



THE LATEST THUNDER  
NEWS & INFORMATION

January 14, 2013 Issue

## MTAC Pick Your Poison Results

# High Point Track Winners

### **Women**

#### **Fly / Back**

**10 & Under - Jenna Halliday**

**11-12 Dani Cagna**

**13-14 Susanna Hamsley**

**Open - Lynley Matthews**

#### **Breast / Free**

**13-14 - Giovanna Scott-Mccabe**

**Open - Erin Bigus**

#### **Distance**

**11-12 - JoJo DeSalvo**

**13-14 - Ashley Meyers**

**Open - Katie DeSalvo**

#### **IM**

**10 & Under - Joanne Kwak**

**13-14 - Abby Bowers**

**Open - Kristin Wyckoff**

## **Men**

### ***Fly/Back***

**10 & Under - Ian Jeselson**

**11-12 - Liam Anders**

**13-14 - Landen Seddon**

**Open - Ethan King**

### ***Breast/Free***

**11-12 - Ryan Gorman**

**13-14 - Mitchell Lee**

**Open - Garrett Stelling**

### ***Distance***

**10 & Under - Mark Addison**

**13-14 - Joseph Hillyard**

**Open - Elliot VanDeren**

### ***IM***

**11-12 - Daniel West**

**13-14 - Cameron Reverts**

**Open - Jacob Kelsoe**

## ***Swimming Quotes***

**"When I go out and race, I'm not trying to beat opponents, I'm trying to beat what I have done ... to beat myself, basically. People find that hard to believe because we've had such a bias to always strive to win things. If you win something and you haven't put everything into it, you haven't actually achieved anything at all. When you've had to work hard for something and you've got the best you can out of yourself on that given day, that's where you get satisfaction from."**

***Ian Thorpe***

**"I told myself there was no way I was going to let this training go to waste. It was my time, and I was ready to go."**

***Katie Hoff***

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

***Amanda Beard***

All Thunder Swimmers Who Had Time Improvements  
Keep Up The Good Job

SILVER	SOUTHEASTERNS	BLACK	SENIORS
Ginger Anders	Mark Addison	<i>Gabriella Acker</i>	Rachel Banks
Andrew Atkins	Sonia Bartel	<i>Joseph Addison</i>	Andrea Benton-Williams
Celia Bartel	Cole Berko	<i>Liam Anders</i>	Erin Bigus
Matthew Clevenger	Ben DiMento	<i>Hannah Anderson</i>	Carley Bowers
Mary Collier	Mike Erkens	<i>Breanna Asadoorian</i>	Nate Briant
Lizzy Davis	Jenna Halliday	<i>Naudia Booker</i>	Jarrod Brown
Annalise Ellard	Joanne Kwak	<i>Hudson Beaudry</i>	Caitlin Cagna
Grace Gibson	Hadleigh Mormon	<i>Sarah Barlow</i>	Matthew Christiansen
Zion James	Augustina Naldoza	Abby Bowers	Harrison Ciskowski
Ian Jeselson	Katie Pritchard	Sam Brakens	Kara Cooney
Eva Kerr	Elizabeth Raine	Dani Cagna	Ryland Darling
Megan Mathers	Audrey Still	Jason Chong	Katie DeSalvo
Katherine McBride		Mary Ciskowski	Austin Erwin
Elizabeth Melancon		Zachery Conrad	Blake Franklin
Dylan Meyer		Annie Davis	Lucas Franklin
Sydney Milner		Wood Davis	Kia Hamilton
Anna Mormon		JoAnna DeSalvo	Joseph Hillyard
James Pittman		Jessica DiMento	Rachel Howard
Pritham Sathish		Sadie Franklin	Katie Kelsoe
Shiva Thiagarajan		Mary Hannah Gaushell	Jacob Kelsoe
		Elena Gentleman	Grant Kelton
		Ryan Gorman	Christopher Kidwell
		Shelby Halliday	Ethan King
		Molly Hargrove	Mitchell Lee
		JoBeth Hillyard	Penny Longoria
		Alexander James	Emily Mahan
		Lensen Lewis	Alexandra Marotta
		Tina Li	Lynley Matthews
		Liza Nolan	Ashley Meyers
		Lily Paul	Sarah Pritchard
		Jacob Pritchard	Cameron Reverts
		Luke Schueler	Grigg Schneider
		Landen Seddon	Giovanna Scott-McCabe
		Jonathan Simcoe	Garrett Stelling
		Soham Sinha	Elyssa Steward
		Hall Squiers	Treas Taylor
		Courtney Stephens	Elliot VanDeren
		Luke Stephens	Jordan Weaver
		Daniel West	Jordan Wilcher
		Madelyn Wild	Kristin Wyckoff

## **Coach Rick - "Championship Meet Nutrition"**

This is a 3 week phase that is fairly specific, but keeps athletes swimming fast through the last night of a Championship meet where most athletes are drained both mentally and physically in energy and typically do not perform as well as the first day.

