

# NASA

# Coach's Corner

May 2022

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## Exciting Times Ahead

*From Coach Cripe*

Welcome Back! It is an exciting time to be a part of NASA! We had a great winter season celebrated by many accomplishments of our athletes! The NASA Board and coaching staff are exciting to continue the success we had this winter season and translate that success into success this summer!

Over the past month I have been reminded of a quote by President FDR, "When you reach the end of your rope, tie a knot in it and hang on." Hard work has been done by all over the course of the past season. Hard work can look very different in the sport of swimming. I am a firm believer in the idea that hard work always pays off. We may not always understand what that looks like, but it always does. Many goals or "ropes" as FDR called them were achieved this past season. If your athlete achieved their goal last season then it is time to enjoy the ride, reflect and make new goals! The beauty of this sport is the fact that our athletes can control so many aspects of their daily training. Attitudes and work ethics to name a couple. If a goal wasn't met last season the opportunity this season will be there! Keep Moving Forward! Hard Work Always Pays Off! No matter where your athlete is at heading into this season know that our coaching staff will do everything in our power to help our athletes enjoy this summer season. We want all of our athletes to "hang on to that knot!"

I look forward to the fun our athletes will have this summer!

I look forward to the work that our athletes will put in this summer!

I look forward to watching goals get accomplished this summer!

Go NASA!

**"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 has been great for our Middle School Groups. The Gold group has been focusing on holding 100 to 200 goal times while keeping HR lower and kicking with underwater speedwork. The Blue group has learned the color chart for managing practice efforts over longer practice times. I have seen great improvements in the pool. Outside of the pool we have started listening to an audiobook version of Mindset, by Carol Dweck. This book discusses attitudes and habits of successful individuals. We talked about how it can be a complicated book, but after the first day, the kids seemed to enjoy it, and even asked to do it again soon. We are having a blast on becoming better swimmers and friends!

-Coach Dan

From Coach Shelly

April flew by and as returning swimmers these kids came back to work, they began their season getting back into the swing of things and continuing to improve in practice. They have been instrumental in welcoming and setting a good example for the new kids. It is going to be an exciting year watching these kids grow in their swimming. Our goals for them is to continue to perfect all four strokes, work hard on turns, starts, stream line and put in the hard work to drop time. Our man priority for these kids is for them to have fun, learn life lessons, and provide a positive winning atmosphere for them to grow in.

~Coach Shelley

~Coach Tristin

From Coach Emma

We're off to a great start in Elementary Gold group this season!! We've been focusing a lot on technique these past few weeks - underwaters, streamlines, turns, finishes, and stroke work have made practice fun and fast! We'll be picking up the yardage in the weeks and months to come to get in gear for our long course meets coming up. We had some great swims at the Intersquad meet this Saturday - quite a few personal bests even with the quick turn around. I am so thrilled to be able to coach these great swimmers and I'm excited to see where the summer takes us! Go NASA!



Important Dates

7<sup>th</sup>-8<sup>th</sup> 14-17yo Midwest  
Showcase @Elkhart Aquatic  
Center

13<sup>th</sup>-15<sup>th</sup> IA May Invitational  
@Elkhart Aquatic Center

30<sup>th</sup> Memorial Day - No  
Practice!

## - Coach Shelly

### Elementary Bronze

Evan Sheley is April's swimmer of the month, in the short time he has shown determination, leadership, and the ability to have a successful positive attitude. When given a challenge of swimming butterfly at his first meet with very little practice he showed perseverance and the ability to go out there and give it his best. In practice he listens well and tries his very best with a great attitude. We look forward to watching him overcome challenges and grow as a swimmer. He is going to be a great leader, a positive influence and successful in the pool and in his life.

### Elementary Silver

April's silver group swimmer of the month goes to Gabby Baier, she returns after an awesome season ready to learn and improve. Her favorite stroke is breaststroke, and she continues to strive for that divisional cut, learning how to do a pullout in a very short time and improving on her stroke. She is a positive influence to her teammates, works hard to help them and be a good example. Her fun loving attitude and positive smile are a joy to have in this group. We look forward to watching her grow in her swimming and watch her succeed.

