



Swordfish Scoop

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COACH'S CORNER - Thoughts from Assistant Head Age Group Coach, Dan Roth

Getting "Results" at Swim Meets: Learning to Swim Fast Regardless of the Circumstances

Swimming is a very unique sport. It is a sport that for many serious swimmers has no offseason, and has meets scattered throughout the year in various capacities. There are dual meets, invitational meets, championship meets, single day meets, multi-day meets, timed finals meets, and trials/finals meets, all with varying events to choose from in varying formats. When you combine the frequency of swim meets with the demanding practice schedules that all successful swimmers must commit to, swimming is a sport that seemingly takes over the lives of its athletes. So naturally, those who commit themselves fully to the sport expect to see results, and see them every time they get up on the blocks. The key in getting results every time you get up on the blocks is to truly understand the definition of "results".

The most critical thing to accept as a swimmer is the fact that you WILL NOT get a lifetime best every time you hit the touchpad. It just won't happen. The focus of a swim season is to work towards a taper, and in order to effectively taper you must effectively be training at a high level throughout the season. Translation: at some point in the season, you will walk on deck for a swim meet at less than 100% as a result of your training. Learning how to handle yourself mentally when these situations occur is the key to seeing results in every race you swim.

One of the most valuable lessons you can learn as a swimmer is the concept of racing tired, both mentally and physically. There will be meets where you just don't feel like racing: you've got a head cold, your legs have been sore from a heavy week of kick sets, you have two tests on Monday, and your boyfriend just broke up with you the night before. That is exactly why every swim meet is valuable: because each meet presents a different set of circumstances that you must face before you race. The swimmers who achieve the most time drops come taper time are the ones who never take a race off during the season, who have used every race in every meet as an opportunity to get better, and who haven't made excuses

for themselves to swim poorly. If you can learn to swim fast regardless of the circumstances, then imagine how fast you will swim in the best of circumstances when you're tapered! That is how you get results with every race in every meet. If you step up on the blocks legitimately willing to race no matter what event it is, what meet you're at, how tired you are, and what's going on in your life, you will develop a mental toughness that this sport demands in order to succeed at the highest level. And that is exactly why each meet on the schedule is important, because it provides the swimmer with opportunities to learn to swim fast regardless of the circumstances. However, opportunity is like potential, it's only as beneficial as you make it.

Happy Holidays to All!

Coach Dan

SAVE THE DATES ...

Alumni Meet: Bridgewater Y, Saturday, November 26th - 5 PM start - come on out and join in on the fun!



Training Trip: Key Largo, FL - December 26th - January 1st. For those swimmers who will be attending the trip this year please be sure to send in your second installment payment by November 28th and your final payment in by December 20th.



SVY Hosted New Year's Splash: Raritan Valley Community College: January 6th - 8th

SVY Hosted Miles of Miles: Bridgewater Y: Sunday, January 29th

Team Banquet: Bridgewater Marriott: Saturday, April 21st from 11 am - 4 pm - more details forthcoming in 2012.



FROM THE BLEACHERS ...

I try to get my daughter to eat before her meets, but she insists she can't eat before her meet because it makes her sick. How can I ensure she has enough energy to make it through race day successfully?

What do you pack to eat on race day? What's your nutrition prescription? **BY JILL CASTLE, MS, RD, LDN** ([VISIT USASWIMMING.ORG](http://VISIT.USASWIMMING.ORG) FOR MORE INFORMATION ABOUT NUTRITION)

Everybody has a different approach when it comes to eating on race day. Having a strategy and an execution plan can remove doubt and worry about hunger, energy levels, digestive problems, and keep you focused on the race at hand.

Here are a few guidelines for smart eating and packing up the cooler:

- Don't DQ your day. Breakfast at home or on the road is the metabolism boost every swimmer needs. Instant oatmeal made with skim or low fat milk, toast with nut butter, dry cereal, yogurt and fruit are all light options that rev up the body. If you are competing in the morning, be sure to keep it light. Opt for a heavier breakfast if competition is in the afternoon.
- Pack variety. A few options of fruit, vegetables, grain and high quality protein sources should cover the variable appetite and tummy tolerance you may experience on race day. It's better to have more food options than a large quantity of only two or three foods. Don't make the mistake of relying on a single food or energy bars to get you through the day. While they can do the job of fueling your body, they may not rate in appetite satisfaction. Having a variety of food sources increases the odds of proper fueling and healthy eating.
- Pack enough. You don't want to run out of food, and you may want to share with other swimmers (well-fueled swimmers help the whole team, right?).
- Pay attention to temperature. If you are packing perishables, be sure to add an ice pack. It's no fun to get tummy cramps before a race because something has spoiled.
- Pack in the protein. Protein will be an ally in keeping your blood sugar stable, thus keeping hunger, energy and mood in check. Nibble on cheese sticks or slices, nuts, peanut or nut butters, deli meat slices, yogurt or yogurt drinks, boxes of low fat milk, hummus, hard-boiled eggs or edamame.
- Don't forget the Carbohydrate. Your muscles rely on carbs for fuel. Pack easily digestible sources such as 100% juice, fruit leather, applesauce, fresh or dried fruit, or veggie sticks. Don't forget the more complex carbohydrate foods too, such as crackers, unsweetened dry cereal, pita or other breads, pretzels and graham crackers. Stay away from refined sugars such as soda, candy and desserts on race day.
- Nosh or Nibble? Save "meals" or large quantities of food for big breaks between events. Nibble small amounts of food before and after events that are closely scheduled. At a minimum, you should be nibbling to stay energized and keep your muscles fueled on race day.
- Think your drink. Water, 100% fruit juice and sports drinks are appropriate at a swim meet. Plain and flavored milk are great recovery drink choices after the meet; they provide protein for muscle repair and carbohydrate to re-fuel muscles.
- Know your eating style on race day. If it is counter-productive to racing, follow these guidelines as a strategy for optimal eating. Don't tempt yourself by packing foods or making concession purchases that you (really) don't want to be eating.
- Fiber Facts. Fiber can be a problem on race day, or not. Fiber is a food component to which each swimmer has an individual tolerance. Don't experiment with high fiber foods on race day; sort this out during training season and avoid tummy trouble when it matters most.

