



Rockwood Roundup

Rockwood
Swim Club

April 2014

Volume 1, Issue 5

Inside this issue:

Bronze	2
Senior	2
National	2
Gold	3
Sr. Prep	3
Silver	3
Nutrition	4

Upcoming Events

- April 5-6 Spring Fling
- April 12 50m Pool Opening 9am
- April 11-13 RCA Long Course Meet (Cape)
- April 27 RSCA Awards Banquet

Long Course Season Begins



Workers getting the pool cleaned before it gets filled. RSCA set up day April 12, 9am.

The beginning of April represents many things to the coaches of RSCA. Water polo season is frustrating with all the late games and tournaments that use multiple pools. The weather is starting to warm up and doing dry-land outside is more fun than what we have been doing. But the biggest change comes with the opening of our 50m pool. This usually makes chang-

es for most groups easier since the top groups swim outside everyday.

We are very lucky to have our own 50m training pool. Most teams have to rent time in public pools and have to wait until the end of May until they open to start training Long Course. We are fortunate that we can begin heating the pool in the middle of April and get a jump on the different training. This makes a huge difference and the Rockwood Swim Club Parents Association made this happen back in 2005. The pool is opened and closed each year by parents and coaches working together.

This year we will be opening the pool on April 12, at 9am. Please come by and help us out with some cleaning, organizing, and set up. Thank you in advance for your help.

National Prep

The National Prep group is back from spring break, some a little more tan than others, but all were ready to get back in the water. We have 3 new swimmers that

moved up from Senior and are glad to have them join us. We have a few swimmers in the meet this weekend, and a bunch in the Cape meet which is long

course. Good luck to all those swimmers and I am looking forward seeing them all improve from last years long course times.

Water Polo Conflicts

There are many conflicts in the months of April and May due to Water Polo. We do our best to reschedule practice times, but changes in time/location may be necessary. Please bear with us and pay close attention to changes made by your coach.

Senior Roundup

Following up a successful Ozark Championships, the Senior Group has returned to basics. Practices have been focused on drill work, turns and under waters. By covering the simple tasks at the beginning, we will be able to focus on the finer details as the season progresses. This will help set up the athletes for a successful long course season.

From now until we start

using the outdoor pool we will be dealing with the water polo schedule. There will be several practice changes, some of which we find out late. I will get you this information as soon as I get it. The games also occasionally run late so be prepared for dryland every night.

Over the next month, I will sit down with each

athlete to discuss their goals and what needs to happen at practice for them to achieve their goals during the long course season. Everyone should have brought a packet home which included a list of questions and some reference materials. These packets need to be turned in as soon as possible, as the meeting won't be held until I have the packet.



Some swimmers and Coach Stefan from Senior at a movie last weekend.

Bronze Roundup

March is the month of many championship meets, including a great effort by our 8 and under swimmers. We had 10 swimmers represent Rockwood Swim Club this year and they came

away with a 3rd place finish. We had some great swims and lots of personal best times set at this meet. It was a great time for these boys and girls starting with a pep rally at-

Crestview Middle School on Friday night before the meet. They ate pasta, made poster and learned a few cheers.

I hope that everyone had a great Spring

Break and are ready to get back to the pool to finish the short course season with a strong effort at the Spring Fling meet in April.

National Roundup

The March Meet Madness is over – Sectionals and NCSA Junior Nationals were good meets for National Group. We achieved new records both team and Ozark and 74% of best times for the swimmers. College decisions are made, just waiting for financial packages and housing selections. Congratulations to Open Girls 400 and 800 free relays with Jordan Stout, Charlsie Reneski, Tennyson Henry, Sydney Zupan and Abby Watson for their performances at both meets- they just kept getting faster as a team.

Long course is here. Keep looking for the changes in practice due to water polo or moving to the long course pool. This is a good time to check your equipment bag for the condition of your fins and snorkels and make sure you have a nose piece if you need it. Clearly mark your stuff or it can become someone else's stuff.



Coach Mary with swimmers Ty, Sydney, and Jordan at NCSA Juniors. This was part of a picture used by Nike on their Facebook page.

Gold Roundup



50m pool on a beautiful March day. We will be swimming in it very shortly.

