



October Newsletter

Charity Meet Huge Success!

Thanks to the generous support, assistance and participation of ACST parents, swimmers and volunteers, the 3rd Annual Fun Meet benefitting the Light and Life Food Pantry was a huge success! Organizer, Miranda Fay was happy to announce that they surpassed their goal and we were able to raise over \$2000 for this very worthy cause and locally based charity! Way to step up ACST Families. Great job Miranda!



Coach Megan getting "pied" at the end of the Fun Meet

And now a word from our sponsors...

ACST is fortunate to have great local sponsors. The best way to thank them for their support is to patronize them. On Saturday, October 15th ACST had a delicious lunch at Chick-Fil-A and spirit wear orders were passed out. Contact Wendy Caldwell if you still need to pick up your order.

ACST is also happy to announce that Orange Leaf Yogurt in Avon is one of our newest sponsors. They are offering a 20% discount to "ACST members". Go to the main page of the website and click on "sponsorship" and select sponsors ads. There you

will find a coupon for Orange Leaf and other great discounts available just for us, from our other sponsor. Feel free to print these out as many times as you want and visit our sponsors. Make sure you tell them that you are with ACST and appreciate their support!

Guess Who?

Let's play a game! The object of the game is to identify the swimmer, based on the clues below. The goal is to help team members get to know each other better. So here we go! Can you guess who I am?

I was 7 years old when I started swimming. My favorite stroke is breast stroke and it's also my best. Most of the time, you'll see me in my swim meet t-shirts or something green. It's my favorite color! When I'm not in the water, I love to draw, sew or listen to my favorite music artist, Taylor Swift. The subject that I like the most in school is art. My favorite books are the Harry Potter series. I have a pet cat. Need more hints? I'm a girl and my nickname starts with "E". Can you guess who I am?



Dates to Remember

- October 22-23 ACST Fall Classic
- October 29 ACST Halloween Party 6-11 pm
- October 29 Master Meet at IUPUI Nat
- December 14 Official Clinic

Don't forget to check the website for events

Thirsty?

Ever wonder which drinks are best for swimmers? The following is a great article by Chris Rosenbloom, PHD, RD, CSSD, found on the USA Swimming Website:

Just because you're in the water it doesn't mean you don't need to drink water. After 30 minutes of swimming, dehydration can occur. Environmental factors contribute to a swimmer's dehydration—warm water temperature and warm, humid air around the pool can increase the need for fluids. The National Association of Athletic Trainers recommends drinking about 2 cups (16 ounces) of water 2 to 3 hours before a workout or swim meet with another 1 cup (8 ounces) 10 to 20 minutes before diving into the pool. Most workouts are long and strenuous, so drink about 1 cup of fluid every 10 to 20 minutes during your workout. Keep a sports bottle filled with water at poolside so it is in easy reach.

What should you drink? Try these 5 choices and switch up your drinks for variety.

- 1. Water is best for most athletes. If you don't like the taste of plain water, ask mom or dad to slice up lemons or limes to drop into your water bottle for a fresh taste.*
- 2. Sports drinks are a good choice when you have long, hard workouts or have to race many times during a meet. Stick to the basic tried and true sports drinks....like Gatorade or Powerade because they provide a good balance of carbs, sodium and potassium to replace losses*
- 3. Light sports drinks or zero-calorie sports drinks. These beverages, like G2 or Powerade Zero provide the same amount of sodium and potassium as regular sports drinks. These are good choices when you are trying to get lean or when injured and you are not able to train as hard or as long. These drinks contain artificial sweeteners, so drink them in moderation (1-2 servings per day)*
- 4. Diluted fruit juice. Why dilute fruit juice? Fruit juice is too high in natural sugars to be a good fluid replacement. Fluids that have more than 6 to 7% carbohydrate (fruit juice has about 10% and some fruit juices even more) takes longer to leave the stomach so fluids don't reach your working muscles as quickly.*

5. Low-fat milk is a good pre-workout and post-workout drink because it provides carbs, sodium, potassium (like sports drinks) with the added benefit of protein for muscle recovery and calcium for strong bones. Choose fat-free or 1% milk to lower the fat content; and it is OK to choose low-fat flavored milk like strawberry or chocolate if you prefer the taste.

Staying hydrated can help improve your performance and keep you healthy. Develop an individualized fluid plan and don't wait until you are thirsty to drink...stay ahead of thirst so you don't get dehydrated.

Chris Rosenbloom is the sports dietitian for Georgia State University Athletic Department and is the editor of the American Dietetic Association's Sports Nutrition Manual, 5th edition, schedule for publication in 2012.

CLASSIFIEDS

To place future ads email Beth Cooper at momofekids@yahoo.com

Wanted To Buy

Girls winter swim parka size 12/14. Please contact Sherry Gardiner (Kathryn).

For Sale

Girls TYR Black competition Swimsuit (Brand New, still has tags) Size 30 asking \$10 Contact-Kim Kiefer at kimkief@aol.com

Free to a good home

- 1 Girls "Dolphin" practice suit size 34 (Gently used)
- 1 Girls "Speedo" Practice suite size 16 (Gently used)
- 1 Girls "Speedo" practice suite size 30 (Gently used)
- 1 Girls "Speedo" Black competition size 30 (Gently used) Contact Kim Kiefer for all the above at kimkief@aol.com

We REALLY NEED YOU to be a USA SWIM OFFICIAL!!



Training Clinic

When: December 14th

Where: Avon High School *room to be assigned later*

Time: 5:30 – 7:30 pm

LOTS of Benefits!

- Free Admission when officiating
- Best seat in the house
- Close to your swimmer
- Abundance of Free food
- Future Opportunity to officiate Olympians
- Meet new people
- Benefits the Club
- Time Flies when your officiating
- Club will pay for Officiating Dues
- We can host Meets when we have officials
- Help the swimmers become better
- Keep Club due lower when we can host meets

Requirements

- Two hour class with Meet Ref
- Online Test (Open book)
- Must complete test with 45 days of class
- Must complete 4 apprentice
- Background check (Paid for by club)
- Non Athlete USA Swim registration (Paid by Club)
- Let Kerry Kiefer know you want to be a official in person or email him at Krkiefer@aol.com

****Contact Kerry Kiefer at krkiefer@aol.com for further information or to signup****