



# THE TIBU TIMES

*News, notes and upcoming events from the Hydro-Sonic Tiburones Swim Team*

## Do You Want to Swim in Meets?

### TIBU Alumni Update

- We are thrilled to announce that JULIA VONHEERINGEN, who has been swimming with Coach Jorge since the inception of TIBU eight years ago, has decided to swim with the American University team this fall, in her freshman year.
- Please congratulate CHRIS EMR on making an NCAA "B" cut in the 1650 free at Case Western Reserve this past year.
- Finally, kudos to DAVID SOMERS, who placed 2nd in the 50 free at Division III NCAA's last spring, and who earned a trip to the USA longcourse national championships this summer, where he shared a pool with the likes of Michael Phelps and Cullen Jones.

If you have any news on TIBU alumni, please email Beth Silva at [ejs@swim-tibu.com](mailto:ejs@swim-tibu.com) to have it included in the TIBU Times.

We get a lot of questions about swim meets—who can enter, how to enter, when to enter. ALL of our TIBU swimmers are eligible to swim meets! Many swimmers find that competing in the indoor season keeps them motivated and adds to the "fun" factor as well.

For Competition swimmers, meets are mandatory, and the fees involved are paid as part of the TIBU registration package. For our swimmers in other programs, here are the steps that you need to take to compete:

1. Notify Beth in the office that you would like to begin entering meets. Beth will send you an invoice for \$100. This covers a year's registration with USA Swimming (\$72) and the entry fees for one meet (\$5-\$10 per event, up to six events over two days). When you pay in the fall, the registration fee covers the school year. After the first meet, you will be invoiced for the cost of meet entries.
2. Check the TIBU calendar to find meets that are suitable for you. All of the meets listed on the TIBU calendar are sanctioned by Potomac Valley Swimming (PVS). You can read complete meet announcements at the PVS website: [www.pvswim.org](http://www.pvswim.org). TIBU competes in a minimum of one meet per month for each age group. Eight and under athletes usually swim separately in Mini-Meets, although some meets do include all age groups. \*\*Please note that TIBU does not compete in EVERY PVS meet, only the ones listed on the TIBU calendar!
3. Watch for email blasts that tell you it's time to sign up for each meet. When the meet entry file has been posted, swimmers/parents simply log into the TIBU website and sign themselves up. Unlike in MCSL "A" meets, you sign yourself up to swim; the coach does not create the lineup.
4. Make sure that you sign up by the TIBU deadline; this date is usually several days before the PVS deadline listed on the meet announcement.
5. When the coaches send out an email blast stating that the Meet Lineup has been posted, read the lineup carefully to be sure that you/your child has been entered in the correct events.
6. Watch your email for reminders/announcements/changes to meet information.

### Important Upcoming Dates/Events

**Sept. 6 - Oct. 13** — Coaches Conferences

**Sept. 19** — Coach Nathan's Wedding

**Sept. 20** — First Day of Regular Practice (All Programs)

**Oct. 2** — Chili Cook-Off

**Oct. 6** — Competition Program Parents' Meeting

### QUOTE OF THE MONTH

THE WATER IS YOUR FRIEND. YOU DON'T HAVE TO FIGHT WITH WATER, JUST SHARE THE SAME SPIRIT AS THE WATER, AND IT WILL HELP YOU MOVE.  
ALEKSANDR POPOV (OLYMPIC GOLD MEDALIST IN SPRINT FREESTYLE)

## Nutrition Tip — Eat Colorful Foods

What are the first three foods that come to mind when we say carbohydrate? 1. Pasta 2. Rice 3. Bread.

Each of these is excellent. But what do they have in common? They're all white!

One of the most overlooked sources of carbohydrate is fruit. Yes, FRUIT. Fresh, canned, frozen, dried or juiced. No matter how you look at it, fruit is an excellent source of carbohydrate. Not only does fruit provide carbohydrate in the form of natural sugars (versus refined sugar), the bright colors of fruits indicate that they are also excellent sources of vitamins and minerals, including a sub-group called anti-oxidants.

You might recall that exercise is the stimulus that leads to training adaptations. And that adaptations to training occur ONLY if you give the body the right kinds of fuels during periods of rest.

Well, one of the side effects of exercise is the generation of "free radicals." Free radicals are molecules that can actually cause damage to muscle tissue above and beyond the damage caused by exercise. The damage caused by exercise is normal. It serves as part of the stimulus for training adaptation to take place. But damage caused by free radicals is NOT a desired part of the training process. Damage caused by free radicals (aka "scavengers") circulating in the bloodstream after workout can continue well into the recovery period. This is when the body is supposed to be adapting!

Anti-oxidants "absorb" free radicals, neutralizing their effect in the body before their damage to muscle tissue can amount to much. A diet consistently rich in fruits (and other colorful foods, such as VEGETABLES) is apt to keep the body consistently supplied with anti-oxidants, which will assist the body in keeping free radical formation to a minimum. This is a good reason to eat lots of colorful foods during the recovery time between workouts.

