



# FREESTYLER

Welcome to ASA's newsletter, **Freestyler**, for the entire community to share news, photos and information about meets, social events and swimming in general. Jump In! Have news and photos you would like to share? Please email anything of interest to [asa.swimming@gmail.com](mailto:asa.swimming@gmail.com)

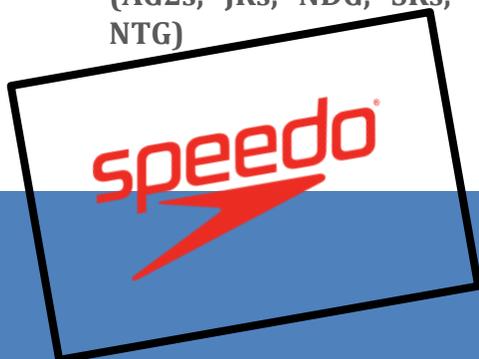


Issue 13, Spring 2018

## ON THE FLIP SIDE:

### UPCOMING EVENTS

- 4/7 - 4/8 FISH Spring Fever LC Invitational @ Jeff Rouse Center (NDG,
- 4/12 - TYR Pro Series @ Mesa, AZ (NTG - Qualifying Times)
- 4/20 - Machine LC Classic @ 4/22 Lee District, VA (AG2s, JRs, NDG, SRs, NTG)
- 5/5 - 5/6 Fish LC Derby @ George Mason Univ (AG2s, JRs, NDG, SRs, NTG)



## Save the Date

ASA End of Year Banquet

(New venue!)

Tuesday May 29<sup>th</sup>

6:30pm

Bolger Center – Franklin Hall

**\*\* Non-swimmers will be charged \$10 to attend \*\***

Team Unify sign up will be created shortly with an email about RSVPing to follow

*Wins and losses come a dime a dozen. But effort, nobody can judge effort. Because effort is between you and you. Effort ain't got nothing to do with nobody else.*

**Ray Lewis**

## 14-18 year old March Recap

The Washington Post makes its picks for the D.C. area's best winter sports athletes in swimming and diving. ASA swimmers Lena Redisch (Whitman), Danny Calder (Whitman) and Chris Emerson (St. Alban's) were selected as All-Met athletes for 2017-2018.

ASA was represented by 6 swimmers at the Eastern Zone Southern Region Speedo Championships in Christiansburg, VA March 22-25, 2018. (Danny Calder, Patrick Connelly, Gaoxing Cosgrove, Rory Stumpf, Rafaela Gutierrez, Ashley Zonghetti) Danny Calder led the way making finals in the 100 and 200 fly.

ASA was represented by 3 swimmers at the NCSA Junior Nationals in Orlando, FL March 13-18, 2018. (Al Li, Lena Redisch, Chris Emerson)

Al Li led the way setting ASA Team Records in the 50 Fly, 100 Fly, 200 Fly and 50 Back.

**"The 3 C's of Life: Choices, Chances, Changes....  
You must make a Choice to take a Chance or your life will  
never Change"**



