



THE LATEST THUNDER
NEWS & INFORMATION

2012 Fall Invitational Issue

MEMPHIS THUNDER FALL INVITATIONAL RESULTS

High Point Winners

Sonia Bartel - 8 & Under Girls

JoBeth Hillyard - 9-10 Girls

Mary Hannah Gaushell - 11-12 Girls

Lynley Matthews - 15 & Over Girls

Dean Dimento - 8 & Under Boys

Ben Dimento - 9-10 Boys

Ryan Gorman - 11-12 Boys

Joseph Hillyard - 13-14 Boys

Blake Franklin - 15 & Over Boys

"Being your best is not so much about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves." - Kieren Perkins

MEMPHIS THUNDER FALL INVITATIONAL Top 10 Finishers

"I swam the race like I trained to swim it. It is not mathematical. I just let my body do it. It is a lot easier if you let your body do what it is trained for." - Ian Thorpe

Women

Gabby Acker – 5th 100 Free, 2nd 50 Breast, 4th 50 Back, 5th 100 Fly, 4th 100 IM, 4th 200 IM, 8th 50 Free
2nd 100 Breast, 3rd 100 Back, 4th 200 Free

Ginger Anders – 8th 25 Back, 9th 25 Free

Hannah Anderson – 10th 200 Breast, 8th 100 Fly, 9th 200 IM, 10th 100 Breast, 9th 200 Back, 6th 500 Free

Robyn Anderson – 7th 100 Breast

Breanna Asadoorian – 4th 100 Breast, 9th 100 Back, 10th 50 Fly

Olivia Bang – 9th 50 Free, 6th 25 Back, 2nd 50 Back, 7th 25 Fly, 6th 100 Free

Celia Bartel – 10th 50 Free, 10th 25 Back

Sonia Bartel – 4th 50 Free, 3rd 25 Breast, 2nd 25 Back, 1st 50 Fly, 1st 100 IM, 1st 25 Free, 3rd 50 Breast,
3rd 25 Fly, 2nd 100 Free

Erin Bigus – 2nd 200 Breast, 10th 100 Back, 7th 100 Fly, 2nd 400 IM, 3rd 200 IM, 7th 100 Free, 1st 100 Breast,
6th 200 Back

Abby Bowers – 3rd 100 Free, 1st 50 Breast, 3rd 50 Back, 3rd 100 Fly, 1st 100 IM, 3rd 200 IM, 3rd 50 Free
1st 100 Breast, 4th 100 Back, 3rd 50 Fly

Carley Bowers – 6th 200 Free, 7th 200 Breast, 9th 100 Fly, 6th 200 IM, 6th 100 Breast, 2nd 200 Fly

Caitlin Cagna – 8th 200 Breast, 7th 100 Back, 1st 50 Free, 3rd 100 Free, 5th 100 Breast

Dani Cagna – 6th 100 Free, 7th 50 Breast, 7th 50 Back, 4th 100 Fly, 8th 100 IM, 6th 200 IM, 7th 50 Free,
7th 100 Back, 5th 50 Fly

Mary Ciskowski – 7th 200 Free, 8th 200 Breast, 5th 100 Back, 7th 100 Fly, 8th 50 Free, 6th 200 IM,
9th 100 Free, 6th 100 Breast, 6th 200 Back

Kara Cooney – 7th 200 Free, 3rd 100 Fly, 10th 50 Free, 9th 100 Free, 3rd 200 Fly, 4th 500 Free

Catherine Couture – 7th 100 fly

Annie Davis – 10th 200 Free, 7th 200 Breast, 3rd 100 Back, 7th 50 Free, 7th 200 IM, 10th 100 Free,
8th 100 Breast, 3rd 200 Back

Libbie Davis – 8th 50 Free, 5th 25 Breast, 9th 25 Back, 8th 25 Free, 4th 50 Back, 4th 100 Free

JoJo Desalvo – 7th 100 Free, 7th 100 Fly, 9th 100 IM, 10th 50 Free, 8th 100 Back, 8th 50 Fly, 5th 200 Free

Katie Desalvo – 3rd 200 Free, 2nd 100 Fly, 3rd 400 IM, 9th 50 Free, 6th 100 Free, 2nd 200 Fly, 3rd 500 Free

