



Avon Community Swim Team



INDIANA SWIMMING



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Calling All Parents!

Age Group State is fast approaching, and we are still in need of volunteers. It should be obvious to all parents, there are still many time slots not filled on the job sign up board.

This is our only fundraiser for the season, it is also a requirement for all ACST families to volunteer for a minimum of four sessions. For those who have already generously signed up for more than those four sessions, we thank you for your service. For those who have yet to sign up, ACST reminds you, you signed a contract agreeing to these four volunteer sessions or ACST will charge your accounts to cover the cost of paying people to fill the vacant slots. And while yes, we can hire people to support our club, it seems as though, it should not be necessary with all the capable parents we have. Yes, it is easier to be charged a fee, we cannot argue that fact, but a check doesn't show our swimmers we are just as committed as they are, it doesn't show our coaches we believe in this program and will support it and the swimmers when called upon. We are calling upon you, ACST parents, you are needed, your support, your commitment to the team and more than anything we need you to be there, volunteering alongside other ACST parents, swimmers and coaches. Please don't let the swimmers of ACST down. Please log onto the website, www.acstswim.org and sign up to volunteer!!

Coach's Corner

Great Start to the Competition Season at Purdue and Fishers - ACST kick started the season by swimming well at both the Boilermaker Aquatics Meet and the FAST 500 in Fishers. Over 70 athletes swam, and we had fun and swam really well at both meets. There were countless lifetime best times and many state cuts achieved. The performances from the weekends were by far the best performances for the start of the long course season since I have been coaching at ACST. It is evident that we are on pace for a highly successful season. Great job to all swimmers in both meets. You represented ACST well.

Upcoming Meets in June

Ohio Valley Championships (Louisville, KY) - We are excited to bring our contingent back to this highly reputable meet once again. Two of the best teams from Indiana will be there as well as teams from New England, Kentucky, Ohio and Georgia. It looks to be a highly competitive meet and it will be fun to showcase our skills against some of the best in the country.

Brownsburg Meet - We have 36 swimmers signed up to swim at the Brownsburg Meet. Right in our own backyard it will be a great opportunity to sleep in our own beds and compete against the best in the area. State cuts will be made and fun will be had by all.

Huntington Mile - Please sign up for the open water meet. It is always fun and it will be a great chance to get better at open water swimming before we attempt to defend our open water state championship in July.

Quarry Classic (Bedford) - This meet is one of the most laid back meets we have ever put on our schedule. It is the weekend right after Brownsburg, but they have great meet records and great awards. We currently have 15 kids signed up, and I'm sure they will let more register if you are interested. It has always been a fun meet.

Auburn Meet - We have 12 kids signed up to swim in what is hopefully our first annual senior team travel trip. It might be one of the fastest meets outside of nationals this summer. It will be fun to see how our kids compete with some of the best swimmers in the country.

Please be aware that the deadlines are coming up for the July meets. We are looking forward to what is rapidly becoming the end of our season.

CONGRATULATIONS, COACH JOE



The ACST board of directors and Coach Karr are pleased to announce the promotion of Joe Hroma to Head Age Group Coach.

Coach Hroma is in his fourth year coaching with ACST. He began swimming his freshman year of High School at Chesterton High in Northwest Indiana. As a member of the Trojans swim team, Coach Hroma was a State Finalist his Sophomore-Senior years, earning All-State and All-American honors as a member of the 200 Medley and 400 Freestyle Relays. Coach Hroma also was a state qualifier in the 100 Fly and a finalist in the 200 IM.

After High School Coach Hroma went on to swim at Vincennes University and was a 13 time Junior College All-American. In his time at VU Coach Hroma took over the coaching duties his second year and knew coaching was a passion of his. Coach Hroma has coached for Hobart High School, Tampa Bay Aquatics, Hudson High School, Valparaiso Swim Club, Duneland Swim Club and Danville High School.

FARWELL...



The ACST board of directors and Coach Karr would like to wish a fond farewell to Coach Garrett. Coach Garrett has been the Silver Coach for three years but leaves us after the long course season. Coach Garrett will now be serving as the Aquatics Programming Director at the new Avon YMCA.

We would like to take this moment to thank Coach Garrett for all of his time and dedication to the ACST program and we wish him all our best.

SWIMMER'S HEALTH AND WELLNESS

Nutrition and Swimming by Juleann Gray

Competitive swimmers need more energy than athletes in just about any other sport. Swimmers need to eat nutritious foods and meals to compete and train to the best of their ability. A great performance takes plenty of practice and solid nutrition. In addition to good food choices, hydration is equally important.

