



THE

Blue York Times

QUOTE OF THE MONTH

"This is the last set, right?"

-Anonymous

Short-course edition.

Fall 2009

WELCOME BACK!!

On behalf of Bluefish Swim Club, Christie, and the entire coaching/business staff, I would like to take this opportunity to welcome back our seasoned members and also extend a warm welcome to our new families. I would encourage our seasoned members to embrace a new family or two in an effort to make everyone feel like they are part of the Bluefish family!

The 2008-2009 swimming season was extremely successful for the Bluefish. All levels and many individuals had outstanding success over the past year. Here are a few of the highlights:

- Gold Medal Club Excellence
- CeraVe Invitational Team Title
- Laura Sogar attended the USA Swimming Junior Pan Pacific Championships in Guam
- Chuck named USA Swimming's Head Women's Coach for Junior Pan Pacific Championships in Guam
- 5th place at 12& Under SCY Championships
- 2nd place 13-19 NE Age Group Championships
- 2nd place Harvard Sectionals
- 2nd place Southern Zone Sectionals
- Kaia Simmons competed on Team USA's Swimming National Youth Team at the 46th Annual Mel Zajac Invitational in Vancouver, B.C. May 21-25, 2009
- 5th place NE LCM 14 & Under Championships
- 1st place NE LCM Open
- Elizabeth Beisel won the 400IM and 200BK at World Championship Trials
- Chuck Batchelor named Women's Assistant Coach for World Championships
- Elizabeth Beisel won Bronze in 200BK and placed 5th in the 400 IM at World Championships

This brief list certainly does not encompass the vast success that everyone has had over the past year. We had numerous high-point winners and All-Scholastic team members. I would like to congratulate everyone on the team- job well done! A special thanks also has to go out to the coaching staff. Finally, athletes- don't forget to thank your parents and teammates for all the support over the last year.

As I look forward to this year I am excited about many things. We have a new facility under contract (Wheaton College) that we will be using with all of our age groups. We also have a great meet calendar, which will expose us to some of the best racing in the country. This includes hosting a three day trials/finals Age Group meet in December. This year our winter training trip will be in Sarasota, Florida. I hope to see as many athletes on the trip as possible. And, finally, the coaching/business staff and I are working on some great new activities that we will rollout as the year progresses. Stay tuned for more information!

As we move forward into this year, we will focus on overall fitness, including core strength, proper body position, kicking and POWER. By taking one step at a time, we will be able to build a foundation so that we will continue to be successful in 2009-2010.

Go Bluefish!

Sincerely,
Chuck

NUTRITION TIP

EAT COLORFUL FOODS

What are the first three foods that come to mind when we say “carbohydrate?”

1. Pasta
2. Rice
3. Bread

Each if these is excellent. But what do they have in common? They’re all white!

One of the most overlooked sources of carbohydrate is fruit. Yes, FRUIT. Fresh, canned, frozen, dried or juiced. No matter how you look at it, fruit is an excellent source of carbohydrate. Not only does fruit provide carbohydrate in the form of natural sugars (versus refined sugar), the bright colors of fruits indicate that they are also excellent sources of vitamins and minerals, including a sub-group called anti-oxidants.

You might recall that exercise is the stimulus that leads to training adaptations. And that adaptations to training occur ONLY is you give the body the right kinds of fuels during periods of rest.

Well, one of the side effects of exercise is the generation of “free radicals.” Free radicals are molecules that can actually cause damage to muscle tissue above and beyond the damage caused by exercise. The damage caused by exercise is normal. It serves as part of the stimulus for training adaptation to take place. But

———— POP QUIZ ————

WHICH IS BETTER FOR YOU?

a)



b)



Answer: Are you seriously looking here for the answer?

damage caused by free radicals is NOT a desired part of the training process. Damage caused by free radicals (aka “scavengers”) circulating in the bloodstream after workout can continue well into the recovery period. This is when the body is supposed to be adapting!

Anti-oxidants “absorb” free radicals, neutralizing their effect in the body before their damage to muscle tissue can amount to much. A diet consistently rich in fruits (and other colorful foods, such as VEGE-TABLES) is apt to keep the body consistently supplied with anti-oxidants, which will assist the body in keeping free radical formation to a minimum. This a good reason to eat lots of colorful foods during the recovery time between workouts.





If you answer yes to one or more of these questions, you may be in danger of pressuring your child. It is important to remember that the parents' role is critical and should be supportive at all times to ensure a positive experience for your child.

- Is winning more important to you than it is to your child?
- When your child has a poor swim, is your disappointment, such as through body language or vocal tones, obvious?
- Do you feel that you are the one to have to "psyche" your child up before competition?
- Do you feel that winning is the only way your child can enjoy the sport?
- Do you conduct "post mortems" immediately after competition or practice?
- Do you feel that you have to force your child to go to practice?
- Do you find yourself wanting to interfere with coaching and instructions during practice or competition thinking that you could do better?
- Do you find yourself disliking your child's opponents?
- Are your child's goals more important to you than they are to your child?
- Do you provide material rewards for performance?