Jessica Dimento – 9th 100 Breast

Sophie Dismukes – 8th 50 Breast

Annalise Ellard – 7th 50 Breast

Sadie Franklin – 10th 100 Free, 3rd 50 Breast, 5th 50 Back, 5th 100 Fly, 10th 100 IM, 7th 200 IM, 8th 50 Free, 9th 100 Back, 9th 50 Fly, 9th 200 Free

Mary Hannah Gaushell – 2nd 100 Free, 3rd 50 Breast, 1st 50 Back, 1st 100 Fly, 2nd 100 IM, 1st 200 IM, 1st 50 Free, 1st 100 Back, 1st 50 Fly, 2nd 200 Free

Dylan Gorman – 8th 50 Fly

Jenna Halliday – 7th 100 Free, 1st 50 Breast, 4th 50 Back, 4th 100 Fly, 4th 100 IM, 2nd 50 Free, 1st 100 Breast, 4th 100 Back, 5th 50 Fly, 5th 200 Free

Shelby Halliday – 8th 100 Free, 5th 200 Breast, 6th 100 Back, 5th 400 IM, 3rd 50 free, 4th 200 IM, 4th 100 Free, 4th 100 Breast, 7th 200 Back

Susanna Hamsley – 9th 100 Free, 7th 100 Back, 9th 100 Fly, 6th 50 Free, 8th 200 IM, 3rd 100 Free, 5th 200 Back, 4th 500 Free

Molly Hargrove – 9th 100 Fly

JoBeth Hillyard – 2nd 100 Free, 1st 50 Back, 1st 100 Fly, 1st 100 IM, 1st 200 IM, 1st 100 Back, 1st 50 Fly, 1st 200 Free

Rachel Howard – 8th 200 Free, 9th 200 Breast, 8th 100 Back, 10th 100 Back, 6th 50 Free, 9th 200 IM, 8th 100 Free, 10th 100 Breast

Sierra Kinworthy – 5th 200 Breast, 3rd 100 Back, 4th 100 Fly, 5th 200 IM, 8th 100 Breast, 4th 200 Back, 1st 200 Fly

Joanne Kwak – 9th 100 Free, 4th 50 Breast, 7th 50 Back, 6th 100 Fly, 9th 100 IM, 5th 200 IM, 7th 50 Free, 4th 100 Breast, 8th 100 Back, 10th 50 Fly

Rachel Lies – 3rd 200 Breast, 2nd 100 Fly, 3rd 400 IM

Penny Longoria – 4th 200 Free, 6th 100 Back, 8th 100 Fly, 5th 50 Free, 4th 100 Free, 9th 100 Breast, 3rd 500 Free

Emily Mahan – 5th 200 Free, 6th 200 Breast, 6th 100 Fly, 7th 50 Free, 7th 200 IM, 6th 100 Free, 3rd 100 Breast

Lynley Matthews – 1st 200 Free, 1st 100 Back, 1st 100 Fly, 2nd 50 Free, 2nd 200 IM, 2nd 100 Free, 1st 200 Back, 1st 500 Free

Lexie Marotta - 2nd 200 Free, 5th 100 Back, 3rd 50 Free, 4th 200 IM, 5th 100 Free, 7th 100 Breast, 5th 200 Back

Kate McBride – 7th 50 Free, 5th 25 Back, 7th 25 Free

Ashley Meyers – 5th 200 Free, 1st 200 Breast, 4th 100 Back, 6th 100 Fly, 4th 50 Free, 2nd 200 IM,
5th 100 Free, 1st 100 Breast, 4th 200 Back

Anna Mormon – 1st 50 Free, 1st 25 Back, 2nd 100 IM, 3rd 25 Free, 2nd 50 Breast, 1st 50 Back, 1st 25 Fly,
1st 100 Free

Hadleigh Mormon – 5th 100 Free, 2nd 50 Breast, 6th 50 Back, 3rd 100 IM, 4th 50 Free, 2nd 100 Breast
7th 100 Back, 3rd 50 Fly, 3rd 200 Free

Delaney Nolan – 6th 200 Breast, 10th 100 Fly, 10th 50 Free, 10th 200 IM, 7th 100 Breast

Katie Pritchard – 6th 50 Free, 4th 25 Breast, 3rd 25 Back, 3rd 100 IM, 6th 25 Free, 4th 50 Breast, 3rd 50 Back

Sara Beth Pritchard – 3rd 200 Breast, 10th 100 Back, 3rd 100 Fly, 5th 50 Free, 5th 200 IM, 8th 100 Free,
3rd 100 Breast

