

# PLYMOUTH AQUATICS CLUB

Julv 2013

## Upcoming Meets

Irish Aquatics July Invitational  
Notre Dame  
July 5-7, 2013  
Deadline Passed

NCISC Conference Meet  
Centennial Park, Plymouth  
July 13, 2013  
Coaches to Enter Swimmers

Indiana Swimming Age Group  
Championships  
IUPUI Natatorium  
July 26-28, 2013  
Entry Deadline July 19

Summer Divisionals  
Fishers High School, Fishers  
August 3-4, 2013  
Entry Deadline July 23

Submit all entries to Coach Senter at [plysharkbites@gmail.com](mailto:plysharkbites@gmail.com). All entry deadlines are 8 AM. Please make sure these entries are submitted by the deadline listed on the website, as late entries **will result** in deck entry fees! Please cc Natasha on your entries at [wiegand3035@yahoo.com](mailto:wiegand3035@yahoo.com).

## PARENT ADVISORY BOARD

All Club parents are invited to attend the monthly meeting, and if you have a matter you would like to bring before the board, please contact Secretary Mark Andrzejewski 24 hours prior to the meeting to be added to the agenda. Next meeting is scheduled for:

Tuesday, July 9, 2013  
7:00 PM at Pool

We use email, the website, and Facebook communication, so get connected! Visit

[plymouthsharks.com](http://plymouthsharks.com) and like us on Facebook. If you are not getting emails from Coach Senter or Club President, Angie Drury – please let us know!



# SHARKS

## SUMMER SHARK EVENTS

- **Second Friday** – Friday, July 12<sup>th</sup> from 11:00 AM to 8:00 PM. The Sharks will be selling Hot Dogs and Coca Cola Products downtown from 11:00 to 8:00 and then beginning at 6:00 we will be having cotton candy, sno cones, and popcorn at the carnival games area in downtown Plymouth. We need your help with staffing! Summer is busy for everyone, please remember these fundraisers help pay the clubs expenses and are essential for us to keep dues reasonable. We are requesting each family work a 2 hour shift during this event.
- **NCISC Conference Meet** – Saturday, July 13<sup>th</sup>. Please sign up to work shifts and for donations to concessions/hospitality room. If you previously signed up for donations, please check the list as we have some changes in needs based upon items we have from Sharkfest. Signup sheets are attached.
- **Splash Bash 2013** – Sunday, July 21 from 10:00 AM-5:00 PM. We will be having a Community Swim Meet (for non-Sharks) in the morning. Beginning at Noon, we will have a Pool Party, Fun Fair, Prize Drawings, and Great Food. We are in need of items for the Prize Drawings. Attached is a list of businesses in the community who have donated or have been contacted. If you have a connection to a business in the community, please follow up with them or contact them on behalf of the club to generate additional items.
- **Blueberry Garage Sale** - This will be Thursday/Friday, August 29<sup>th</sup> and 30<sup>th</sup> at Memories Reception Hall. More details to follow!

The Plymouth Sharks would like to thank our 2012/2013 Season Sponsors



2705 North Michigan St.  
Plymouth, IN 46563

574.936.2115

"Everyone Gets A Great Deal!"



Sharkfest and Drive One For Your Pool were big successes! We had 114 kids participate in Sharkfest and we earned over \$1900 for the club! We do not yet have the Drive One For Your Pool Numbers as this has to be submitted to Lincoln and will be done so on Friday, July 5<sup>th</sup>. As soon as we receive confirmation on the amount earned, we will let you know. The board is hopeful; this money will allow us to proceed with the Feasibility Study for the new pool!

### Stay-in-the-Bag Snacks for Swimmers

Even the most organized, well-planned swimmer can put nutrition on the backburner, jeopardizing access to essential fuel sources when he needs it most. Thankfully, some food items can stay in the swim bag, providing relief in situations where optimal food sources may be scant or not ideal. The following snacks require no refrigeration, are temperature tolerant and provide a great fuel source. Remember to clean out snacks in the swim bag periodically and when the swim bag sits out in extremely hot temperatures. Always do a visual check and review the package label for expiration information and storage considerations before consuming.

- **Nuts and Nut Butters:** Nuts provide a calorie kick and a boost of healthy fat and fiber in just a small. Store individual packets of nuts or a small canister in the swim bag. Prepackaged squeeze packets or small cups of nut butters also offer a quick source of energy and pair nicely with crackers or pretzels. Flavors include peanut, almond, chocolate hazelnut, honey peanut, and more. Be conscious of potential swimmers with nut allergies.
- **Dried Fruit and Fruit Puree:** Better than a "fruit snack," dried fruit is a concentrated source of carbohydrate usually without added sugar. Try sealed bags or individual boxes of raisins, dried cherries, apricot, or mango. Squeezable fruit puree packs are another option, and offer interesting combinations of fruit such as strawberry and banana, or kiwi, strawberry and beet.
- **Dry Cereal:** Go for small boxes or make your own baggie of dry cereal. If you're interested in low sugar types, opt for original Cheerios, Kix, Post Spoon-Size Shredded Wheat, or Kashi 7 Whole Grain Puffs. Better yet, mix and package dry cereal with dried fruit and nuts for a homemade trail mix.
- **Beef Jerky:** Low fat, lean meat cured into a chewy, salty, protein pick-me-up—stow a re-sealable package in the swim bag
- **Pretzels:** Variety and portability are the appeal here—you can find all shapes and sizes, with salt or without, and even whole grain, flavored or not. Choose small packages so they stay fresh, or bag your own.
- **Fig Newtons:** These cookies have been around and are loaded with carbohydrate and the natural fiber from figs, providing the athlete with a sweet boost to the taste buds. Fig Newtons come in small packages of two or four cookies, and also come in strawberry and raspberry flavors if fig isn't your thing.
- **Sandwich Crackers:** Go for the whole grain types with peanut butter or cheese. Individual packages of six sandwiches starring the whole grain cracker are the healthiest bet.
- **Seeds:** Sunflower, pumpkin, chia and sesame are just a handful of seed types that offer vitamin E, fiber, protein and zinc. They are nutritious and delicious on their own or mixed into trail mix, homemade granola bars or atop cereal and salad. Opt for seeds that are already hulled and come in a re-sealable bag.

### 10 Commandments for Swimming Parents

This is a monthly series and we are on month four. USA Swimming has many wonderful resources – this being one of them!

Thou shalt only have positive things to say at a swimming meet. If you are going to show up at a swimming meet, you should be encouraging, but never criticize your child or the coach. Both of them know when mistakes have been made. And remember "yelling at" is not the same as "cheering for". This commandment should apply anytime you are around the pool (i.e. practice.)