



SWIM. FIGHT. WIN. GO IRISH!

From Coach Matt

This weekend marked our first 2 out of water team events. We had a fun pizza night after practice on Friday at Barnaby's and then a had a great time at the ropes course on Sunday. We are really making an effort to get the swimmers interacting at more events away from the pool in order to promote a stronger team when we get to the pool deck. I think that both of the events this weekend were exactly what we were looking for and were a lot of fun.

This coming week we have a shortened practice week in South Bend for the Silver and Gold groups. We will not have an in water practice on Friday as the Notre Dame teams will be holding their annual intrasquad pentathlon. We will, however, run our Beacon dryland on Friday starting at 5:00 PM for those groups. We also will not have any practice offered on the weekend.

This Saturday, we will have our second annual Nelson's chicken sale fundraiser. We have sold more pre-sale chickens and potatoes than we did last year, so thank you to all who went out and sold your tickets! All funds from this fundraiser will go

directly toward programming and equipment for the athletes. The coaching staff has a list of items that we would like to purchase for the team, and this fundraiser is where we generate the money for those purchases. We will also subsidize at least part of the charter bus that we will take to Munster in December for our annual dual meet with Munster Swim Club.

If you have not yet signed up for the FAST Monster Splash or NCISC Fall Sprint Meet through the website, please log in and do so through the Events page. The deadline to register for the FAST meet is this Tuesday and the deadline for the NCISC meet is Sunday. There is also the PRO Superstar Invitational that has a deadline of Wednesday, but I have yet to receive the event file that allows you to enter your swimmers, so this deadline will likely be pushed back. Please watch your email for the invitation this week.

Go Irish!

Coach Matt

Calendar

Week of 9/25

- Tuesday, September 26 – Registration deadline for Fishers Monster Splash
- Wednesday, September 27 – Registration deadline for PRO Superstar Invitational
- Saturday, September 30 – Nelson's Port-a-Pit Fundraiser, Marathon station at Grape and Edison, 10:00-2:00 PM
- Saturday, September 30 – IN Swimming House of Delegates, Indianapolis, IN
- Sunday, October 1 – Registration deadline, NCISC Fall Sprint Meet

Week of 10/2

- Saturday, October 7 – NCISC Fall Sprint Meet, SB Riley HS

Week of 10/9

- Saturday, October 14-Sunday, October, 15 – FAST Monster Splash, Fishers, IN

Week of 10/16

- Saturday, October 21-Sunday, October 22 – PRO Superstar Invitational, Penn HS

Nelson's Chicken Sale

This year's Nelson's chicken sale fundraiser will take place this Saturday, September 30. Pre-sales were due last Friday. If you sold any tickets that were not turned in, we need to know ASAP! The order for number of chickens and pit-tatoes will go in on Monday, and only sales confirmed by the time of the order will be guaranteed. Any orders/payments that we did not receive before the event will not be honored and the party picking up the order will be required to pay for it. If you have not turned in your order, please contact Amanda Domalewski ASAP at Amanda.Domalewski@gmail.com or (574) 850-0600.

Also, in order to ensure the event runs smoothly, we need several volunteers per session. We have set up 3 sessions: 9:30-11:30, 11:30-1:30, and 1:30-3:30. If we sell out of chicken and pit-tatoes, we will close-up early. The entire family is welcome to come, there are jobs for everyone! To sign up, contact Amanda Domalewski.

Scrip Reminders

Just a reminder that anyone who is interested in ordering *cards* must have their order in the system by TOMORROW, September 25 by noon. Orders for ScripNow or Reload can be placed at any time. Also, until Friday, the 15¢ convenience fee will be waived for any orders.

Don't fret if you haven't signed up in time for this gift card order. We will be placing another order in the next few months. This is especially handy for anyone who wants to get a head start on their holiday shopping.

Have a great week.

-Jennifer Jachim

Silver Group Update From Coach Ben

Awesome job last week working on breaststroke and butterfly, I saw a lot of improvement. We will continue to develop our strokes and then bring them all together for some IM training. See you all at practice!

-Coach Ben

Nutrition

8 Snacks Young Swimmers Should Downplay in Their Diet and Why

BY JILL CASTLE, MS, RDN | WEDNESDAY, SEPTEMBER 13, 2017

When I talk about fueling the body for sport, I often compare the types of fuel swimmers use to perform. For example, an athlete's body is like a sports car or a race car. It warms up quickly, gets up to speed swiftly, can go fast, and endure for hours.

Think about it: race car drivers only allow premium fuel in the car to get the most out of the car's performance. The same mentality should be used for the young athlete. Swimmers want to get the most and best performance from the food supplied to their body.

Premium fuel includes wholesome, nutritious foods that offer calories and nutrients. Foods such as meats and fish, milk and yogurt, fruits, vegetables and whole grains. Plant oils like olive oil, and nuts and seeds. These foods offer high-octane fuel for the athlete, not only providing nutrients for performance, but for recovery and growth, as well.

In stark contrast, there are foods that don't help or enhance an athlete's performance. Even though they provide energy (calories), they don't offer much in terms of nutrients, which keep the body processing the calories that have been consumed. As such, they aren't ideal as a fuel source for performance.

These low-octane fuel sources may negatively affect performance, impacting the strength, endurance and speed of the athlete. Through the course of a day, a week and a season, young swimmers should aim to eat mostly premium fuel sources, and limit the consumption of low octane foods.

8 Low Octane Foods to Minimize in the Swimmer's Diet

1. Candy bars

Contrary to the commercials touting a candy bar as an energy source to save the middle of the day, the high sugar content of a candy bar can wreak havoc on an athlete's blood sugar stability. A blood sugar spike (and subsequent plummet) may leave the swimmer feeling shakey, light-headed, hungry and sweaty. Also, candy bars generally have a higher fat content, which may slow overall digestion, leading the athlete to feel full, sluggish and may cause stomach cramps.

2. Sugary Candy

Pure sugar can boost an athlete's blood sugar level and help him feel energized, but this feeling only lasts for a short time, especially if other nutrients such as protein or fat aren't eaten in tandem. Eventually, blood sugar comes down and a reactive low blood sugar (described above) may follow.

3. Soda

Soda, both regular and diet, are filling, and the bubbles can cause gassiness in some athletes. Regular soda is another high sugar, empty nutrient item.

4. Chips (potato, corn, tortilla)

Who doesn't like a little bit of crunch with their lunch? In the context of a meal, a handful of chips is fine, but as a snack, chips sport a high fat and salt content and won't provide the optimal nutrition to get through a grueling practice.

5. Chocolate or candy-coated granola bars

What's so special about a candy-coating? Sure, it looks good to eat and tastes good, but there is a little surprise on the back of the package. Explore the ingredient list and the nutritional profile of a candy-coated granola bar and you'll see it is similar to a candy bar.

