

# BSC NEWS

## What's Happening with our BSC Family

### Meet Results

Time sure is going fast! We've had two dual meets since the last newsletter. Bobcats defeated TAC with a score of 365 to 165 on November 16th. Bobcats also dominated Seahorse with a score of 597 to 272 this past Saturday.

Kudos to the kiddos with new team records:

- Kaidan Helmeczi: 100 backstroke (105.60)
- Ty Weaver: 25 freestyle (14.51), 50 freestyle (32.11), 25 butterfly (16.67)
- Colton Weaver: 100 freestyle (1:07.83), 50 breast (39.41)

**Bobcats also did an amazing job at the DAAC Pentathlon. We had thirty-three swimmers in attendance and came home with 11 high-point trophies!**



### OnDeck App

- Did you know that there is a free app that you can download to help you manage your TeamUnify Swim Account? It's called "OnDeck" and can be downloaded from your favorite app store today. Here are a few benefits of using the OnDeck App:

- View your member account details
- Sign up for jobs
- Declare swimmers for events
- View swimmer's times for their previous races

- For more information check out this link:

### **OnDeck Mobile App**

### Plyometrics

Have you ever wanted to learn more about exercises your swimmer can do outside of the pool? Plyometrics is a type of dryland exercise with the goal of increasing the swimmer's speed and strength. Plyometric exercises can help swimmers develop explosive power that contributes to improved starts and turns. To learn more about these types of exercises, click on the link below. Remember, when trying any new workout to make sure your swimmer is safely performing the exercises!

### **Plyometrics for Swimmers**



### Pro Tip from Adam Peaty

Leave swimming at the pool. "When I'm training, it's game time, but as soon as I finish a race, I switch it off." Having a balance in your life will allow you to more deeply recharge when you are away from the pool, which will help you train at a higher level and prevent you from getting mentally exhausted on the sport.

### Upcoming Events

- 11/27 JBS T-Shirt Order Closes
- 11/30 TAC Invitational
- 12/3 BSC Board Meeting
- 12/15 Jingle Bell Splash
- 1/4 Dover at Bobcat
- 1/11 Lion at Bobcat
- 1/18 Meet at Spring Grove
- 2/1 FCSL Championship Meet at Bobcat
- 2/2 FCSL All-Star Meet at Spring Grove

### Meet Coach Sarah



I invite you to meet Coach Sarah Posey. Northeastern Swim Team alumni turned Bobcat Swim Club Coach.

**Favorite Stroke:** Breast stroke. **Have you ever been disqualified?** I DQed in breast stroke. I dove in and started to swim freestyle, then I remembered I was supposed to be swimming breast stroke. **Favorite swim memory:** My last swim meet my senior year, I was in lane 1 and we were in a tight relay race with the team in lane 2. I saw Dan jumping and yelling at me from the side of the pool, got so excited, and ending up winning the race with my team. **Best Advice to our Swimmers:** Enjoy the little moments. The memories you make with friends at swim meets will stick with you forever, so even if you have a bad swim, keep your chin up, there's always tomorrow. **What do you do when you're not at the pool?** When I'm not at the pool I enjoy spending my time outside with my dog, Skye, hiking, kayaking, or just hanging out.

### Suggestion Board

Thank you so much for all of the suggestions you have given so far. We have been keeping note and will be discussing your ideas at our next board of directors meeting at the pool. Please continue to use the suggestion board to help us make our Bobcat Swim Club even better! Feel free to speak to a board member directly, or complete the Google Form below. Please note that if you have any pressing questions/concerns, please contact a board member directly.

#### Suggestion Board



### Reminder

- Lap-A-Thon donations will be accepted through December 3rd.

### Nutrition Tip for Swimmers #1

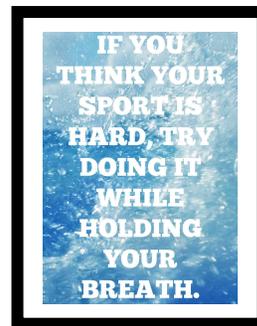
Choose carbohydrates wisely! Carbohydrates are the primary fuel source for moderate to high intensity activity. Carbs assist with muscle repair, muscle preparation, and performance. Choose simple carbohydrates such as fruit or pretzels for before, during, or after a workout. Select complex carbohydrates such as beans, rice, and vegetables the rest of the time.



### Jingle Bell Splash Snack Bar

We appreciate all of the suggestions for items at our Jingle Bell Splash Snack Bar. If you have any additional ideas you'd like to share, please feel free to add them to the Google Form below. Additionally, if you're interested in cooking and/or donating any special items, please let us know on the form as well.

#### Jingle Bell Splash Snack Bar Suggestions



### Meet Coach Josh

I invite you to meet Coach Josh Starner, a former Trojan Swimmer in his youth, Coach Josh has held pool records all over York County.



**Favorite Stroke:** Butterfly and Freestyle Sprinter **Have you ever been disqualified?** I did once by doing a sideways scissor kick in breast stroke when I was 9. More interestingly though, during a 200 Freestyle in high school, I stopped at 150 yards, which I felt that was enough :). Everyone yelled at me to keep going. I was so confused, but I still won the race and learned that you can't get DQ'd for taking a break. **Favorite swim memory:** Without a doubt, breaking the 1998 Pennsylvania State Record and York Suburban School Record (still held) as part of the 200 Freestyle Relay with a time a 1:25.92. I only took one breath and split a 21.8! This was the last and final race of my high school swimming career and the pinnacle of more than ten years of hard work and dedication. **Best Advice to our Swimmers:** All Bobcat Swimmers are student athletes, STUDENT comes first! Also, practice doesn't make perfect. Perfect practice makes perfect! Lastly, don't breathe on your first stroke! **What do you do when you're not at the pool?** When not at Northeastern Natatorium, I'm either at Green Valley pool, LA Fitness pool, my parent's pool, my brother's pool, water park, ocean, river, lake, creek, pond, or puddle. I am also a big gamer so if anyone wants to talk PS4, hit me up.