Giovanna Scott-McCabe – 6th 200 Free, 4th 200 Breast, 9th 100 Back, 5th 100 Fly, 4th 400 IM, 3rd 200 IM
7th 100 Free, 5th 100 Breast, 8th 200 Back, 5th 500 Free

Maddie Stelling – 1st 200 Breast, 9th 100 Back, 4th 50 Free, 8th 200 IM, 4th 100 Breast

Courtney Stephens – 5th 200 IM, 9th 50 Free, 6th 100 Back, 4th 50 Fly, 6th 200 Free

Elyssa Steward – 7th 200 Back, 5th 500 Free

Audrey Still – 3rd 100 Free, 6th 50 Breast, 9th 50 Back, 8th 100 IM, 3rd 200 IM, 3rd 50 Free, 6th 100 Back,
6th 50 Fly, 8th 200 Free

Taylor Treas – 9th 200 Free, 8th 50 Free, 10th 100 Free,

Kristin Wyckoff – 4th 200 Breast, 4th 100 Back, 5th 100 Back, 1st 400 IM, 1st 200 IM, 1st 100 Free,
2nd 100 Breast, 3rd 200 Back

Huijia Yang – 6th 100 Breast

Men

Liam Anders – 9th 100 Free, 5th 50 Breast, 5th 50 Back, 9th 100 IM, 9th 50 Free, 6th 100 Breast, 9th 100 Back

Andrew Atkins – 6th 100 Free, 6th 50 Breast, 7th 50 Back, 6th 100 IM, 4th 50 Free, 5th 100 Breast

Kameshwaran Balachandran – 9th 100 Free, 7th 50 Breast, 9th 50 Back

Cole Berko – 5th 100 Free, 5th 50 Back

Hudson Beaudry – 3rd 200 Free, 3rd 100 Back, 4th 100 Fly, 5th 400 IM, 5th 50 Free, 5th 200 IM, 5th 100 Free,
2nd 200 Back, 2nd 200 Fly, 5th 500 Free

Sam Brackens – 4th 200 Free, 5th 200 Breast, 6th 100 Back, 8th 100 Fly, 7th 400 IM, 6th 50 Free, 5th 100 Breast, 5th 200 Back, 3rd 200 Fly, 4th 500 Free

Nate Briant – 8th 50 Free, 9th 200 IM, 9th 100 Free

Jarrold Brown – 10th 200 Free, 4th 200 Breast, 9th 100 Back, 7th 200 IM, 7th 100 Breast, 8th 200 Back, 3rd 500 Free

Jimmy Choi – 4th 50 Free, 4th 25 Back

Jayson Chong – 6th 100 Free, 9th 50 Breast, 5th 100 Fly, 8th 100 IM, 6th 200 IM, 5th 50 Free, 6th 100 Back, 4th 50 Fly, 6th 200 Free

Matthew Christiansen – 7th 200 Breast, 9th 100 Fly, 9th 50 Free, 10th 200 IM

Harrison Ciskowski – 8th 200 Free, 1st 100 Fly, 4th 400 IM, 1st 200 Fly

Wood Davis – 6th 50 Breast, 10th 50 Back, 6th 100 Fly, 10th 50 Free, 7th 100 Breast, 10th 100 Back, 7th 50 Fly, 8th 200 Free

Ben Dimento – 1st 100 Free, 2nd 50 Breast, 1st 50 Back, 1st 100 IM, 1st 50 Free, 1st 100 Breast, 1st 100 Back, 1st 50 Fly

Dean Dimento – 2nd 50 Free, 1st 25 Breast, 1st 25 Back, 2nd 100 IM, 2nd 25 Free, 1st 50 Breast, 1st 25 Fly

Ryan Dimento – 8th 50 Free, 6th 100 Free, 7th 100 Breast

Avi Dixit – 10th 50 Breast, 9th 50 Back, 9th 200 Free

Mike Erkens – 8th 50 Breast, 7th 50 Free, 7th 100 Breast

Austin Erwin – 3rd 200 Breast, 8th 100 Fly, 4th 100 Breast

Blake Franklin – 1st 200 Free, 5th 100 Back, 2nd 100 Fly, 2nd 400 IM, 2nd 50 Free, 4th 200 IM, 1st 100 Free, 3rd 200 Back, 2nd 200 Fly

Lucas Franklin – 6th 200 Breast, 8th 100 Back, 5th 400 IM, 6th 50 Free, 10th 100 Breast, 10th 200 Back

