Hello everyone! I want to welcome back all returning members as well as welcome our newcomers! This first week will be great to introduce many new swimmers to returning swimmers and begin that team building process. As we move away from the strangest year we’ve ever had and back to our normal operations we will hopefully begin an exciting year with many opportunities for learning and excitement! I know I’m ready to get back on that pool deck with passion and enthusiasm!

You’ll notice as we progress that our communications will include a weekly update, a monthly newsletter, and a year end review for us to make sure communication runs smoothly and efficiently! Our topics will highlight our swimmers across all age groups, our college swimmers at the highest level, and many other amazing topics that come from the team.

We hope to keep you well informed throughout the year! As always anything you feel we should share on our updates or through our social media, we ask that you send that over to us so we can share it with everyone!
Moving forward we will use these monthly newsletters to help communicate practices. We will communicate the monthly schedule via newsletter and the bi-weekly schedule via our news page on the website. Any emergency schedule changes will be communicated via Email as soon as possible.

We do our best to avoid practice cancelations however there are days when practice cancelations are unavoidable. These are communicated as far in advance as possible. Below you will find a list of Holidays that SeaWolves will NOT have practice. These are for the entire season with the location in parenthesis.

**Practice Cancelations 2020-2021**

*Fall/Winter Season*

- Labor Day - Monday, Sept 6th, 2021 (ALL LOCATIONS)
- Thanksgiving - Thursday, Nov, 25th, 2021 (ALL LOCATIONS)
- Christmas Eve - Friday, Dec 25th, 2021 (ALL LOCATIONS)
- Christmas Day - Saturday, Dec 26th, 2021 (ALL LOCATIONS)
- New Years EVE - Friday, Dec 31st, 2021 (ALL LOCATIONS)
- New Years Day - Saturday, Jan 1st, 2022 (ALL LOCATIONS)

**Upcoming Events**

**SWIMVILLE USA SUIT UP**

SEPTEMBER 12th, 2021

SwimVille will be conducting on site suit ups and equipment. You'll be able to order your team suit and get equipment that is important to your group training. They will be at the Anderson HealthPlex from 10:30-12:30pm.
Once you turn in your registration, you will be added to the Mercy HealthPlex SeaWolves Team Unify Page. This page is the source for keeping up and interacting with the team. From signing up for meets, receiving our newsletter, to keeping up with the latest news. Team Unify will help with your swim team experience!

Below are some helpful links to provide some navigation for you and your family!

**Signing Up for Meets**

**How to See What Events my Child has signed up for**

**Parent Links for Team Unify Support**
ROASTED BRUSSEL SPROUTS

Ingredients
- 1 lb. Brussels sprouts
- 3 slices thick cut bacon
- 1/4 cup grated Parmesan cheese
- 2 tablespoon extra virgin olive oil
- 1/4 cup reduced balsamic vinegar

Nutrition
- Amount: 1/2 cup
- Calories: 120
- Fat (g): 8
- Sat. Fat (g): 2
- Carb (g): 9
- Fiber (g): 4
- Protein (g): 7
- Gluten free

Directions
- Preheat oven to 400°F.
- Wash Brussels sprouts under cold water, and then trim off the cut edge. Cut the Brussels sprouts directly in half (the long way) and place the halved Brussels in an empty mixing bowl for later.
- Toss the Brussels sprouts with olive oil. Season with a pinch of salt and pepper and mix to coat evenly.
- Dice the raw bacon into equal-sized pieces.
- Toss the bacon into the halved and oiled Brussels sprouts. Line a baking sheet with parchment paper (or foil), and lay out the Brussels sprouts and bacon, spreading out evenly.
- Roast in the oven for 20 minutes. Remove from the oven to stir, then place back inside for 10 more minutes.
- Remove from oven and stir again. Raise the oven temp to 450°F and roast for 5 more minutes to finish.
- Top with parmesan cheese and reduced balsamic.

A Cooking Tip
Save time by purchasing pre-cut Brussels sprouts and store-bought reduced balsamic vinegar. Add a piece of lean protein and a scoop of brown rice to make this a complete meal. Make this dish lighter by using Canadian bacon in place of thick-cut bacon.

Performance Fact
Brussels sprouts are a great source of fiber as well as vitamins C and K. Vitamin C is a powerful antioxidant which can help your body recover after an intense workout and plays an active role in maintaining immunity. Vitamin K is an important component in blood that promotes blood clotting and plays an important role in calcium metabolism.
Team USA Senior Sport Psychologist, Sean McCann, who has worked with elite-level athletes for 29 years, shares three tips to help swimmers stay on top of their mental health.

**Mental Health Tip No. 1: Remember the foundation for mental health is physical health.** Swimmers often push the envelope, “saving time” by cutting corners on sleep and good nutrition. In times of stress, like the world we are living in right now, you can’t afford to under-sleep or under-fuel. Fuel your brain and body with lots of sleep (8+ hours) and excellent nutrition.

**Mental Health Tip No. 2: Be as nice to yourself as you are to your friends.** When your friends are struggling, you remind them how awesome they are, how much they are getting done despite real challenges, and how it really is tough these days. Too many swimmers are way meaner to themselves than others. It’s not that you should stop trying to be your best, but that you need to remember that to be your best right now is challenging, and right now you may need more self-support than self-criticism.

**Mental Health Tip No. 3: Be mindful if you are starting to isolate and hole-up in your room.** When athletes get down, sometimes they cut themselves off from all the things that help keep them upbeat and happy. A little alone time is often fine and necessary, but don’t cut yourself off from friends and family that help you laugh, listen to you and remind you that you are an important part of their lives. Like plants need water and sun to thrive, people need connection. Especially these days when connection is hard, making the effort to connect pays off in mental health.

For more mental health tips, check out USA Swimming’s mental training and wellness page.

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MENTAL HEALTH CHALLENGE FOR AUGUST:
Take at least 3 small breaks daily to decompress and step away from the phone or computer. Go for a walk, or just sit and connect with those around you!
Something we started over the summer that will continue into the Fall/Winter is our swimmers of the month! We feel this is a great way of highlighting incredible accomplishments during practice, at meets, or even outside the pool! We will begin to post these up on our newsletter as well for everyone to see! So to the right you'll see the swimmers photo, name, and group!

**AUGUST BIRTHDAYS**

Join us by wishing the following swimmers and coaches a very happy birthday for the month of August:

- Xavier Reblando - 8/11
- Kathleen Tuley - 8/16
- Coach Alex - 8/21
- Rachel Godshalk - 8/23
- Maggy Henkel - 8/25
WHAT IS SAFE SPORT?

USA Swimming’s Safe Sport program, a comprehensive abuse prevention program, consists of a multi-layered approach to keep kids safe, including: required policies and best practice guidelines; mandatory screening, including criminal background checks and employment screening; training and education; monitoring, supervision and mandatory reporting. These measures are informed by experts in the field of child safety and are among the strongest safeguards found in youth-serving organizations.

Safe Sport Links

- USA Swimming Safe Sport
- MHSW Safe Sport