HEATH TIPS ...

As a reminder, good hygiene and conscious awareness of your surroundings and Teammates are important. If you have the flu, virus, skin infections or other infections, please ensure you take precautionary measures as directed by your physician to limit the spreading to your family and Teammates. Team SVY has the same policies as the local school systems pertaining to illnesses. Please refer to the Team Health Form completed in the beginning of the season, if needed. As outlined in the Parent Handbook, illness that removes the swimmer from practice for extended periods of time should be reported to the practice group coach.

Showering with soap after you swim and using a dry clean towel are important prevention measures from germs and viruses that can fester in locker rooms and swim bags. It is equally important to ensure you wear appropriate footwear in the shower to ensure you don't go home with these potential hazards on your feet. Take the time to get out of your wet clothing and cover your wet heads during the winter months before leaving practice. Be sure to empty your swim bags right after practice to remove all wet clothing and towels. As a general rule, under no circumstances should swimmers ever share water bottles or towels.

Swimmer's Ear (otitis externa) PREVENTION

Swimmer's ear is a common challenge for swimmers. There are several ways to prevent swimmer's ear from ever occurring. These include:

- After a swim, tilt and shake your head to allow the water to drain.
- After swimming, squeeze one dropperful of commercial eardrops (i.e., Aurodry) or a mixture of 1 part white vinegar and 1 part rubbing alcohol into each ear and wiggle your ear to let the solution get to the bottom, then let the fluid drain out. This process may help prevent the growth of bacteria and fungi that can cause swimmer's ear. Drops should not be used by people with tubes in their ears or perforations in their eardrums.
- Avoid excessive cleaning that removes all of the protective wax naturally present in the ear canal.
- Wear earplugs while swimming.
- Dry your ears with a clean cloth after showering and with a hair dryer set at low speed, held about 12" from your ear.

Please be sure to consult your doctor if you suspect your swimmer has swimmer's ear

JUST BUSINESS ...

Meet Fee Accounts

Please be sure all outstanding payments due to your meet fee account are paid promptly.

Transition to a new Team website

We will be moving our web site very soon to TeamUnify, a web site service for swim teams. We are extremely excited about this change as it will provide a number of new features for the team. The new site will provide easy access to team information, upcoming meets and will allow families to see their swimmers times and update their contact info. Additionally, the new site will provide access to the meet fees, automate the selection of volunteer assignments and provide much of this information to your smart phone. More information on the transition will be coming soon!

SVY Hosted Meets

Team SVY will be hosting the New Year's Splash and the Miles and Miles meets in January. Our hosted meets are a primary source of our fundraising efforts. The success of these meets can be directly attributed to our parent work efforts. More information about parent volunteer work assignments will be communicated in December. Thank you for your continued support of our hosted meets!

Calling all writers ... Parents and Swimmers, if you are interested in publishing a story in our next newsletter or sharing a healthy meal or snack, please contact robinmckenna@svyni.org

Fun and casual conversations were the theme at our
Second Annual Casino Night!



We raised just under \$2,000. Thank you to all for your support of this fundraising event!



Our children also benefited from the fun! One basket recipient won a "2 one-hour private lessons with a friend or two", basket donated by Coach Matt. This basket was one of several other private lesson baskets generously donated by the Team SVY coaching staff.



Pictured left to right: Coach Matt Donovan, Dennis Chen - Silver III and Michael McKenna - Silver II



HEALTHY HOLIDAY SNACKS ...

Try a new salsa during the upcoming holiday season! This easy to make and festive snack is really tasty. Enjoy! Courtesy of Casey D'Agostino.

Cranberry Salsa with "festive" Chips

Makes 4 cups salsa; 36 chips

Planning Tip: The salsa and chips can be made and packaged up to 2 weeks ahead of use.

Cranberry Salsa:

- 1 12 oz bag fresh or frozen cranberries (no need to thaw)
- 1 Granny Smith apple, peeled, cored and cut into eighths
- $\frac{1}{2}$ large red pepper, cut in large chunks
- $\frac{1}{2}$ medium red onion, but in large chunks
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup apple juice
- 3 Tbsp chopped fresh cilantro
- 2 Tbsp chopped pickled jalapeno pepper
- 1 tsp grated lime zest

Chips:

- 1 package spinach tortillas (trees) or
- 1 package sundried tomato tortillas (pumpkins)

1. Salsa: Put cranberries, apple, red pepper and onion in food processor; pulse until chopped. Transfer to a large glass bowl. Stir in remaining ingredients until blended. Cover and refrigerate until ready to use.
2. Chips: Heat oven to 375 degrees. Using a 3" tree or pumpkin shaped cookie cutter, cut 6 trees or pumpkins from each tortilla. Place on ungreased baking sheet and bake 8 minutes or until crisp. Remove to wire rack and cool completely. Put in plastic bags and store at room temperature.