Stephen Glasgow – 6th 200 Free, 10th 100 Back, 5th 100 Fly, 3rd 50 Free, 8th 200 IM, 5th 100 Free, 8th 100 Breast

Ryan Gorman – 2nd 100 Free, 1st 50 Breast, 1st 50 Back, 2nd 100 Fly, 1st 100 IM, 1st 200 IM, 2nd 50 Free, 1st 100 Breast, 1st 100 Back, 1st 50 Fly

Kerby Haynes – 9th 50 Breast, 8th 50 Back

Joseph Hillyard – 1st 200 Free, 1st 100 Back, 1st 100 Fly, 2nd 400 IM, 1st 50 Free, 2nd 200 IM, 1st 100 Free, 1st 200 Back, 2nd 500 Free

Ian Jeselson – 7th 100 Free, 7th 100 IM, 5th 50 Free, 4th 50 Fly

Zion James – 1st 50 Free, 2nd 25 Breast, 2nd 25 Back, 1st 50 Fly, 1st 100 IM

Alexander James – 4th 200 Breast, 4th 100 Back, 6th 400 IM, 4th 200 IM, 2nd 100 Breast, 3rd 200 Back

Grant Kelton – 4th 200 Free, 1st 100 Back, 3rd 100 Fly, 1st 50 Free, 1st 200 IM, 2nd 100 Free, 5th 100 Breast, 1st 200 Back

Christopher Kidwell – 6th 200 Breast, 8th 100 Back, 9th 100 Fly, 7th 50 Free, 6th 200 IM, 6th 100 Breast, 6th 200 Back

Hojin Kwak – 8th 50 Breast, 7th 100 Fly, 8th 100 Breast, 8th 50 Fly

Mitchell Lee – 2nd 200 Free, 3rd 200 Breast, 5th 100 Back, 5th 100 Fly, 3rd 400 IM, 4th 50 Free, 4th 100 Free, 4th 100 Breast, 4th 200 Back, 3rd 500 Free

James Lies – 4th 50 Breast, 4th 50 Back, 5th 100 IM

Charles Murray – 5th 50 Free, 4th 25 Breast

Foster Pittman – 5th 25 Free, 5th 50 Back

Stone Pittman – 3rd 200 IM, 6th 50 Free, 6th 100 Breast, 3rd 100 Back, 5th 50 Fly

Jake Pritchard – 7th 100 Free, 4th 50 Breast, 6th 50 Back, 6th 100 IM, 5th 200 IM, 7th 50 Free, 4th 100 Breast, 7th 100 Back, 4th 200 Free

Cameron Reverts – 2nd 200 Breast, 2nd 100 Back, 3rd 100 Fly, 4th 400 IM, 2nd 50 Free, 3rd 200 IM, 2nd 100 Free, 3rd 100 Breast

Pritham Satish – 2nd 50 Back, 3rd 100 Free

Grigg Schneider – 2nd 200 Free, 1st 200 Breast, 7th 100 Back, 10th 100 Fly, 1st 400 IM, 2nd 200 IM, 7th 100 Free, 3rd 100 Breast, 4th 200 Back, 2nd 500 Free

Soham Sinha – 1st 100 Free, 1st 100 Fly, 2nd 100 IM, 2nd 200 IM, 1st 50 Free, 2nd 100 Breast, 2nd 100 Back, 1st 200 Free

Hall Squiers – 10th 100 Free, 7th 50 Breast, 7th 50 Back, 10th 100 IM, 8th 50 Free, 8th 100 Back, 6th 50 Fly, 7th 200 Free

Garrett Stelling – 7th 200 Free, 2nd 200 Breast, 2nd 100 Back, 7th 100 Fly, 4th 50 Free, 5th 200 IM, 4th 100 Free, 2nd 100 Breast, 5th 200 Back, 5th 500 Free

Caelin Weaver – 7th 400 IM, 9th 200 Back

Jordan Weaver – 5th 200 Free, 3rd 100 Back, 4th 100 Fly, 3rd 400 IM, 5th 50 Free, 3rd 200 IM, 8th 100 Free, 3rd 200 Fly

Daniel West – 4th 100 Free, 2nd 50 Breast, 3rd 50 Back, 4th 100 IM, 3rd 200 IM, 4th 50 Free, 3rd 100 Breast, 4th 100 Back, 3rd 50 Fly