We hope everyone has enjoyed their Spring Break. Just a reminder that it is water polo season and want to apologize now for crazy schedule we will have over the next 2 months. We will try not to cancel practices; however, we will move practices if possible either to another pool or later in the evening. The summer meets schedule is up on the gold group page. Most of the meets' deadline is April 4. So make sure you sign up on time. We are having a work day to open up the 50 m pool on Saturday April 12, 9am until we are done. I hope you can volunteer to help get it ready for the swimmers. We will swim outside on Tuesday and Thursday and that will start when the weather cooperates and it is warm enough to swim. The pool is heated so we just need a good air temperature to get outside.

Other Activities coming up : Swim Club Banquet and Fundraiser the Rat Races.

Swimmers of the month for March: Katherine Atkinson and Vivien Harrell

Senior Prep Roundup

After a week off for Spring Break I hope that everyone is ready to get back into the pool. We have one more short

course meet and then we will start to make the transition to long course swimming. We have a great facility out behind

the indoor pool at Crestview. We will start swimming outside soon but I think we may still have to wait until the weather

is a little warmer. Hopefully, it won't be long and we can get outside soon.



Coaches Jason and Jared with swimmers at 8 & Under Champs.

Silver Roundup

March was a very successful month for the Silver swimmers participating in the Heat/Lightening Championships during the first weekend of Spring Break (3/15-16). As a team Rockwood received third place overall with only 10 swimmers. Gabe Cusanelli received the boys 2nd place high point award and Neel Chandra received the boys 3rd place high point award. Kyle Borcharding, Sydney Pickett, and Anvitha Remella were also major point contributors, finishing in the final 8 in multiple events. It was exciting to see the team come together and swim fast.

The month of April will present a lot of new opportunities and challenges. The first long course meet of the season is this month and practices will be undergoing a major shift in endurance and technique in order to prepare for the summer season. The past two weeks I've been talking with the swimmers about what it means to "do their best" at practice and meets. We hope that the positive energy and thoughtfulness of these conversations carries over to meet and practice performances this month.

April 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Spring
6 Fling	7	8	9	10	11 RCA Long Course Meet	12
13 (Cape)	14	15	16	17	18	19
20	21	22	23	24	25	26
27 RSCA Banquet	28	29	30			

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Top Tips for Choosing Quality Carbohydrates *By Chris Rosenbloom, PhD, RDN, CSSD*

Carbohydrate is the primary fuel for active muscles. Without adequate carbohydrate in your daily diet, you will find it hard to sustain hard training, and the outcome can be poor performance during a meet. To be sure, there are some carbohydrate-rich foods that are healthier than others and some foods we classify as carbohydrates are higher in fat than carbs (pastries, doughnuts, and biscuits to name a few).

Try these quality carbs to fuel your muscles and your brain (your brain's preferred fuel is the carbohydrate, glucose).

-Fresh fruit of any kind is mostly simple sugar, but that sugar is diluted with water and also contains vitamins and minerals. Choose in-season fruits for the best taste and price. Winter fruits include citrus (oranges, tangerines mandarins, and grapefruit) and pears, kiwifruit and dates. When drinking juice, look for 100% fruit juice versus fruit drinks that are higher in added sugars.

-Veggies of all kinds. Salad greens to starchy white and sweet potatoes are healthy carbohydrates. A baked white or sweet potato will be healthier than fries or chips (yes, sweet potato fries may sound healthier, but are comparable to fried white potatoes). And, if your broccoli contains more cheese sauce than vegetable, you might reconsider the sauce.

-Whole grains like brown or wild rice, whole wheat bread and pasta, and hot and cold cereals can help you meet your carbohydrate needs. While we encourage whole grains, you only need to make half of your grains whole, so if you don't like brown rice, white rice is OK and is better than fried rice.

-Dairy foods may be thought of as a high protein food, but milk and yogurt also contain a less sweet carbohydrate, lactose, so a glass of milk or a carton of yogurt provides quality carbs along with protein, vitamins and minerals.

-Other quality carbs include dried and frozen fruits, frozen fruit bars, fruit or yogurt smoothies, vegetable juices, canned fruits in juice, flatbreads, graham crackers, beans (kidney beans, black beans, baked beans etc.), peas (black-eyed peas, green peas, etc.), and popcorn.