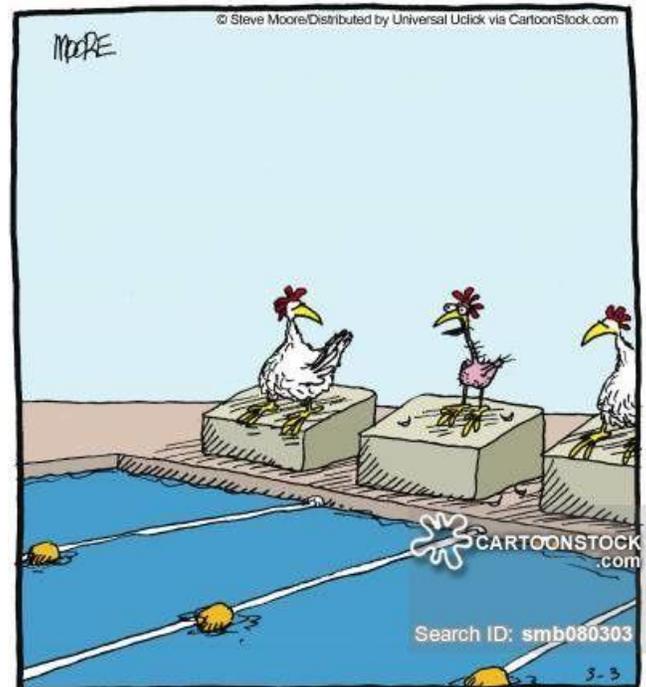


# AG1 March Recap

## ASA MINI CHAMPS

March 10-11 ASA competed in the RMSC Mini Champs, in all there were 13 clubs that competed, some much larger than ASA (RMSC, FISH, Machine) and some smaller (DC Wave, Clark, Joe Flaherty's Dolphins). For the third year in a row our Mini's captured 3rd place, and this year we were within 100 points of 2nd place! (RMSC was 1st, and FISH was 2nd) During the meet the kids achieved 67 best times, received some new ASA swag and enjoyed some bonding experiences cheering on their friends. Check out the ASA Instagram site (<https://www.instagram.com/allstaraquaticsswim/>) for some pictures of the kids sporting their ASA bathrobes.

Our season in the water with the Minis will conclude the week of May 25th and the team banquet on the 29th. We will focus the next month or so getting the kids ready for their summer league competition and look forward to seeing the results!



"I plucked myself. It reduces drag in the water."

Make sure you check the calendars for practice and meet updates!

# March Recap for 9 – 14 year olds

24 relay records broken this season

38 individual records broken this season

ASA traveled to St. Petersburg, Florida to compete in the ISCA Elite Showcase Classic. ASA sent 28 athletes and was one of the largest teams entered. The boys finished 7<sup>th</sup> overall and the girls finished 20<sup>th</sup> overall and the combined team finished 11<sup>th</sup> overall out of 133 teams!

For up to date ASA coverage, follow us on Instagram ([allstaraquaticsswim](#)) and Facebook (<https://www.facebook.com/All-Star-Aquatics-117396443142/>)



**"One that can swim need not despair to fly. To fly is but to swim in a grosser fluid, and to swim is but to fly in a subtler...animals swim by nature, man by art".**

**Samuel Johnson "The History of Rasselas" 1759**

# Warm-up: The Science Behind It – Part 1

Posted on Apr 01 By Matt Bird

## Why we warm-up

Warm-up is a necessary part for optimal performance both in and out of the pool. Before every workout, swimmers should engage in some type of warm-up, prepping both their mind and body for optimal performance at each practice. Warm-up before swim practice, or competition can look different than the preparation before dryland training, but the fundamentals still remain the same.

A proper warm-up as defined by McGowan et al. (2016) includes four key objectives of a pre-competition warm-up as: 1) physiological, 2) kinesthetic, 3) mental, and 4) tactical. It is important for an athlete to have a wide assortment of exercises and procedures in order to properly prepare the body for any physical activity.

Warming up in the weight room can look different compared to a warm-up in the pool. When we warm up in the weight room, time usually becomes a crucial component compared to swim practice time. Therefore, preparing for the main objective of the workout in the weight room needs to be thoughtfully maneuvered. Whereas general movement preparation and specific lading principles are important to the warm-up for dryland, more specific and skillful executions are witnessed for swimming warm-ups.

## Physiological

The body needs to be primed for performance, which includes raising the body temperature and heart rate, and improving mobility. Three main areas that should be focused on in a proper warm up are: 1) cardiovascular, 2) mobility, and 3) movement preparation.

## Cardiovascular

The goal of cardio portion of warm-up is to raise the heart rate and raise body temperature to improve the neuromuscular ability to consume oxygen and deliver energy to working muscles. If this is the first practice of the day, it gets particularly important to reach certain level of heat in our bodies for proper enzymatic and metabolic reactions to take place. To give you an idea of the reasoning behind this, a well-conducted warm-up:

Should be designed to raise muscle temperature to 39 degrees Celsius, a full 2 degrees Celsius higher than our normal resting temperature at 37 degrees Celsius (Takizawa et al, 2006).

Increases enzyme production in the body by increasing the temperature of the body, thus improving metabolic functions and oxygen uptake (Takizawa et al, 2006)

## Mobility

The goal of mobility is to activate and open up muscles that work with corresponding joints. We differentiate between mobility work and stretching in that mobility is the focus on improving the ability of executing certain body movements. Working on improving the whole body, instead of just individual muscles is the main difference between mobility and stretching.