Hydration--Because swimmers are literally 'sweating in the water' they need to drink plenty of fluids throughout the day and during practice. One clue to proper hydration is the color of urine. Other than first thing in the morning, urine should be pale, straw colored if well hydrated. During practices that are longer than 60 minutes, sports drinks are acceptable. Hydrating after practice is often forgotten. This is one of the most important times for fluids. Research indicates that low-fat chocolate milk is an ideal beverage to consume within 30 minutes after practice as it not only provides protein, carbohydrates, and calcium, but other key vitamins and minerals at a low cost. Though the newer sports recovery beverages provide a similar benefit, they can be expensive and not readily available and often lack calcium which is needed for growing bodies and bone health. This is important because swimming is a non-weight-bearing activity and does not promote bone density.

What to Eat and How Much----The best guidelines for a healthy diet can be found at www.myramid.gov . By following the pyramid's 'themes' --- parents can ensure their swimmers have the nutrition advantage.

- **Make half your grains whole.** Eat a variety of whole grain foods such as whole wheat breads, pastas and cereals. Popcorn is a great whole grain snack. Try switching from regular pastas to whole grain.
- **Focus on fruit.** Eat your fruit rather than drinking it. Limit fruit juice to no more than ½ c per day. Canned fruits in natural juices are a great choice when fresh fruits are not in season.
- **Vary your veggies.** Cleaning and cutting fresh vegetables and keeping easy for kids to find in the fridge will help them eat more.
- **Get your calcium-rich foods.** Children 8 years and older need 3 cups of milk per day. String cheese, yogurt, pudding and frozen yogurt are also great ways to get calcium.
- **Go lean with protein.** Bake, broil and grill meats. Choose more fish, beans, nuts. Try meatless tacos, chili and pastas.

Making Improvements---Besides ensuring that your swimmer is getting the suggested servings from MyPyramid daily (remember most children do not; especially fruits, vegetables and dairy) , be sure they are eating breakfast daily (try to include at least 3 different food groups at breakfast), getting healthy snacks throughout the day, and eating something after practice. Also don't forget to see that your swimmer gets plenty of water throughout the day. What about vitamins? There is no need for children or teens to take vitamins unless prescribed by a physician for a medical condition. However, a multi-vitamin , taken once daily, can help provide key nutrients (in the proper amounts) 'just in case'.

For more information or questions, feel free to contact: Julie Gray, RD, Purdue Extension-Marion County, juliegray@purdue.edu or 317-442-9659.

High Level Sports Programs Embrace Chiropractors

by Eric Plasker, D.C.



The year 2008 marked the first time since 1988, when Dr. Schroeder was a player, that the US Water Polo team had won an Olympic medal. With Dr. Schroeder as their head coach and their team chiropractor, they are on target for a gold medal in 2012.

By the time Dr. Terry Schroeder was coaching in 2008, coaching the Olympic water polo team to its first medal since he was a player in 1988, the chiropractic movement in amateur sports had exploded. I recently interviewed Dr. Schroeder for *The 100 Year Lifestyle Workout* due in bookstores in December, to discuss the evolution of chiropractic in high level sports programs. His response was, "The trend toward chiropractic care caught on widely at the Olympics. The amateur athletic world seemed to embrace the need for this type of care because of the demanding nature of their training, as well as their understanding of the mind/body connection, and its relationship to their structural alignment. It was in 1984 that, for the first time, a chiropractor was officially credentialed by the U.S. Olympic Committee with access to the athletes like any other part of the medical community. In fact, there were lines to have the adjustments with chiropractors. Athletes became more and more aware of the edge others were receiving and they flocked to chiropractors so as not to lose out on any natural advantage. Dr. Jan Corwin provided care for the athletes; he was the only chiropractor credentialed at the time and he worked long hours."

Some of the top athletes in the world have publicly praised their chiropractors as both their saviors in times of injury, as well as keys to their reaching their full athletic potential. Dr. Spencer, for example, was featured in an article in *Esquire Magazine* adjusting Lance Armstrong and he was also mentioned in one of Lance's books. When Emmitt Smith retired as the NFL's all time leading rusher, he graciously thanked God, his family and his chiropractor, Dr. Greg Parker, for supporting him in his stellar career. The three time world champion and 1996 Olympic gold medalist in the Decathlon, Dan O'Brien, during his time considered the world's greatest athlete, has been quoted to say that, if it wasn't for chiropractic, he would not have won the gold medal. Organized sports have come a long way in embracing the chiropractic profession.

Chiropractic gives athletes the competitive advantage that they need to compete at the highest level, and for the duration of their event. No wonder youth sports programs around the country are making chiropractic care available to all of their athletes. This is especially important to college bound athletes who are considering scholarships, as colleges want to invest in healthy kids rather than risk their dollars on young athletes with chronic injuries.