



THE LATEST THUNDER  
NEWS & INFORMATION

February 7, 2013 Issue

## Germantown Polar Bear Invitational Results

### ***Thunder Swimmers With NEW SES Cuts***

***Gabby Acker***

***Sadie Franklin***

***Shelby Halliday***

***Joanne Kwak***

***Ashley Meyers***

***Hadleigh Morman***

***Giovanna Scott-McCabe***

***Sudrey Still***

***Austin Erwin***

***Cameron Riverts***

***Jonathan Simcoe***

***Soham Sinha***

*If you're not on your 'A' game in our workouts every day, you're going to get absolutely smoked." Michael Phelps*

*Actions speak louder than coaches. (Speedo ad)*

## All Thunder Swimmers Who Had Time Improvements Awesome Job

SILVER	SOUTHEASTERNS	BLACK	SENIORS
Celia Bartel	Catherine Couture	Gabby Acker	Hannah Anderson
Ian Jeselson	Sadie Franklin	Breanna Asadoorian	Rachel Banks
Katherine McBride	Molly Hargrove	Hudson Beaudry	Brynna Bartlett
Margaret Mills	Joanne Kwak	Abby Bowers	Carley Bowers
Anna Mormon	Olivia Litvin	Sam Brackens	Katherine DeSalvo
James Pittman	Megan Mathers	Dani Cagna	Austin Erwin
Cole Stevenson	Dylan Meyer	Mary Ciskowski	Alexander James
Devesh Tupkar	Hadleigh Mormon	Zach Conrad	Mitchell Lee
	Katie Pritchard	Wood Davis	Ashley Meyers
	Luke Stevens	JoAnna DeSalvo	Sara Pritchard
	Audrey Still	Ben DiMento	Cameron Reverts
		Jessica DiMento	Giovanna Scott-McCabe
		Sophie Dismukes	Catherine Swords
		Avi Dixit	Taylor Treas
		Shelby Halliday	Jordan Wilcher
		Hailley Hargrove	
		JoBeth Hillyard	
		Jake Pritchard	
		Luke Schueler	
		Landen Seddon	
		Jonathan Simcoe	
		Soham Sinha	
		Courtney Stephens	
		Hrishikesh Tupkar	

### MOTIVATIONAL SWIMMING QUOTES

*"In most sports they have a physical effect on your performance, in swimming only psychological. If you worry about what your rival is doing, you take your mind off what you are doing and so fail to concentrate on your performance."*

*Bachrach, great Chicago coach of the 20's*

*"I am not going to allow myself not to perform well just because I don't feel well. I am bulletproof to the extent that a lot of things can be thrown at me, but it's about how much I am prepared to let them affect me".*

*Ian Thorpe*

*(Preparing for a race)*

*"I try and just relax and reflect on all the work I've done in the past season. That's one of the most important things, remembering your goals and how to swim your races. It's also important to get your mind off racing before you race sometimes".*

*Ian Crocker*

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.

*"In training everyone focuses on 90% physical and 10% mental, but in the races its 90% mental because there's very little that separates us physically at the elite level".*

*Elka Graham*

If we inadvertently left out any swimmers email Bobbie Jo or Randy so we might future reports.

Thanks,

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