## Movement Preparation

We specifically focus on making sure the muscle and joints of the shoulders and hips are prepared for the movements that will be demanded of in the pool and in the weight room. Some thoughts to keep in mind:

Movement preparation is different in the water than it is on land, mostly due to time restraints on land. Swimming in itself is a great warm-up activity, promoting all 3 physiological characteristics of warm-up. Dryland exercises need to be varied and done with the right intention to promote all three characteristics of warm-up.

Movement Preparation in the weight room is usually done in building blocks, to prepare for fast movements. This is done by improving joint mobility and muscle activation, then progressing to lighter fast movements, to eventually get ready for the main working sets.

Usually we need to be ready a lot quicker in the weight room due to time, as opposed to in the water where the swimmers have sometimes multiple sets that can range from 15-45 minutes of warm-up depending on the coach.

## Kinesthetic

Coaches often teach the importance on “feeling” the water, whether this is before competition or during practice. Kinesthetic approaches to warm-up are important to getting a primer, or introduction to the movements you are about to execute. According to the poll conducted by McGowan et al. (2016), coaches advise their swimmers to prepare their proprioception and familiarity with the environment by performing skills and drills in and out of the water. Skills include practicing starts on the blocks, turns on the walls, and stroke counts for the length of the pool or from the backstroke flags.

## Warm-up: The Science Behind It – Part 1 cont... Posted on Apr 01 By Matt Bird

Preparing the kinesthetic traits of the athlete in the weight room follows the same routine as in the water. Strength coaches prepare their athlete for the main working sets by instructing them through warm-up sets, especially leading up to more complex lifts. Drills for the Olympic lifts become especially important in getting the right muscles engaged for proper form and technique the following working sets.

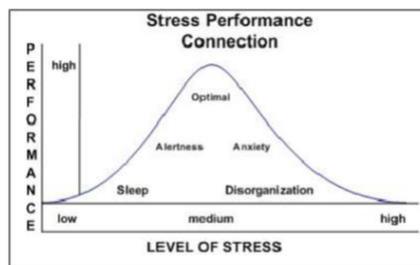
### Tactile

As an athlete, planning is a crucial part of your success both in and out of the pool. Tactile warm-up strategies need to be included before competition, and can be introduced before practice to ensure proper execution. To prepare tactfully for your race and competition, athletes should be performing short maximal effort swims to get the “feeling” for their pace and speed for their races. Although meet preparation warm-up is very individual, sprinters should perform short speed swims for no more than 25 m or 50 m, while distance swimmers should perform some swims at their pace time for a short amount of time. Tactile preparation should be done near the end of the warm-up, and should take no more than 10 minutes.

### Mental (Psychological)

Warm-up is much more than physiological preparation, as in competition. Science and physiology can only attest to so much before the mind needs to take over. Knowing what main set you are preparing for can be key for mental preparation. By giving the athletes the emphasis of the workout and the first set, we are asking them to perform the given warm-up movements with deliberate execution. This means that there needs to be a focused mind throughout an entire set of movements before relaxing and shaking out.

Psychological preparation is a tough thing to prescribe as a coach, and should be addressed to the individual. According to the Yerkes-Dodson Law on states of arousal, optimal performance comes when the individual has the optimal level of arousal (Yerkes, R.M. & Dodson, J.D., 1908). The Yerkes-Dodson Law is based off a bell curve of anxiety, as pictured below. Warm-up is essential to getting the individuals level of arousal to its optimal where performance will be at its highest.



### Conclusion

Warm-up is meant to prepare the body and mind for optimal performance in whichever platform the athlete is about to perform. It is critical for the athlete to take warm-up seriously, and move with intention and thought through the movement patterns to ready the body and mind for performance. If done correctly, warming up will protect the athletes from unwanted injuries and will also air in getting the most out of a workout or a race. Swimmers should prepare for optimal performance at their competitions, but should also be striving for their best practices in the pool and in the weight room. As an athlete,

the goal is to push the limits and workload in each practice, and a proper warm-up is a critical step to optimizing your training in maximizing your work effort.

