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| **[www.usaswimming.org](http://www.usaswimming.org)**  [**www.swimohio.org**](http://www.swimohio.org) | **The Greater Columbus Swim Team of Ohio GCSTO**  **614-478-5445**[**www.gcsto.com**](http://www.gcsto.com) |
|  | **From The GCSTO Offices January 10, 2018**  ***GCSTO Strong… GCSTO Proud!*** |
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|  | **ATHLETE PERFORMANCE INFORMATION**  **\*\*\*\*\*\* GCSTO Kick-Off B Meet \*\*\*\*\*\***  **Swimmers of The Meets**  **Novice**  **Wyeth Carle:** Wyeth swam the 50 Breaststroke for the very first time with GCSTO and finished under a minute with a time of 57.63! Wyeth also dropped a combined 23 seconds in his 50 freestyle and 50 backstroke!! Awesome swims, Wyeth! Way to start off the season!  **CA Level 1**  **Morgan Spalding:** Morgan swam her first meet with GCSTO and placed first in all of her individual events. She swam the 25 freestyle in 16.07, 25 backstroke in 19.60, and the 50 freestyle in 37.64. Morgan is a great addition to our team and a very hard worker at practice. She is looked up to by her fellow teammates! Congratulations Morgan! Well deserved!  **SC Level 1**  **Jacob Crosson:** Jake is, by far, one of the hardest workers in the SC level 1 group and his hard work showed at this first meet, earning a lifetime best time in all of his events! More importantly, we have had several discussions in SC level 1 about what it means to be a good teammate and Jake embodies this perfectly by always coming to practice with a great attitude, and always being willing to help out his teammates. This meet was no exception! Keep up the great work, Jake!  **CA Level 2**  **Gavin Lewis:** Gavin had an awesome first meet. He dropped time in all of his events, showed great enthusiasm for himself and his teammates, and also achieved two BB cuts at this meet. He dropped THREE seconds in his 50 freestyle with a final time of 28.15 and he dropped SIX seconds in his 100 freestyle with a final time of 1:04.41. He has shown great improvement with his stroke already this season and has the desire to keep getting better and better. Gavin is also showing great preparation and motivation for his transition from level two to level three. He is definitely on his way to the next level and it is showing both in the water and outside of the water.  **SC Level 2**  **Nathan Schellhaas:** Nathan is one of our hardest workers in all of Level 2 and consistently focuses on his technique in practice. This paid off in a big way at our first meet! Nathan dropped time in every event he swam for a total drop of over 20 seconds! Great Job Nathan!  **CA & SC Level 3**  **Grace Zercher:** Grace has been working very hard in practice and has become a leader. Last year, racing was a challenge for and this year she has showed some real improvements. Her hard work in practice really showed in this meet. She swam 4 events and dropped more than 11 seconds.  **Level 4**  **Tannor Lambert:** Tannor has taken a step to become a leader in the Level 4 group this year. He has always been a hard worker but is pushing himself above and beyond this year. This was evident after the transformation we saw in the first meet of the year. Tannor swam very well dropping time in both of the events that he swam. I look forward to his continued success as the season goes on!  **100% Lifetime Bests**  Jacob Crosson  Emmett Culbert  Anna Denney  Grace Edwards  Natalie Fischer  Alyssa Gray  Gavin Lewis  Joy Neal  Riley Pool  Nick Quattro  Nathan Schellhaas  William Sheridan  Laasya Vadrevu  Grace Zercher  **All-But-One Lifetime Bests**  Chloe Albrecht  Cameran Ball  Samantha Buckley  Enzo Burson  AJ Denny  Lillian Essex  Tannor Lambert  Olivia Lewis  Alysa Li  Shri Pandey  Rowan Price  Rohan Ranjan  Jack Ryan  Greyson Thomas  Toby Treece  Robert Turner III  Latham Walllis  Jacob Washburn  Ryan Washburn  Samantha York  Sophia York  **Top 10 Total Time Dropped At Meet**  **1. Ryan Washburn 37.56**  2. Laasya Vadrevu 34.62  3. Cameron Ball 32.83  4. Riley Pool 31.65  5. Joy Neal 30.59  6. Gavin Lewis 27.39  7. Nick Quattro 26.86  8. Grace Edwards 25.53  9. Emmett Culbert 24.11  10. Wyeth Carle 23.03  ***(Total – 258.00 seconds or 25.80sec average per person)***  **\*\*\*\*\*\* UASC Bolden Bear Meet \*\*\*\*\*\***  **Swimmers of The Meets**  **CA Level 2**  **Samantha York:** Sam had a great meet and dropped time in every single one of her events. She also got her first BB cut at this meet in the 50 freestyle with a time of 31.17. This was a great confidence boost for Sam and now she is excited to take on even more challenges in the pool. This motivated her to sign up for the swim meet in Kentucky and she will be the only level 2 swimmer there. This shows me, as her coach, that she is ready to be challenged and she wants to step up and swim fast. Sam is off to an excellent start this season and is eager to keep dropping time and to keep on improving her strokes.  **SC Level 2**  **Maddy Wood:** Maddy is new to Level 2 this year and has made so many improvements since joining. Maddy dropped time in every event at this two day meet and even dropped 18 seconds in her 100 free! I can’t wait to see how Maddy continues to improve throughout this season!  **CA & SC Level 3**  **Anna Denney:** Anna has been working very hard in practice and comes to practice every day with a positive attitude. She really has become a versatile swimmer in all events and strokes. Anna challenged herself at this meet and swam all three days. She was able to dig deep and improve in all of her events, all three days. She dropped over 18 seconds in all of her events. She swam the 500 free Friday night and has really started to learn to swim this event well.  **Level 4**  **William Ave:** Will has grown so much during his time with GCSTO. He has really taken the time to listen and apply what the coaches have been telling him and you can certainly see that in the water when he competes. At the Golden Bear meet Will got lifetime best swims in all but one of the events he swam with a total dropped time of 35.74 seconds! Way to go, Will!  **Level 5**  **Eli Stoll:** Eli started off the season strong, earning three lifetime best times in six events. He only missed lifetime bests in the other three events by a COMBINED 0.90 seconds! Eli has his sights set high this season, and this meet was a great step towards his goals.  **100% Lifetime Bests**  Akhil Baskaran  Morgan Lavilla  **All-But-One Lifetime Bests**  William Ave  Paul Buckley  Max Hengley  Andy Li  **Top 10 Total Time Dropped At Meet**  1. Maddy Wood 49.42  2. Will Ave 36.74  3. Dhishan Kashyap 35.31  4. Hannah Olger 29.49  5. Sam York 27.68  6. AJ Denny 26.13  7. Rag have Ramachandiran 24.89  8. Anna Denney 21.12  9. Madi Burris 20.12  10. Akhil Baskaran 18.94  **\*\*\*\*\*\* GCSTO Raising Cane’s B Meet \*\*\*\*\*\***  **Swimmers of The Meets**  **Novice**  **Dexter Shop:** Dexter dropped 8.61 seconds in his 25 freestyle, bringing his new time for that event under 30 seconds! He also dropped 5.17 in his 25 backstroke, almost breaking 30 seconds in that event as well! Dexter also swam the 50 freestyle for the first time and did a great job. He put into practice many of the techniques that we have been working on during the week and had a very successful meet. Way to go Dexter!  **CA Level 1**  **Latham Wallis:** Latham dropped time in his 50 free and his 50 breast. Latham continues to improve and grow as a swimmer. He is a very hard worker and he is a great leader at practice. Congratulations Latham and keep up the great work!  **SC Level 1**  **Talia Toler:** Talia is one of the youngest in the SC level 1 group and she is one of the hardest workers. She works hard to improve every single practice, truly focusing on not only getting faster, but getting better! This meet was no different as Talia had four beautiful swims, including a completely legal 100 IM! Talia also earned her best times in all of her events, including dropping an amazing 19.39 seconds in her 100 IM! Way to go, Talia!  **CA Level 2**  **Ben Couch:** Ben Couch had an amazing meet at Raining Canes B Meet. He dropped time in his 50 freestyle and dropped nearly thirty seconds in his 200 freestyle. He has been working very hard at practice and it is finally paying off. He is focused at practice and always shows up with a great attitude. He is eager to learn, work hard, and improve all of his strokes. I expect to see many more time drops this season from him. Great job, Ben!  **SC Level 2**  **Dom Whittredge:** Dom just started swimming again a few weeks ago and has worked hard over the past couple weeks to catch up to his peers. Dom's hard work paid off during his first meet back as he placed in the top 4 in each of his events as well as hitting a BB time in his 50 free. Keep up the hard work at practice Dom!  **CA & SC Level 3**  **Liam Timmons:** Liam has been working really hard to change his strokes and improve his stroke technique. Liam doesn't participate in many meets but when he does you can see huge improvements. Liam swam 4 events at this meet and dropped over 25 seconds! He has been coming to four practices a week and works hard. His hard work has paid off and showed at this meet.  **100% Lifetime Bests**  Sonny Alioto  Wyeth Carle  Molly Fitzpatrick  Elijah Mansur  Jack Ryan  Aizza Schirg  Lauren Stevens  Greyson Thomas  Liam Timmons  Talia Toler  Ryan Washburn  Maddy Wood  **All-But-One Lifetime Bests**  Ava Bennett  Zoey Callander  Anna Denney  AJ Denny  Lillian Essex  Natalie Fischer  Addison Frederick  Araceli Gaver  Alyssa Gray  Katie Gulker  Rowan Price  Nathan Schellhaas  Dexter Shop  Morgan Spalding  Laasya Vadrevu  Latham Wallis  Jacob Washburn  Grace Zercher  **Top 10 Total Time Dropped**  **1. Elijah Mansur 43.36**  2. Beans Gaver 27.76  3. Ben Couch 26.25  4. Alyssa Gray 25.82  5. Maddy Wood 25.54  6. Liam Timmons 25.25  7. Laasya Vadrevu 23.53  8. Talia Toler 23.53  9. Akhil Baskaran 21.73  10. Aizza Schirg 19.57  **\*\*\*\*\*\* Ohio Senior Championship Meet \*\*\*\*\*\***  **Swimmers of The Meets**  **Level 4**  **Landon Mace:** Landon has emerged as another leader for this Level 4 group and his support for his teammates is an amazing attribute. Landon has pushed himself more so far this season than I have seen in the past few seasons and it is paying dividends! At this year's Senior Meet, Landon achieved lifetime bests in every event that he swam. In one event in particular, the 200 IM, Landon dropped 4.10 seconds from his seed time in prelims, made it to finals after first being an alternate and having to get up and swim last minute, and dropped another 1.84 seconds at finals! Combined from all of his events he dropped a total of 41.39 seconds! Amazing job, Landon!  **Level 5**  **Nate Gaver:** There were a lot of great swims at this meet, but Nate rose to the top by earning five lifetime best times out of 6 events over the weekend. Two of his highlight swims were breaking 23 in the 50 Free (22.82) and breaking 50 in the 100 Free (49.66) for the first time. Nate is well-rounded in all four strokes, but he is beginning to find his specialty might be in the sprint free events. I’m looking forward to what the rest of the season holds for Nate!  **100% Lifetime Bests**  Olivia Ave  Paul Buckley  Ally Grieshop  Landon Mace  Jamie McCree |
|  | **ATHLETE EDUCATION**  Little Health Tips  Here are a few health tips for our athletes when it comes to taking care of themselves;  1 – Dress properly for the weather (hat, winter coat, gloves, long pants, socks & shoes… not sandals).  2 – Keep an extra set of winter clothing in your vehicle in case of emergency (you get into an accident and  need to walk somewhere or you get stranded in your vehicle).  3 – Take your vitamins. And males and females, alike, take a look at those with iron supplements.  4 – Eat right and frequently. Bring fruit, vegetables, grains and/or fruit drinks to practice so you can get  something inside of you right after practice. Eat a small amount/serving of these at ½ hour to 1 hour  intervals throughout the day.  5 – Catch up on your sleep (see #2 below).  **Can We Learn From The Wolves?**  Sleep is a valuable thing that few of us can get enough us, especially our hard training, hard studying athletes. If you find that you do not feel rested or that you cannot get enough sleep at night, try taking some cat – (actually wolf) naps. Wolves take several 30 to 45 minute naps throughout the day and then only sleep a few hours at night. While studying animal behavior in my earlier days, I came across several articles on the study of wolves. In each article, the study team had to take up the habits of the wolves in order to more effectively study their habits. Secondary, double-blind studies were done on the researchers themselves to determine their state of mind and their physical state during this altered sleep pattern. It was found that there were notable improvements in mental alertness and physical agility in the researchers after changing their sleep habits to mimic that of the wolves.  We know that the body relaxes the most and recovers the most in the first stage of the sleep cycle, the REM (rapid eye movement) cycle. This cycle lasts for 30 to 45 minutes in humans. By allowing your body to get into this cycle and then get out of this cycle before the next cycle begins by waking up, you can a great deal of rest (recovery) without the body systems shutting down further. You can awaken easily from this cycle and feel quite refreshed. Yet, by allowing the body to fall into a deeper sleep cycle, you may wake up feeling VERY groggy because you are trying to awaken a body that has allowed itself to "shut down". Thus, if you're feeling tired and run down… try taking one or two 30 minute "wolf naps" at some time during the day or early evening.  **Breathing Problems**  Many of our swimmers experience breathing problems due to asthma or other reasons. Here’s some suggestions:  1 - Keep your bedrooms spotless. This is a great reason, alone, to keep your room clean. Keep it dusted,  swept & picked up (clutter collects dust and lint that’s harder to clean). Change your bed linen a  couple times per week. Keep pets out of your bedrooms at all times. This is where most of you spend  most of your day so it should be as clean and dust free as possible. This same cleaning process should  go for other rooms that you spend a lot of time in (dens, etc.). Open up your windows in your room for  a little while at least once per week. The fresh air will help if your house has been closed up for a long  period of time.  2 - Get rid of old carpeting in your house bedroom or house, in general. It’s amazing how much dirt and dust  collects in old carpets and the matting underneath. If you’ve had pets that have had accidents on your  carpets you need to understand that you’ll never get rid of the problem by simply trying to sop it up and  dry it. It’s still there and urine is a major irritant to the respiratory tract.  3 – Clean bathroom vent fans. These collect a lot of dust while performing their duties. A good “back-gust”  of air can continually knock this dust back into the air in your room. The same cleaning should occur  for ceiling fans.  4 – Have your heating/AC ducts cleaned professionally if they haven’t been done recently. This can really  cut down on the dust blown into your house when the heater or AC kicks on. Also, invest in the best  air filters you can get for your heater/AC. Get one that filters out 99% plus of the particles in the air.  They’re MUCH better at filtering this stuff out then a cheapo filter. Also, they may say they have to  be changed only once every 3 months but it might be better if you do so every month or month and a  half.  5 – HEPA filters are used in hospitals and similar locals and are tremendous at filtering out your air.  Portable filters can be moved room to room or taken with you to motels. The difference with these is  amazing.  6 – Stay away from fireplaces and smokers. The second hand smoke from both can irritate your respiratory tract  to the nth degree. Lit candles can also cause respiratory issues in some people just as an FYI.  7 – A mister/diffuser in your room may help, as well. Overly dry air can irritate your lungs also. A mister, diffuser  or humidifier of some sort with a combination of mint can help open clogged passages.  Sure, investing in this stuff may cost a little but compare it to your prescription costs, your doctor costs and the like (let alone the sheer misery you experience from breathing problems) and it may WELL be worth the tradeoff. Too, you can do these things without shots, drugs, nasal sprays and the like. If you have any other suggestions, let me know and I’ll print those, as well.  **Iron Intake in Athletes**  There may be particular instances in which an athlete may need extra amounts of the mineral iron... more than the normal diet provides. One such instance is a menstruating female. Another such instance is when an athlete pushes the limits of training. In females who are menstruating during periods of intense exercise, iron loss due to this menstruation may cause an even greater deficiency in the system. Iron is found in hemoglobin, which is the transporting vehicle for oxygen. Lowered levels of iron cause a decreased ability of the blood to transport oxygen to the tissues. Less oxygen to working muscles means a lesser ability to produce aerobic energy supplies and a decrease in the individual's working capacity is noted. This is known as iron-poor blood and may cause the individual to tire and become fatigued more easily. This condition also leaves you more susceptible to sickness and/or injury. Athletes affected by menstruation and/or intense training, IT WOULD BE WISE TO HAVE YOUR IRON LEVELS CHECKED PERIODICALLY WITH YOUR DOCTOR. |
| **Steven A. Nye**  Head Coach - GCSTO  PO Box 30483  Gahanna, OH 43230  614-478-5445  cid:image001.jpg@01D209EE.05F71130 | **WHO TO CONTACT**  **Greater Columbus Swim School (swimming lessons operating year around at multiple facilities) – Erin**  **Harris (614-582-2597 or** [**erinharris.gcss@gmail.com**](mailto:erinharris.gcss@gmail.com)**) for Columbus Academy, St. Charles, Wyandotte Athletic**  **Club & Columbus Sports Club lessons.**  **Greater Columbus Home School Program (our swim team program for home school children) – Steve**  **Nye (614-478-5445 or** [**stevenye@sbcglobal.net**](mailto:stevenye@sbcglobal.netb)**)**  **Training & Swim Meet Questions** – Your coach.  ***THANKS FOR BEING A PART OF OUR TEAM!!!!!*** |
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