ARE YOU A PRESSURE PARENT?

POSITIVE PARENTING TIPS:

1. Your child needs your emotional, physical, and financial support. Be liberal in providing this support.
2. Support but do not push your child.
3. Understand development – long-term development as an athlete, and growth and development as it impacts performance.
4. Be realistic in terms of expectations; factor in age and skill level; be aware of your child's perception of your expectations.
5. Emphasize performance and effort, not just outcome. The athlete only has control over his/her performance. Define and measure success as giving maximal effort and as personal improvement.
6. Keep winning in perspective.
7. Do not bribe.
8. Give plenty of encouraging and rewarding statements. Criticize sparingly.
9. View swimming as an arena in which to teach your child about commitment, hard work, and coping with adversity.
10. Work to form an effective Coach-Athlete-Parent Triangle.

Survey taken from the Amateur Swimming Association of Great Britain

THE PLAYLIST

A RANDOM SELECTION FROM SWIMMERS' IPODS. CAN YOU FEEL IT?

PARTY IN THE USA
Miley Cyrus

DOWN
Jay Sean

BECAUSE
The Beatles

SHE WOLF
Shakira

ROCK ME GENTLY
Andy Kim

IS SHE REALLY GOING OUT WITH HIM?
Joe Jackson

PAPPARAZZI
Lady Gaga

NEVER SAY NEVER
The Fray

BEAUTIFUL
Akon

USE SOMEBODY
Kings Of Leon

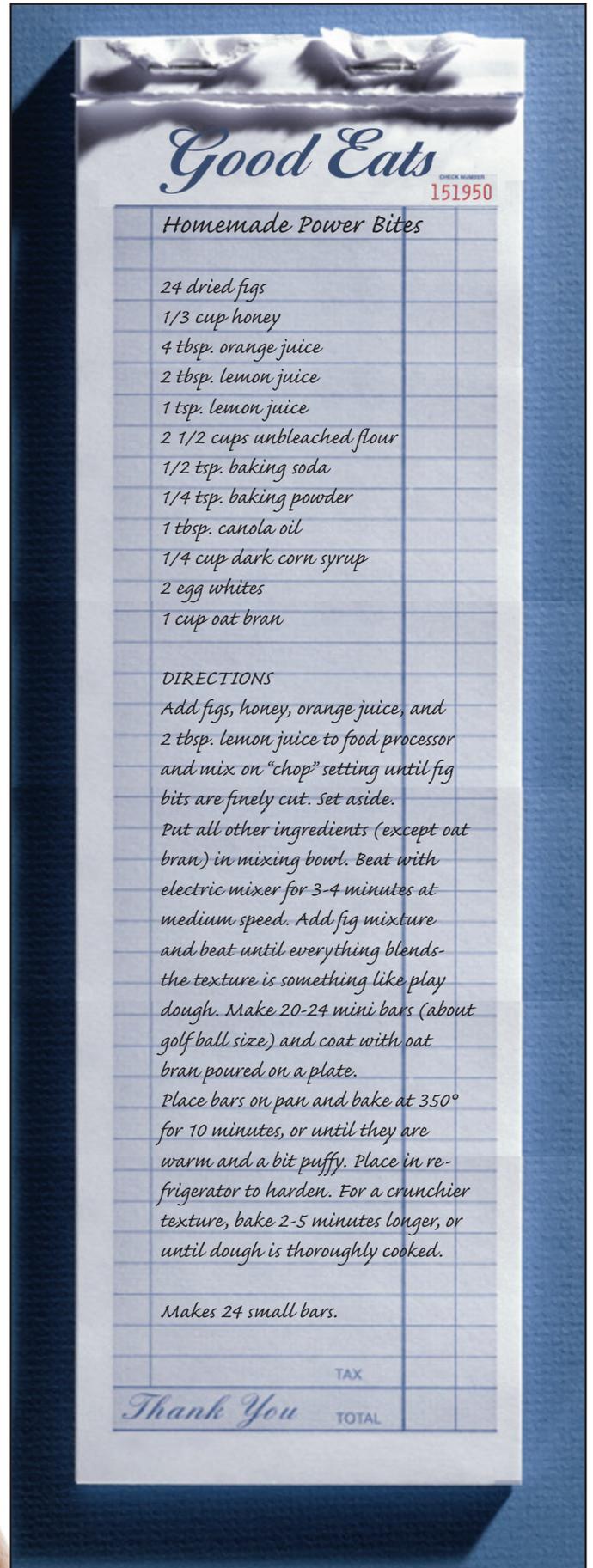
BUFFALO SOLDIER
Bob Marley and The Wailers

OH! SWEET NUTHIN'
Velvet Underground

YOU FOUND ME
The Fray

LESS THAN ZERO
Elvis Costello

WHAT'S A GIRL TO DO?
Bats For Lashes



TROUBLE BREATHING?