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<http://www.swimmerstrength.com/blog/posts/warm-up-the-science-behind-it-part-1>

# MY FINAL COLLEGE SWIM, A LETTER TO FUTURE COLLEGE SWIMMERS

**BY SWIMSWAM** <https://swimswam.com/my-final-college-swim-a-letter-to-future-college-swimmers/>

March 14th, 2018 [Lifestyle](#)

*Courtesy of Noah Yanchulis*

“Future and Current College Athletes,

I just finished my final year of college swimming. Four years up, four years down, just like that. I grew up in Annapolis, Maryland and trained at the Naval Academy during high school, so to have my last college meet be at home was special. I put anything and everything I could find into this video to show my emotions about my sport and my team.

College swimming for me has been the most impactful thing in my life to this point. The bonds I have formed, the memories I have made, and the love for the sport of swimming that I have developed would not have happened without college swimming. What college swimming offers is unlike anything else because you are competing in an individual sport, but as part of a team. I love to compete, but what makes it more gratifying is the fact that I get to represent my team, my coaches, and my university.

It is a sad thing being detached from something you love. Before I came to college, before I knew that swimming for a Division I school would even be possible, I liked swimming, but I didn't love it. Now I love it. The sad part about the end of college swimming for me is not that swimming is over, because it doesn't have to be if I don't want it to be. I can go to a pool tomorrow and swim, I can sign up for a meet a month from now and go compete, but what I can't do, is do it with my team. My team that has made me who I am today. My team that has shown me the values of trust, compassion, and sacrifice. My team that has made me want to work hard for something other than myself.

There is not much else I can say other than, I hope people cherish their time as part of team as much as I did because it will be over as quick as it started. It is difficult to know how great something is until it is gone, but once it leaves, it hits you hard. Enjoy every moment, embrace every challenge and put forth ALL your time and effort in the things you care about most, because that's all you can do. You only get four years and it goes by fast, so don't let yourself look back at the end and wish you would've done more.

Thank You,

Noah Yanchulis

# WORKING WITH LEARNING STYLES

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## LEARNING STYLES

When working with children, whether helping them to master a new skill or wanting them to remember to perform a task, it is important to understand their preferred learning style. By gaining an appreciation of how our children take in and recall information, we can improve communication, decrease frustration, and be more effective in our interactions.

### Visual Learners



About 65% of people are visual learners who prefer to gather information by looking at pictures or written instructions. These are the people who prefer to read directions or watch a demonstration to learn how to do an activity.

**Visual learners can “see” ideas, remembering details as pictures in their mind.** As adults, visual learners tend to make lists, organize their thoughts by writing them down, and take notes to help focus them during a conversation.

Some clues that a person is a visual learner is that they tend to use phrases such as:

“I see what you mean”

“Imagine this...”

“Picture this...”

Children who are visual learners may like to have pictures up to remind them of what they need to do to get ready for bed. These children may “picture” their spelling words in their heads. Using brightly colored folders or papers can help these kids to focus.

When trying to work with them, they may stare into space. To the untrained eye, it may seem as though they are day dreaming, but what they are actually doing is trying to “picture” the answer in their mind.

Visual learners tend to be distracted by clutter or movement. For children who are visual learners, they may like to look at pictures of what they need to do and keep lists of their ideas.

### Auditory Learners



Auditory learners comprise approximately 30% of the population. They tend to learn best by hearing verbal instructions either spoken directly to them or by repeating the words under their breath to themselves.

**This group needs to “hear” the information in order to learn and commit the ideas to memory.** As adults, this group may talk out loud to themselves. They may repeat ideas to be sure they have heard it correctly.

Some clues that a person is an auditory learner is the use of phrases such as:

“What I hear you saying is...”

“Let me tell you how I did this . . . “

“Listen to this . . . “

When working with auditory children, you may want to tell them what you want them to do. These children may need to sound a word out to hear how it is spelled.

Even when reading to themselves, this group will need to repeat, either silently or just under their breath, important facts or directions.

Also know that they may become easily distracted by background noises. As a result, these children may request to have background music to block out unexpected noises. They may want to talk with you about what they are learning to help solidify the ideas.