Colorful foods include, but are not limited to:

Apples, Strawberries, Blueberries, Bananas, Oranges, Kiwi, Watermelon, Raspberries, Grapes, Mango, Papaya, Apricots, Red peppers, Broccoli, Corn, Squash, Carrots, Peas, Green beans, Tomatoes

Colorful foods DO NOT include: Skittles, Jelly Beans, M&Ms, Mike&Ikes, Fruit Loops.

(reprinted from the USA Swimming website, 8/10)

### Parents' Corner

#### 10 Commandments for Swim Parents

- I. Thou shall not impose thy ambitions on thy child.
- II. Thou shall be supportive no matter what.
- III. Thou shall not coach thy child.
- IV. Thou shall only have positive things to say at a competition.
- V. Thou shall acknowledge thy child's fears.
- VI. Thou shall not criticize the officials.
- VII. Thou shall honor thy child's coach.
- VIII. Thou shall be loyal and supportive of thy team.
- IX. Thy child shall have goals besides winning.
- X. Thou shall not expect thy child to become an Olympian.

## New Coaches

Please welcome to our TIBU staff Kate Somers, Jackie Emr and Jeremy Snyder.

Kate, familiar to many of us as a TIBU alum, graduated magna cum laude with a degree in molecular biology from the University of Pittsburgh this spring. Kate has moved back to the area to take a job with NIH in Bethesda, and she is rejoining TIBU as a coach this time. Her experience includes several years of coaching and lesson instruction at both Westleigh and Cloppers Mill.

We also welcome to our staff Jeremy, head coach of Westleigh and second grade teacher at James E. Daly Elementary School in Germantown. Jeremy comes to us with several years of experience coaching USA swimming in Long Beach, New York.

Finally, we welcome back to TIBU another alum, Jackie Emr. Jackie swam for TIBU through high school, and went on to swim for the Skidmore College varsity team. In 2009, Jackie graduated from Skidmore with a degree in Elementary Education. Jackie has served as the assistant coach at Westleigh, as a Stroke Clinic and swim lesson instructor, and most recently, as the head coach of the Stonebridge Sharks.



## TIBU GEAR

Fall means shopping—swimming, as well as school! Our TeamStore (on the website) has the best deals in town! When you log onto the site, before doing anything else, please click on the yellow button that says "Hydro-Sonic Team Gear" at the top of the screen. This is where Coach Jorge has listed the equipment that he likes best for our team. ALL swimmers in ALL programs should come to practice in a racing suit (any brand is fine) and goggles. Children whose hair is past the collar should wear a swim cap. ALL swimmers should wear goggles. The website sells goggles that are specially designed for children's faces. We strongly suggest that you invest in these.

Beyond the basic equipment of suit, cap, and goggles, the following equipment is mandatory:

### Competition Groups

- Racing suit—buy from the website and then take to UnderwaterWear to have the logo attached
- Fins
- Pullbuoys (13 & up only)

### Developmental/Sr. Prep

- Racing suit if the swimmer intends to swim meets
- Fins

### Stroke Clinic- No equipment required

Note: The sizing kit will be available at the Kick-Off Picnic, and Coaches Jorge and Nathan will bring it to practice for the first few weeks in September. If you are questioning which size suit to purchase, take this opportunity to try on the options.

# TIBU Booster Club News

The goal of the newly formed TIBU Parent Booster Club is to support the activities of the TIBU swim team and enhance the overall swimming experience for every TIBU swimmer and parent. Some of the ways we will accomplish this include organizing social activities, promoting TIBU within the community, facilitating club-parent and club-swimmer communication, and planning team fundraisers. Proceeds from fundraising will help with team travel, financial hardship scholarships, scholarships for college-bound athletes, team equipment, and social functions and activities. As parents, the best way to support our swimmers and the TIBU program is to volunteer!

We hope to see all of you at the first parent social of the season - the 1st Annual TIBU Chili Cook- Off on Saturday, October 2nd. More information is available on the web site under Meets & Events.

Thank you to all of the parents who have already volunteered to help this year, and especially to Beth Bogren, Gina McCabe, and Pat Karta for stepping up as members of the Booster Steering Committee. Moving forward, if you have any questions or would like to share your ideas, please contact me directly. Thanks to everyone for your support. Go TIBU!

## TIBU Parent Booster Club

Jennifer Palmiere

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## Abuela's Swim: A Swim for ALS

The Hydro-Sonic Tiburones will be hosting a swim event called Abuela's Swim: A Swim for ALS on November 13, 2010 to raise money for ALS in honor of Jorge's mother, Rosa Mercedes Silva, who passed away last year. Through the hard work of TIBU parents, coaches, and swimmers, last year's event raised over \$23,000! We are hoping to be even more successful this year and are asking for every member of the TIBU family to get involved in some way.

The event has two components, a Swim-for-Pledges and a Silent Auction. Proceeds from Abuela's Swim will be donated to ALS research through the MDA, with a portion of the money raised being given directly to a pre-identified ALS family in need.

### Event Details

Saturday, November 13, 2010 at Quince Orchard

6:00 - 9:00 p.m. (schedule will be forthcoming)

Dinner will be available for all family members

Please mark your calendars! This is a fun evening for our TIBU families.