TRY SHOVING THIS UP YOUR NOSE.

Have you ever suffered from not being able to breathe fully from both nostrils even when you haven't had a cold? Have you ever wished there was a way to just pour some soothing warm water through your nose to remove all of the extra mucus? Even if you rarely suffer from sinus or nasal problems, you've probably experienced a dry or clogged nose in environments with low humidity such as in the cabin of a plane. Or maybe you live in an environment where the air is not clean—where there are chemicals, smog and diesel residues, or even second-hand cigarette smoke. Some people are even extra sensitive to household products, fragrances and other synthetic odors, as well as dust and pollen that increase the nasal mucus as a natural process to help cleanse—nasal passages.

Allergies, sinus congestion, dust, pollution, all of these affect the nasal passages and make it difficult to breathe. We have seen an extraordinary rise in such problems with the increase in dust and pollution caused by our industrial society, including particulate matter caused by diesel exhaust and other pollution sources. Dry air also has its effects on the health of the nasal passages.

An ancient nasal cleansing technique, from the healing science of Ayurveda from India, which is over 5000 years old, has been adopted by a large number of doctors and individuals in the West as a solution to chronic and temporary nasal canal problems. The practice of neti, or nasal cleansing, is performed using a ceramic pot and a saline solution. Performed regularly, it can help clear mucous from the nasal canal, restore moisture to dried out tissues, tone nasal tissues and help the nasal passages remain clear and healthy. Just about anybody with a nose can benefit from knowing about this practice. Modern day life with its pollution, dust and inhaled chemical load is particularly stressful to the nasal passages. People with a history of chronic allergies or sinusitis are well-suited for this non-drug, natural approach to free breathing.



It's easy to use:

- 1. Prepare the saline solution and fill pot.*
- 2. Tilt your head to the side.*
- 3. Insert spout of Nasal Cleansing Pot gently into the raised nostril creating a seal between Pot and nostril.*
- 4. Raise the Nasal Cleansing Pot slowly to develop a steady flow of saline solution through the upper nostril and out the lower nostril.*
- 5. During the process breathe through your mouth.*
- 6. Upon completion, exhale firmly several times to clear the nasal passages.*
- 7. Reverse the tilt of your head and repeat the process on the other side.*



*And the best part? You look cool doing it.
Just look how pumped that guy is.*

Related Articles:

- <http://www.webmd.com/allergies/sinus-pain-pressure-9/neti-pots>
http://www.oprah.com/slideshow/oprahshow/slideshow1_ss_oz_20070426/6
<http://www.nytimes.com/2008/01/03/fashion/03skin.html>

HI-TECH: OUT? HI-STYLE: BACK IN!!

WITH THE FINA SMACKDOWN BEING LAID ON HI-TECH SUITS, MAYBE ITS TIME TO KICK-IT OL'-SKOOL. PUT YOUR BLUESEVENTY, LZR ELITE OR YOUR ARENA X-GLIDE UP ON E-BAY WHILE ITS STILL WORTH SOMETHING AND GET YOURSELF ONE OF THESE STYLISH BEAUTIES.



The TYR® Karate Pajammer

Back in the day, this suit was a real bargain, it came complete with a pair of ballet slippers and a full ZZ-Top beard.

Made from 100% wool, this handsome two-piece created a little drag, but man, it kept you real warm on the pool deck. You could also go from swim practice straight to Tae-Kwan-Do lessons.

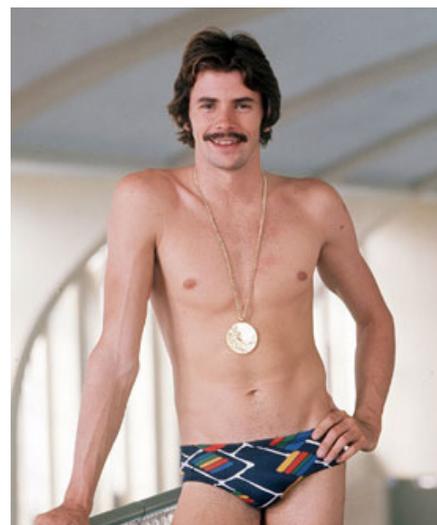


Arena® Big Fancy Underpants.

This form-fitting Rayon number covers you almost up to your second rib.

The control-top holds your belly firm so you can sit for hours posing on diving boards.

A snazzy white belt cleverly hides the elastic waistband, while showing off your exceptional taste in sportswear.



Speedo® Saturday Night Fever

We know what your thinking: "My son already has one of these". But look again.

This brief is actually a two-piece: The gold medallion is part of the suit. Not only that, but it also came with a swim cap that looked just like disco hair, parted in the middle and blow-dried to feathery perfection. The groomed moustache was sold separately.