## Kinesthetic Learners

This third style comprises most young children, who learn by doing and touching, and account for approximately 5% of all adults.



**Kinesthetic learners prefer to move to learn** – this would be the adult who twittles his pencil or paces while on the phone. When faced with a new project, this group prefers to learn by jumping in and doing, rather than reading or asking for directions.

A clue that a person is a kinesthetic learner would be the use of phrases such as:

“I get it.”

“Let me show you.”

Children who are kinesthetic learners may need to move their whole body to learn. They are often fidgety. A parent may feel that their kinesthetic child isn't listening because he is swinging his legs, getting in and out of his chair, or even falling onto the floor.

In general, kinesthetic kids cannot concentrate for more than 10 minutes without getting up and moving. They might practice their spelling words while bouncing a ball or running in place or walking up and down the stairs.

The movement actually helps the mind to focus. Those who fall in this category can be easily distracted by the movement of other people or things in their environment. They learn best by doing, such as writing or drawing or acting out what they are learning.

## OVER TIME

Our preferred style does not remain constant. Throughout life, we are often required to use different styles at different ages.

Young children tend to learn best by doing. Imagine trying to teach a youngster how to tie his shoes by reading him a story or by showing him a picture. It may be possible, but it will be easier to actually show, demonstrate and attempt the steps.

Adapted from: <https://centerforparentingeducation.org/library-of-articles/school-and-learning-issues/working-with-learning-styles/>

*We are what we repeatedly do. Excellence, therefore, is not an act  
but a habit.*  
*Aristotle*

Excerpt from....**HOW MUCH PROTEIN DO YOU REALLY NEED? + CHOCOLATE, SWEET POTATO & BANANA MOCHA SMOOTHIE**

March 1, 2018 by Dana

**When most people think of protein**, they think of a few things: protein powders, and bodybuilders or people trying to put on muscle. But those aren't the only people who need protein. **So why is there so much confusion when it comes to talking about how much protein we really need?** (PS – scroll to the bottom of the post for a totally epic protein smoothie recipe!)

**FIRST, LET'S TALK ABOUT WHY YOU NEED PROTEIN. WHAT DOES PROTEIN DO FOR THE BODY?**

Protein makes up a part of every single cell in your body. At the most basic level, protein is essential to repair cells and make new ones. So needless to say, it's preeeeetty important. But let's remember here. When we're talking about protein and recommendations for protein, we need to go for HIGH QUALITY protein, like grass-fed, organic, CLEAN proteins. Because that's how you're going to get the maximum benefit from these foods, the most bang for your buck. **Protein is a key component in satiation, blood sugar regulation and curbing cravings, weight loss, growth** – which applies to kids who are growing, when you're trying to build muscle, if you are pregnant, or when you're trying recovery following an injury, severe burn, surgery, sickness – think the glutamine for leaky gut repair). For athletes, people who do strength training, or people who are trying to maintain muscle as they get older (aka everyone), we know protein helps you recover from workouts by stimulating muscle protein synthesis and repair – it helps you build lean muscle mass (which increases your metabolic rate), *and helps to* prevent muscle loss, especially when protein is eaten in the meal following training. A key thing to note is that unlike carbohydrates, your body doesn't actually store protein, because it is not used as a source of energy – so we need to consume some kind of protein pretty much every day. Does it need to be massive amounts of protein every day? No. but if you're constantly running a protein deficit, your body isn't going to be able to do all those amazing things we talked about before, like blood sugar regulation, muscle building and repair, and injury recovery.

**WHY IS THERE SO MUCH CONFUSION ABOUT PROTEIN?? HOW MUCH PROTEIN DO YOU REALLY NEED?**

According to the [Institute of Medicine](#), we should get 10-35% of our daily energy intake from protein. But that's a huge range! If you're under-eating, your protein may be way too low, and if you overeat and go to the 35% range, your protein may be way too high for what you need. Bodybuilders and physique competitors for decades have been saying you NEED \*at least\* 1 gram of protein per pound of body weight PER DAY to put on muscle (I've even heard some people say up to 2 grams of protein per pound of total body weight per day), and even higher numbers have been recommended for people trying to cut or lose weight. **Adding to the confusion**, the government's current dietary recommendations, aka the RDA (or recommended daily allowance) – a number that 98% of the population needs **as a bare minimum** to meet nutrient requirements, maintain baseline health, and prevent deficiency, is *under* 10% of our recommended daily energy intake.