## - Coach Emma

### Elementary Gold

Our first Swimmer of the Month for this season is Peighton Hembree! Peighton has worked hard the last few weeks on fine-tuning some technical things she wanted to work on, practicing great turns and finishes in practice, and she has come to every practice so far this season. She is always ready to go and excited to be at the pool. She will also once again be at Divisionals this season, with one cut so far and I'm sure more to come! Keep up the great work Peighton!

## - Coach Dan

### MS Gold

Liz Holds has really elevated her training this month. From working harder and training to swim smoother she has made some great progress. Liz understands that in order to achieve her goals her practice habits must reflect those in her races. She had done all of this while maintaining a positive attitude and encouraging her teammates. Great job this month Liz!

### MS Blue

Calista Gephart has been a fantastic team leader this month. I have seen her helping new teammates with intervals, pool setup, and being encouraging during hard sets. This helps her and her teammates stay positive and work harder. Thank you for being such a great leader Calista!



## Safe Sport Corner

### TEAM TRAVEL/CODE OF CONDUCT POLICY

**Purpose:** In-Program travel, athletes are often away from their families and support networks, and the setting - new changing areas, locker rooms, workout facilities, automobiles and hotel rooms - is less structured and less familiar. The purpose of the Team Travel Policy is to establish standards of behavior and manage expectations for NASA and its members, thereby providing a sense of structure and familiarity while in an otherwise less familiar setting.

Team Travel is defined as overnight travel to a swim meet other team activity that is planned and supervised by NASA or the LSC.

#### **USA Swimming/US Center for Safe Sport Required Policies.**

NASA and LSC travel policies must include these policies. These items are Code of Conduct stipulations in the USA Swimming Rulebook and the US Center for Safe Sport's Policy on In-Program Travel and Lodging.

##### a) Transportation

- a. During In-Program Travel, observable and interruptible environments must be maintained.
- b. An Adult Participant must not transport a Minor Athlete one-on-one during In-Program Travel and must always transport at least two minor Athletes or another Adult Participant, except:
  - i. In emergency circumstances;
  - ii. When a Dual Relationship exists;
  - iii. When the Close-In-Age Exception applies; and/or
  - iv. The Minor Athlete's parent/legal guardian has provided, at least annually, written consent for the Adult Participant to transport the Minor Athlete one-on-one, which can be withdrawn at any time.
- c. Adult Participants, including team managers and chaperones, who travel with the Organization must be USA Swimming non-Athlete members of USA Swimming.
- d. All Organization travel policies and permission slips must be agreed to by all Minor Athletes, Parents/Legal Guardians, Adult Participants traveling with the Organization.

##### **Recommended**

Adult Participants who are parents/legal guardians of Minor Athletes must pick up their Minor Athlete first and drop off their Minor Athlete last in any shared or carpool travel arrangement.

##### b) Lodging

- a. An Adult Participant must not share hotel room, sleeping arrangement or overnight lodging location with an Athlete.
- b. During in-Program travel, all In-Program contact in a hotel room, sleeping arrangement or overnight lodging location between an Adult Participant and a Minor Athlete must be observable and interruptible.

- c. During In-Program travel, when doing room check, two-deep leaderships (two Adult Participants should be present) and observable and interruptible environments must be maintained.
- d. The following exceptions apply to Lodging a, b and c;
  - i. When a Dual Relationship exists, the Adult Participant is not a coach, and the Minor Athlete's parent/legal guardian has provided advance, written consent for the lodging arrangement; and/or
  - ii. When the Close-In-Age Exception applies and the Minor Athlete's parent/legal guardian has provided advance, written consent for the lodging arrangement.
- e. Minor Athletes should be paired to share a hotel room, sleeping arrangement or overnight lodging location with other Minor Athletes of the same competition category and of similar age.
- f. During in In-Program travel if the Adult Participant and Minor Athlete are in a one-on-one situation, the Adult Participant should attempt to establish a "buddy" club to associate with during the In-Program travel.
- g. To ensure the propriety of the Minor Athletes and to protect the Adult Participant, there should be no Minor Athletes of opposite competition category in the opposite competition categories hotel room.
- h. Curfew shall be established by the Organization or LSC Staff each day of the In-Program Travel.



