athlete should be conducted professionally. This includes word choices, tone, grammar and subject matter that model the standards and integrity of a staff member.

If your communication meets all three of the T.A.P. criteria, then it is likely your method of communication with athletes will be appropriate.

TEXTING

If coaches need to communicate with an athlete via text message, the athlete's parent or legal guardian must be included on the communication. If the athlete communicates with the coach via text message first, the coach must include the parent or legal guardian on all responses to the athlete.

EMAIL

Athletes and coaches may use email communication. When communicating with an athlete through email, a parent or legal guardian must be copied on the communication. When a coach must communicate to entire group/team, another coach or a board member must also be copied.

REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS

Parents/Legal guardians may request in writing that their Minor Athlete not be contacted through any form of electronic communication by the Organization or by an Adult Participant subject to this policy. The organization must abide by any such request that the Minor athlete not be contact via electronic communication, or included in any social media post, absent emergency circumstances.

HOURS

Electronic communications must only be sent between the hours of **5:00 a.m. and 9:00 p.m.** local time for the location of the Minor Athlete, unless emergency circumstances exist, or during competition travel.

PROHIBITED ELECTRONIC COMMUNICATION

- a) Adult Participants are not permitted to maintain private social media connections with Minor Athletes and Such Adult Participants are not permitted to accept new personal page requests on social media platforms from Minor Athletes, unless the Adult Participant has a fan page, or the contact is deemed as celebrity contact as opposed to regular contact. Existing social media connections with Minor Athletes must be discontinued. Minor athletes may "friend", "like" or "follow" the Organization's official page.

- b) Adult Participants must not send private, instant or direct messages to a Minor Athlete through social media platforms.
- c) The following exceptions apply:
 - a. When a Dual relationship exists; and/or
 - b. When the Close-In Age Exception applies.

Nutrition Corner

How to Fuel for Two-a-Day Training by TrueSport

It's no secret that many young athletes are over-extended, often playing on school and club teams in one or more sports, traveling for competitions, and squeezing in conditioning sessions. Two-a-day practices and workouts, whether they are with a team or at home, have become the norm for many athletes.

While this can lead to great sporting success, it makes eating right throughout the day more difficult. Here, TrueSport Expert Kristen Ziesmer, a registered dietitian and board-certified specialist in sports dietetics, offers some tips for how to keep your athlete satisfied and ready to head to practice train for the second time in a day.

Plan efficiently

A busy week for your athlete is likely a busy week for you between pickups and drop-offs, so make sure you have plenty of easy-to-eat food on hand before the school week begins. Sit down with your athlete and talk through what they should be eating during the day. Let them choose what options sound the most appealing to ensure they are fueling enough over the course of the day, rather than waiting until they are home for dinner to pack in the calories.

Don't skip breakfast

Often, one practice will be early in the morning, before school. For young athletes, it's tempting to stay in bed as long as possible and skip breakfast in favor of the snooze button. But if your athlete has an early morning practice, they still need to eat something beforehand. It doesn't have to be a heavy, large breakfast, Ziesmer said. "A really quick and light-on-the-stomach option would be a banana, maybe with a bit of peanut butter, and some water," she said. "But after practice, make sure they have something bigger for breakfast like a sandwich or a bagel with some carbohydrates and protein."

Prioritize eating between practices

"Between the two practices, an athlete really needs to focus on getting in as much food as possible because one practice is draining, and they shouldn't go into the next practice already depleted," Ziesmer said.

"Ideally, an athlete would have several hours between practices, and even if it is a back-to-back session, they definitely need to have a good snack in between. A peanut butter and jelly sandwich or a string cheese with fruit and a handful of granola or pretzels would be a good idea."

A snack like that after practice is ideal to kickstart recovery and refill depleted glycogen stores, followed by another snack later in the day before heading into the next workout in order to top off those glycogen stores and allow your athlete to train hard for a second time.

Think simple, portable foods

A smoothie after practice sounds great in theory, but in actuality, it may be a melted disappointment by the time your athlete gets around to drinking it. Finding a snack that your athlete can munch on throughout the day during school and during practice is critical.

Homemade energy balls are one perfect solution. They're quick to make, can be made in big batches, and are easy to eat quickly as your athlete navigates between classes and to practice. Ziesmer recommends blending cashews, raisins, cinnamon, and salt together in the food processor until the ingredients are sticking together, then make

them into small ball shapes and store in the refrigerator. You can change up ingredients, using different nuts and dried fruit, and roll the finished balls in cocoa powder or shredded coconut.

"I like these because they're easy to eat, so your athlete can grab one of them between classes," Ziesmer said. Other great [recovery snack options](#) include granola bars, easy-to-eat fruit like apples and bananas, and simple snacks like cheese and crackers. If all the practices take place around school, make sure your child's locker is stocked like a healthy convenience store!

Hydrate with carbohydrates and electrolytes

Carrying a water bottle and sipping throughout the day to maintain [optimal hydration levels](#) is critical. "At the second practice, I would also recommend having electrolytes and carbohydrates in their water because your athlete is getting into the realm of multiple hours of exertion," Ziesmer said. "Your athlete could use a traditional sports drink, or you could make one with diluted fruit juice and a pinch of sea salt."

Ziesmer's favorite recipe is simple and makes 4 8-ounce servings:

- 5 cups water
- 1/2 cup orange juice (or grape or apple)
- 5 tablespoons of honey
- 1/4 teaspoon of salt

Have a recovery meal planned

Dinner shouldn't be nutrient-empty fast food on the way home from practice: The recovery meal is as important as what your athlete is eating before and during practice. Make sure that your athlete is able to kickstart recovery with a quick snack after practice, like chocolate milk or a half a peanut butter and jelly sandwich, followed by a dinner that contains plenty of carbohydrates, vegetables, and lean protein, Ziesmer said. A brown rice, vegetable, and chicken stir-fry or burrito bowl, for example, can be a great and easy post-practice dinner that will promote muscle repair and recovery, so your athlete is ready for the next session.

Takeaway

"If your athlete says they feel nauseous, if they feel like their legs are super heavy, if they have problems with cramping, or if they report having no energy, then they definitely did not eat enough during, before, or after practice," Ziesmer said. Add more fuel throughout the day, make sure your athlete is drinking enough, and consider letting them take a rest day (or skip one of the two practices) to catch up on fueling.