For **adult women and men**, the RDA for protein is .8g/kg (0.36g per pound) and up to 1g/kg (0.45g per pound) of bodyweight per day. **For reference:** For teenagers, the RDA is 0.85 g/kg/day for both girls and boys. For kids (ages 9-13), it's 0.95g/kg/day. For pregnant and lactating women, the recommendation is to consume 25g of protein a day MORE than you were consuming before you got pregnant. The nutrition textbooks and common recommendations say this means 56 grams of protein a day for men aged 18 and up, and 46 grams of protein a day for all women age 14 and up. Assuming all these women are 125 lbs, that is. **Meaning if you are more than 125 lbs and you are following the recommendation for 46 grams of protein per day, you're actually under-eating for your body's nutrient needs.** For an average 150 lb. woman, this calculation yields around 55-70 grams of protein per day. In food terms, around 60g of protein means about two eggs, and about two 3.5 oz servings of lean protein.

*THAT'S NOT A LOT OF PROTEIN WHEN WE'RE THINKING ABOUT ALL THE ESSENTIAL THINGS IT HAS TO DO IN OUR BODIES LIKE WE TALKED ABOUT ABOVE...*

Let's just think about our population for a second. About half or MORE of the population is overweight or obese. A good number of those people are sick. So basically, **for a lot of the nutrients, the RDA is damage control and disease prevention.** If you want to be optimally healthy (or, you know, if you're more than 125 lbs), you actually need MORE than the RDA in a lot of different categories. For example, vitamin D, which is a nutrient that *\*most\** people are deficient in, especially in the winter. The RDA is 600 IU's a day. If you have ever been to a good doctor or nutritionist, it is *\*extremely\** rare that they would put you on 600 IU's of vitamin D a day. It's usually more like 2,000 or 5,000, even more, depending on a lot of different factors. **That is the amount you need to THRIVE, not the bare minimum of the RDA.**

So when we're talking about protein, it's a similar situation. **0.8 – 1.0 g/kg of bodyweight is a good starting point (remember, this is around 55-70 grams of protein per day for a typical 150lb woman) for a *minimum* amount of protein your body needs to *prevent nutrient deficiencies*, BUT.**

**IF YOU REALLY WANT TO THRIVE, PUT ON MUSCLE, “LEAN OUT”, OR HAVE CERTAIN PERFORMANCE GOALS, YOU'RE MOST LIKELY GOING TO NEED MORE PROTEIN THAN THAT.**

There have been multiple studies over the past few years that maintain between 1.3 – 1.8 or 2 grams per kg of bodyweight is adequate for stimulating maximum protein synthesis (muscle building and repair) *for athletes*. Still, a huge range! But even then, protein requirements can differ BETWEEN athletes for the type of sport or training they participate in AND the amount of lean body mass they have. **For endurance athletes**, 1.2 to 1.4 g/kg body weight per day may suffice, while for **hard training, very lean, strength or resistance training-focused athletes**, protein can go up to 1.6 to 1.8 g/kg body weight per day (or around 1 – 1.4 gram of protein per lb of lean body mass) – because as you get leaner and are training harder, if protein drops too low (below 1 g/lb of body weight), strength and muscle loss will speed up. *Keep in mind, this is *\*not most people\**, myself included.* The higher end of that range is for, say, Crossfit Games athletes, who have more abs than you can count. **AROUND 100G OF PROTEIN A DAY IS A PRETTY GOOD MIDDLE OF THE LINE NUMBER FOR *\*MOST WOMEN\**.** For generally active, exercising people, for people who are trying to increase their lean body mass, etc., this is a great starting point to shoot for. A little less is fine – but remember, you don't want to go below .8 – 1g/kg of *total* body weight. You may want a little more if you're trying to build muscle or have specific athletic goals, around to 1 gram of protein per pound of *lean body mass* (meaning your body weight minus percentage of weight from body fat). For example. If we use your typical 150 lb female and she has 30% body fat, she has 45lbs of non-lean tissue, meaning she has (150lbs – 45lbs = ) 115 lbs of *lean body mass*. so for this person, a good recommendation for a hard training female athlete would be around 115g of protein a day, since that is the amount of lean body mass she has. (spoiler alert: this is almost the exact same as the 1.3-1.8g/kg according to the studies above).