Each week's focus has a specific use during a Championship meet. In short, the last week of carbs is important for Thursday and Friday swims, the 2nd week of protein for the 2nd and 3rd day of swimming, and the first week of fats is the most important for optimum performance on Sundays.

Athletes should be eating between 5 and 7 smaller meals each day throughout the season, but certainly during this 3 week phase. It should be noted that one of the most important things to remember during these 3 weeks is never to eat until you are full, only until you feel good. As the emphasis on fats, proteins and carbs for these 3 weeks is explained, keep in mind it should not be each of the 5 to 7 meals, but in at least 3 of them.

### **Week 1: Fats**

3 weeks out of the Championship meet, there should be an emphasis on good fats. 3 of the 5-7 meals should consist of roughly 30%-40% fats. Not to be confused, these should strictly be good fats.

#### **Good suggestions:**

Cooking with olive oil, especially in any pasta dishes

Using butter that has olive oil in it

Wheat bagels with cream cheese or peanut butter

Avocados, olives, nuts, and flaxseed

Meats taken in would primarily be fish (salmon, tuna, and trout) with the amount of the omega 3 and 6 fats that they contain

(Usually a big question, but bacon is certainly ok as well)

Peanut butter

### **Week 2: Protein**

2 weeks out, the emphasis should shift to protein in at least 3 of the 5-7 meals. Roughly 60% of each meal should be protein. That can be hard to figure out, so what I tell the swimmers is to cut their plate in half, and that's 50%, so add a little more. Leaner protein is better for them (Chicken, fish, turkey, red meat should be 90% lean and 10% fat if you choose to buy that.) Also, packaged meat has much more sodium than deli meat that is cut for you. This can dehydrate them with how much protein they should be taking in each day this week, so if you can, put those guys behind the deli counter to work. If they don't like meat, any protein shakes will work as well (Ensure, Boost, any protein shake found at GNC geared for endurance athletes, and anything similar).

A simpler way to do this is to have them take in anywhere from 65% to 75% of their body weight in grams of protein each day. So, if they weigh 100 pounds, they would want to take in between 65 and 75 grams of protein each day. Females should take in closer to 65% and males 75%.

#### **Good suggestions:**

All lean meats (continuing to eat fish is great because it helps the transition of the fats phase into the second week of protein)

Peanut butter

Gnutella (some like this better than peanut butter, and it is pretty good)

Egg whites

Most generic protein bars

### **Week 3: Carbs**

The last week will have an emphasis on carbs. It is the same percentage as protein for at least 3 of their 5-7 meals each day. They should be taking in good carbs, so any bread or pasta should be multigrain or wheat. Try to stay away from any white breads. Flavored bagels like blueberry bagels are ok, but they should be the wheat kind as well.

#### **Good suggestions:**

Wheat bagels and light cream cheese or peanut butter  
Sandwiches with multigrain bread and lean meats  
Healthy yogurts  
Any wheat pasta or noodles  
Any beans and whole-grain foods  
Any fruits and vegetables  
Multigrain breads  
Healthy granola bars or plain granola

#### **Snack Options:**

Gold fish (the snack, not real ones), but not too many, they have a lot of sodium.  
Pretzels  
Nuts  
Granola bars  
Most generic protein bars

Other foods like fruits and vegetables should not be neglected at all during this process, but just an emphasis on the specific types of foods during these 3 weeks. Most fruits and vegetables are great to use for weeks like the carb week, but it is just harder to keep track of percentages since they aren't written on them.

Also, another great tip is to shop on the outside of the grocery store for the healthier versions of these foods. The middle lanes tend to have the less healthy options.

Athletes should also always have a water bottle at all times throughout their day, but certainly during this 3 week phase.

Please keep in mind that these percentages are specific to their age. If you have a younger or older swimmer, these percentages would change.

I hope this helps some of you with your nutrition focus during the 3 week cycle before a Championship meet. A balanced diet during the season is preferable, but the shift in percentages is most important during the 3 weeks prior to their shave and taper meet.

***Swim each practice as if it was the most important practice of the year.***

**If we inadvertently left out any swimmers email us so we might correct the report.**

**Thanks,**

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