Elliot VanDeren – 3rd 100 Free, 1st 100 Breast, 2nd 200 Back, 4th 200 Fly, 1st 500 Free

Jordan Wilcher – 3rd 200 Free, 4th 100 Back, 6th 100 Fly, 7th 50 Free, 6th 200 IM, 6th 100 Free, 7th 200 Back

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

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

SILVER	SOUTHEASTERNS	BLACK	SENIORS
<p>Davis, Libbie Mormon, Anna Pritchard, Katie</p>	<p>Anderson, Robyn Balachandran, Kameshwaran Bartel, Sonia Couture, Catherine Dimento, Dean Franklin, Sadie Gorman, Dylan Halliday, Jenna Kwak, Joanne * Lies, James Mormon, Hadleigh Still, Audrey</p>	<p>Acker, Gabriella Anders, Liam Asadoorian, Breanna Beaudry, Hudson Bowers, Laura Brackens, Samuel Cagna, Danielle Chong, Jayson * Ciskowski, Mary Davis, Wood Davis, Annie Desalvo, Joanna Dimento, Benjamin Dimento, Jessica Dimento, Ryan Dismukes, Sophie Gausshell, Mary Gorman, Ryan Halliday, Shelby Hargrove, Hailley Hargrove, Molly Hillyard, JoBeth Kwak, Hojin * Lewis, Jensen Nolan, Liza Pritchard, Jacob Sinha, Soham Squiers, Hall Stephens, Courtney Stevens, Luke West, Daniel</p>	<p>Anderson, Hannah Bowers, Carley Briant, Nate Brown, Jarrod Christiansen, Matthew Ciskowski, Harrison Desalvo, Katherine Erwin, Austin Franklin, Blake Franklin, Lucas Glasgow, Stephen Hamsley, Susanna Hillyard, Joseph Howard, Rachel Kelton, Grant Kidwell, Christopher Kinworthy, Sierra Lee, Mitchell Mahan, Emily Marotta, Lexie Matthews, Lynley Meyers, Ashley Pritchard, Sara Reverts, Cameron Schneider, Grigg Scott-mccabe, Giovanna Stelling, Garrett Steward, Elyssa Treas, Taylor Vanderen, Elliot Weaver, Jordan Wilcher, Jordan Wyckoff, Kristin</p>

"If you fail to prepare, you're prepared to fail."
Mark Spitz

Article taken from LIVESTRONG.COM

What is a Healthy Diet for a Swimmer?

Many swimmers wonder what they should eat before, during and after their workouts. Proper nutrition can make a big difference in your performance, endurance, speed and energy. The key is to experiment and find out what works for you and your body because different swimmers require different nutrition. Here are some basic guidelines to keep in mind during the week and during a swim.

General Nutrition Tips During the Week

Swimmers need a diet rich in carbohydrates for lasting energy. Choose whole grains and whole wheat as much as possible for maximum benefits.

Consume lean meats daily to help rebuild and strengthen your muscle cells. Refrain from fast food and fried foods, which are unhealthy, do not provide adequate nutrients or energy, and take a long time to digest.

Do not consume soda, desserts and other high-sugar foods. These will not give you lasting energy and will only make you feel tired once the sugar wears off.

Toast with peanut butter, yogurt, a banana or whole wheat cereal are all good breakfast choices. These will give you lasting energy with plenty of carbs to burn during your swim.

Nutrition Tips During a Swim

Eat a light meal or snack rich in carbs 1 to 2 hours before you swim. Don't over-eat and risk stomach cramps while in the water.

Even though you are in the water, you still sweat and lose fluids--especially when it's hot outside or the water is warm. Drink water before, during and after your workout to stay properly hydrated.

During a long swim competition, eat some light, healthy snacks to keep your energy and blood sugar up. Good choices include a half bagel, fruit, dry cereal, energy bars or granola. Be careful not to eat too close to your next race. You need to give your stomach time to digest the food first.

Nutrition Tips After a Swim

Aim to refuel after your swim within the "glycogen recovery window" of 10 to 15

minutes. This is when your body most needs the nutrients in order to repair muscle tissue and replace glycogen stores. Consume a good mix of carbs and protein. Foods like eggs, wheat toast, protein shakes, low-fat chocolate milk, yogurt, a smoothie with fruit, or a turkey sandwich are all good choices. This will help alleviate muscle soreness and fatigue that you could experience later in the day.

References

Swim Food

USA Swimming

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

Thanks,

Randy and Bobbie Jo Hillyard

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