**AN IMPORTANT THING TO REMEMBER: JUST EATING MORE PROTEIN WON'T MAKE YOU BUILD MORE MUSCLE OR LOSE MORE WEIGHT.**

For some people, consuming excess protein (meaning more protein than their body specifically needs given their current state of health and activity level) can actually lead to weight gain, and we're not talking about muscle gain here. Lean body mass is your muscle tissue + bone, not including your body fat, which is an important distinction here. **We're not talking 1 gram of protein per POUND OF BODY MASS** (which can get really excessive and overload the body if you do this for too long). For the example above, that would be consuming 150g of protein for 150lbs of body weight. Even if you look at diets of weightlifters for whom being strong and building muscle IS THEIR JOB, the general recommendation for hard-training female athletes is about 1 g of protein per pound of lean body mass per day. Much less than this will reduce muscle growth, and impair muscle maintenance and recovery. Much more than this (like if you're doing 1 gram of protein per pound of total body mass) just contributes to excess energy (aka calories) that you don't need to achieve those goals that could be better spent on nutrient density from vegetables and healthy fats.

\*\* To read the rest of this wonderful article and get the recipe, visit [www.realfoodwithdana.com](http://www.realfoodwithdana.com)

## Resources

**PVS Website:** News and information about the Local Swimming Committee (LSC) that

Notable sections:

- Schedule <http://www.pvswim.org/schedule.html> contains all upcoming meets that are sanctioned by PVS
- Results <http://www.pvswim.org/results.html> contains all results from meets that are sanctioned by PVS

**Reach for the Wall:** Provides information about swimming in the DMV: PVS, High School, MCSL, Northern Va Swim League.

Notable sections:

- Swimmer Stats <http://reachforthewall.com/swimmer-stats/> Provides a display of results for a swimmer in their events as far back as 2009
- Virtual Meets <http://reachforthewall.com/virtual-meets/> Provides simulation of meets, scheduled or not, between any two teams in a league, based on the most recent swims of the teams involved.

**USA Swimming:** Provides information about swimming at the National level

Notable sections:

- My Deck Pass <https://www.usaswimming.org/deck-pass> As a registered athlete with USA Swimming, the Deck Pass feature provides information about your swimmer, ASA, as well as the IMX/IMR program
- Event Rank <https://www.usaswimming.org/times/individual-event-rank> Provide the ability to search times of your swimmer (or any other swimmer) and see where the times ranks against other swimmers of that age across the country

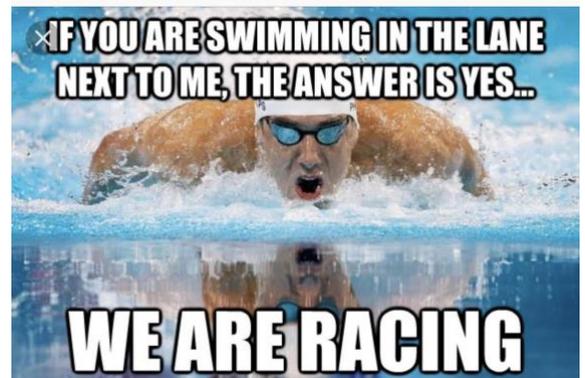
### Important Links

[www.usaswimming.org](http://www.usaswimming.org)

[www.pvsswim.org](http://www.pvsswim.org)

[www.reachforthewall.com](http://www.reachforthewall.com)

Meet Mobile & Deck Pass (apps for phone)



### 10 things that require NO TALENT....

1. Being on Time
2. Work Ethic
3. Body Language
4. Being Prepared
5. Energy
6. Attitude
7. Being Coachable
8. Monster Effort
9. Being a Team Swimmer
10. Doing Extra

For additional and the most up to date information, go to....  
[www.allstaraquatics.net](http://www.allstaraquatics.net).



Don't forget to follow us on Instagram -  
[@allstaraquaticsswim](https://www.instagram.com/allstaraquaticsswim)