



Bluefins Bulletin

VOLUME 1, ISSUE 1

JANUARY 7, 2017

MEETS/EVENTS

- January 13-15 — Swim Meet
GPAC Winter Invitational
Pensacola, FL
- February 10-12 — Swim Meet
12 and Under Louisiana State Championship
** Must Qualify for this meet **
University of New Orleans
- February 16-19 — Swim Meet
13 and Over Louisiana State Championship
** Must Qualify for this meet **
Sulphur, LA
- March 11 — Swim Meet
8 and Under Louisiana Regional Championship
All 8 and Under Swimmers attend
University of New Orleans

HIGHLIGHTS

December brought the Christmas holidays but before that, a great meet in Biloxi the first weekend of the month. Several relay teams scored high finishes including a 4th place finish for the 8 and Under Girls medley, a 3rd in free and two 2nd place finish for the 8 and Under Boys in medley and free. Sarah Breaux had an amazing meet with a 7th place finish in the 100IM, 9th place in the 25 breast and 8th in fly. Other great finishes were Ella Schneida 5th in the 25 free and 3rd in 25 back and Abby Creason 7th in the 100 free. On the boys side, Connor Eagan was rolling with a 4th place finish in the 25 breast, a 3rd in the 50 breast and a 7th in the 25 fly, while Tyler Nunez was 5th in the 25 free, with Randen Chesnut 6th. Chad Alfonso grabbed 9th in the 100 breast. In all, 85 new personal best times were set, that was just over half of all swims!

At the end of the month, we came together and celebrated Christmas as a family. In the process we raised \$500 for the team!

GOOD TO KNOW

Our next meet is our super fun travel meet to Pensacola, FL! This is a three day meet, Friday through Sunday. The meet is on the campus of the University of West Florida. This is an indoor pool similar to the one in Biloxi. They will split the pool into two short course pools to run the meet faster. This means that 12 and under swimmers will be swimming on one side of the facility and 13 and older swimmers will be swimming on the other side. They have two scoreboards so you can still keep track.

The team hotel is located directly on Pensacola Beach which means it is about 30 minutes or so from the pool. The Holiday Inn has a lazy river, outdoor pool, indoor pool, fire pits, easy access to the beach, an indoor bar and restaurant and an outdoor bar.

A good tip for this meet is that the seating in the building filled up fast last year. Try to get there a few minutes early and bring chairs and tents if possible as a backup.

COACHES CORNER

Check out this excellent article on swimmer nutrition!

<http://reachforthewall.com/2016/05/01/macro-what-a-swimmers-cheat-sheet-to-proteins-fats-and-carbohydrates/>

There is a last chance meet in Baton Rouge the weekend of Jan. 27-29. We will discuss with parents and swimmers after times from Pensacola are reviewed for those who are close to state qualifying times.

Attendance Report (December 2016)

Fit and Fun 41%	Blue 56%
Orange 59%	Silver 59%

Congrats to Jack Battaglia, Joseph Bertucci, Sarah Breaux, Xander Davis, Kayleigh Hendrix, Connor McAllister, Shawn O'Neil and Ella Schnieda for all having over 80% attendance in December!