**c) Written Consent**

- a. A Minor Athlete's parent/legal guardian must provide written consent, at least annually, for all In-Program Travel and lodging during In-Program Travel, which can be withdrawn at any time.
  - i. A copy of the Organizations Code of conduct must be signed by the Minor Athlete and their parent/legal guardian.
  - ii. Organization or LSC officials should obtain a signed liability release and/or indemnification form for each Minor Athlete.
  - iii. Organization or LSC Officials should carry a signed medical consent authorization to treat form for each Minor Athlete.

**d) Meetings**

- a. Meetings during IN-Program Travel must be conducted consistent with the One-on-One Interactions section of the policy (e.g., any such meeting must be observable and interruptible).
- b. All Minor Athletes and Adult Participants traveling with the Organization will attend all Organization functions, including meetings, practices, meals, competition sessions, etc. unless otherwise excused or instructed by the Adult Participants.
- c. The directions and decisions of the Adult Participants on any In-Program travel are final.

## Nutrition Corner

### HYDRATE THE HEALTHY WAY: HYDRATION FOR SWIMMERS

by Swim Swam

It's no mystery that water is beneficial to our health. The majority of our bodies are made up of water since this critical component regulates body temperature, lubricates your joints, helps with digestion, along with many other metabolic processes. If you're not properly hydrated, your body can't perform at its highest level.

But how important is hydration for swimmers and will it impact your overall athletic performance?

#### Why is water important for athletes?

Water is used for countless metabolic processes, many of which affect recovery. From muscle repair to protein synthesis to nutrient absorption, water and hydration levels play a huge role since our muscles are about 73% water. In brief, you cannot recover properly without adequate hydration. Since recovery is such an important part of a swimmer's nutrition and training plan, it is critical that you provide your body with the elements it needs to do this process. Having your post-workout recovery shake with water will ensure that you are getting optimal nutrition to support muscle repair and your recovery process. Also, when muscles burn glycogen, they simultaneously release about 2.5 units water for every 1 unit of muscle glycogen. When your body is hydrated properly, this process helps protect against dehydration. Another reason hydration for swimmers is important is because our blood is made up of 93% water and blood helps transport nutrients to give you energy and keep you healthy. Since your blood transports oxygen and other essential nutrients to your cells, the right amount of water will help your heart pump your blood more effectively.

**In fact, A reduction of just 2% of fluid can result in degraded performance by as much as 10-20%. That is huge. Consider for a moment the amount of effort that goes into training to improve your times by fractions of a second. All that and more can be lost by inadequate hydration.**

#### What are the signs of dehydration?

One of the easiest natural detection systems for dehydration is thirst. But, unfortunately, by the time this warning sign kicks in you are likely already dehydrated. As little as a two percent loss of hydration will affect your athletic performance. Also, a simple urine test is helpful to know if you're getting enough water. Your urine should be almost clear to light yellow; anything darker than that is a warning sign that you are not getting enough water. Aim for two nearly-clear urine tests a day.

Additionally, be extra cautious of hydration levels if you are exercising in hot or humid weather since that is when heat illness can occur if the body is dehydrated and can't cool itself effectively during exercise. If you experience any of the early symptoms of heat illness, get some hydration immediately. Early symptoms are usually heat cramps which include painful muscle spasms in the legs, stomach, arms, or back. Another symptom of dehydration is overall fatigue and stress. Since your brain tissue is about 70% to 80% is water, when you're dehydrated, your mind is stressed, you feel tired, and you become irritable, all of which will impact your performance in the pool.

#### How much should I drink?

The exact recommendations are different for every body type, but in general, when you're well hydrated, you can exercise longer and stronger without hitting the wall and running the risk of dehydration. For regular workouts, the American College of Sports Medicine recommends 16 to 20 ounces at least four hours before exercise and three to eight ounces every 15 minutes during exercise. If you're working out at a high intensity, weigh yourself before and after exercise to get a more accurate idea of how much water you're losing. For every pound lost, it is recommended to drink 20 to 24 ounces for optimal performance and health. Use the change in your body weight to know if you're at risk for dehydration and are getting enough fluids. Here's a quick guideline:

Hydrated -1 to +1%

Minimal Dehydration -1 to -3%

Significant Dehydration -3 to -5%

Serious Dehydration > -5%