



# WAVE REVIEWS

Naperville Swim Conference Newsletter

JUNE 2015

## 2015 Swim Season Kick Off

As we begin the 2015 summer swim season there is a lot to get ready for and for new swimmers a lot of questions. Here are some tips as the swim season begins.

### Tips for swim practices:

Remember extra towels - early season evening and morning practices can get a little chilly when swimmers get out of the water. Having an extra dry towel help to keep a wet swimmer warm is always a good idea. Don't forget a hoodie or a sweatshirt!

Coaches are excited for a new season and are preparing the swimmers for their first meets. Beginning swimmers are learning streamlining, diving, starts, turns, and stroke technique. More advanced swimmers are developing and perfecting those abilities. This is hard work, be sure swimmers stay hydrated before and after practices.

### Tips for swim meets:

Keep an eye on the weather and watch your team's site for updates. Most swim teams have great concession areas and offer many food options during the meets which can last 4 hours. If you plan on bringing your own food or drinks be aware of the pool's eating areas and always remember to clean up your area.

Just like practices it can get cold so you can't have too many dry towels! Once the warm summer weather stays you may want to consider bringing a shade tent for your swimmers and chairs for parents, sometimes you just want to sit while waiting for your swimmer's event. Don't forget the Sharpie, writing your swimmer's events on their hand is a way for them to keep track of when to line up, not to mention a good reminder for parents when their kids are swimming. Most parents of older swimmers have probably missed an event or two along the course of their swimmer's career!

The most important tip for summer swim meets - HAVE FUN! The meets are very social and the swimmers have a great time. Parents get to socialize and meet other parents as well.

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*Swimming is a team sport, but each swimmer should focus on their race and focus on swimming to the best of their ability.*

*"I concentrate on preparing to swim my race and let the other swimmers think about me, not me about them."*

*Amanda Beard -  
7 time Olympic medalist*

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**"Just keep swimming, just keep swimming" - Dory**

## FUN FACTS:

### SWIMMING AND POOL TRIVA

- ◇ Elephants can swim as many as 20 miles a day — they use their trunks as natural snorkels!
- ◇ Niagara Falls has enough water to fill up all the swimming pools in the United States in less than three days!
- ◇ 65% of people in the U.S. don't know how to swim
- ◇ Swim fins were invented by Benjamin Franklin.
- ◇ Mark Spitz was the first Olympic swimmer to win seven gold medals in a single Olympiad in the 1972 games
- ◇ Water polo was one of the first team sports introduced to the Games in 1900. Players simulated horseback riding by playing on painted wooden barrels.



## End of season Championship Meets

### NVHS AM session

Brookdale, South Pointe, Ashbury,  
White Eagle, Otters, Tallgrass,  
Breckenridge, Stillwater

## CLASSIC

Saturday, July 18th

### NVHS PM Session

Naper Carriage Hill, Farmstead,  
YMCA, Maplebrook II, Huntington,  
Hobson West, River Run

### NNHS AM Session

Huntington Estates, Centennial Beach,  
Cress Creek Commons, Saybrook,  
Cress Creek Country Club, Steeple Run,  
Naperville Tennis Club Swim Team

## CITY

Friday, July 24th and Saturday, July 25th

The Naperville Swim Conference City Swim Meet will be held at Metea Valley High School. Friday night is for age group 15-18. Saturday is for the remaining age groups. Watch you team's communication for all of the championship meet's specific times and location details.

# USA SWIMMING—STAY IN THE BAG SNACKS

By Jill Castle MS, RDN

Even the most organized, well-planned swimmer can put nutrition on the backburner, jeopardizing access to essential fuel sources when he needs it most. Thankfully, some food items can stay in the swim bag, providing relief in situations where optimal food sources may be scant or not ideal.

The following snacks require no refrigeration, are temperature tolerant and provide a great fuel source. Remember to clean out snacks in the swim bag periodically and when the swim bag sits out in extremely hot temperatures. Always do a visual check and review the package label for expiration information and storage considerations before consuming.

**Nuts and Nut Butters:** Nuts provide a calorie kick and a boost of healthy fat and fiber in just a small handful, or about 1 ounce (150-200 calories, depending on the type of nut). Store individual packets of nuts or a small canister in the swim bag.

Prepackaged squeeze packets or small cups of nut butters also offer a quick source of energy and pair nicely with crackers or pretzels. They can be squeezed directly into the mouth too! Flavors include peanut, almond, chocolate hazelnut, honey peanut, and more. \*Be conscious of potential swimmers with nut allergies.

**Dried Fruit and Fruit Puree:** Better than a “fruit snack,” dried fruit is a concentrated source of carbohydrate usually without added sugar. Try sealed bags or individual boxes of raisins, dried cherries, apricot, or mango. Squeezable fruit puree packs are another option, and offer interesting combinations of fruit such as strawberry and banana, or kiwi, strawberry and beet.

**Dry Cereal:** Go for small boxes or make your own baggie of dry cereal. If you're interested in low sugar types, opt for original Cheerios, Kix, Post Spoon-Size Shredded Wheat, or Kashi 7 Whole Grain Puffs. Better yet, mix and package dry cereal with dried fruit and nuts for a homemade trail mix.

**Beef Jerky:** Low fat, lean meat cured into a chewy, salty, protein pick-me-up—stow a re-sealable package in the swim bag. Looking for a jerky with no additives or preservatives? Try Trader Joe's, Costco or Whole Foods brands.

**Pretzels:** Variety and portability are the appeal here—you can find all shapes and sizes, with salt or without, and even whole grain, flavored or not. Choose small packages so they stay fresh, or bag your own.

**Fig Newtons:** These cookies have been around forever (more than 100 years!) and are loaded with carbohydrate and the natural fiber from figs, providing the athlete with a sweet boost to the taste buds. Fig Newtons come in small packages of two or four cookies, and also come in strawberry and raspberry flavors if fig isn't your thing.

**Sandwich Crackers:** Go for the whole grain types with peanut butter or cheese. Individual packages of six sandwiches starring the whole grain cracker are the healthiest bet.

**Seeds:** Sunflower, pumpkin, chia and sesame are just a handful of seed types that offer vitamin E, fiber, protein and zinc. They are nutritious and delicious on their own or mixed into trail mix, homemade granola bars or atop cereal and salad. Opt for seeds that are already hulled and come in a re-sealable bag



# COLORING CORNER

