



DOLPHINS' NEWS

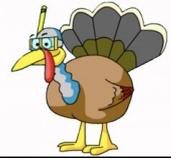
SSCD Newsletter—November 2019

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From the Board

Wow, time is flying by and here it is the beginning of November! We already have a couple of successful events under our belts with the *Coaches meet and greet* and then the *October Challenge*. Both events were well attended and I hope everyone had a chance to ask questions to the coaches and get to know them on a personal level, we are lucky to have such experienced coaches!



For the October challenge, we had over a 90% participation rate, which is outstanding! Lots of great first swims and getting the kids excited to see what they can do over the next few months. A HUGE thank you to Jeny Carlsen for pulling all of this off. We appreciated everyone's help that it took to pull the first meet of the year off! WELL DONE JENY!

Over the next couple months it will be busy with the holidays, but I wanted to point out a couple of very fun and great events (aside from the meets) below to help the club continue to strengthen and be in a great position for the swimmers to continue to participate competitively throughout the remainder of the year.

November 12th – MOD Pizza Mukilteo Day 6 -8 ish! 20% of all food purchased goes back into the club and helps us support the children (equipment, pool time, scholarships etc.)

November 13th – SSCD Board Meeting. You are welcome to attend the monthly board meetings and find out all about the foresight and planning that goes into the upcoming few months 7-8:30pm at Kamiak.

November 16th – Bring a Friend Day!! 10:30 -12 am at Kamiak. This is always a hit with the kids, it is their chance to bring a buddy that may be interested in swimming to practice and see what the hype is all about!!

Dec 14, 9 AM — team picture at Kamiak

Lastly, **Heidi Hunt** has taken on the secretary Board position, so if you see her on deck or at a practice, say hello and thank her!

[5 Points for Parents Before the Big Meet \(adapted from online content\)](#)

- 1. Keep expectations in check.** *When we have too high of goals for our kids, they may have an excellent meet, but we don't understand how good it was. Our swimmers may feel like they've let us down when they've done really well.*
- 2. Don't pressure your kids.** *Constant worrying and asking questions puts pressure on kids. Try to stay quiet and listen.*
- 3. Stay in control of the roller coaster.** *Don't get too down if they don't drop time or don't make it back to finals. Remember all the good stuff they're gaining by swimming and what a great experience this is for them.*
- 4. Trust the process.** *Encourage your child to trust their coach and work hard. If they've done the workouts, put in their best effort, and their coach has prepared them well, your child can be confident of a successful meet.*
- 5. Have fun and treasure the moment.** *Sitting with your fellow swim parents in the stands, watching close races, and cheering on your child and teammates is an exciting part of being a swim parent.*

<https://swimswam.com/5-tips-swim-parents-big-meet/>



From the Head Coach

As we head into the Thanksgiving season, I would like to express my thanks for the way our team is working so productively together towards common goals. I feel the coaches, swimmers & parents, and SSCD Board are all getting on the same page now. There is a palpable excitement on the pool deck as everyone can feel that great things are going to be happening for SSCD this year. The coaches see it every day at practice where there are kids making statements every day with the training they are doing – whether it's a SR swimmer crushing his best (meet) 500 time in practice, or a Gold swimmer making her first set of 100's on a 1:10 send-off, or a Dolphin swimmer pushing off the wall and doing their first great streamline – there are great things happening day in and day out at SSCD! We have also had 6 new PNS CHAMPS qualifiers so far this season.

I want to give a big shout out to SSCD Meet Director Jeny Carlson and everyone involved with making our first meet of the season so successful!

This was the FIRST meet directed and run by a NEW CREW after many years of SSCD-hosted meets run under a different crew (whom we are most grateful for all their years of service).

This is no easy feat to pull off. But with an outstanding group of volunteers, including many top-notch officials with years of experience, it WAS pulled off, and in EXCELLENT form!!

Thanks again to everyone involved in making our first home meet of the year so successful!!

Meet Highlights from recent meets are featured in this newsletter.



Here are the upcoming meets for this season:

Nov 17: Q Meet (KCAC)

Nov 23-24: Age Group Invite (Snohomish AC)

Dec 6-8: Husky Invite SR Meet (KCAC)

Dec 7-8: Fall Divisionals (Marysville)

Dec 19-22: PNS Short Course Champs (KCAC)

Note: Speedo Winter JR Nat'l Champs is being held at KCAC Dec 11-14. This is a great opportunity to go watch the fastest 18&U swimmers in the country. Single session tickets are available through Pacific Northwest Swimming.

See you at the pool!

Head Coach Doug

From the Meet Director.....Jeny Carlson

Meet Hospitality Team Needed!

We had an incredible October Challenge and are now planning for our next meet, the Winter Challenge at the end of January.

To help make our meets as hospitable as possible, I would like to gather a team of 5-6 people who are willing to help with Hospitality (food and drinks for coaches and officials) and Concessions (food we sell to swimmers and spectators). I'd like to have our first meeting just after Thanksgiving. If you are willing to help SSCD develop a reputation for hosting outstanding meets, please contact me!



From Coach Lisa.....

Here we are approaching the months of parties, family gatherings and celebrations. What a great time to remember what food is really for! I need to remind myself of this not only daily, but sometimes hourly. Am I really hungry? Is this a food that is going to help my body heal, repair or exist in a healthy state? Here are some things to think about not only during these times of feasting, but times when we are getting into the core of our season and meets that you swimmers want to make a difference in.

Eating: The consumption of food to sustain life.

Food: Anything eaten to satisfy appetite and to meet physiological needs for growth, to maintain all body processes, and to supply energy to maintain body temperature and activity.



If the importance of a nutrient is judged by how long we can do without it, water ranks as the most important. A person can survive only eight to ten days without water, whereas it takes weeks or even months to die from a lack of food. Water circulates through our blood and immune system, transporting oxygen and nutrients to cells and removing wastes through urine and sweat. Our joints and muscles depend on the cushion that water provides for them. Water has no caloric value and therefore is not an energy source, without it though we could not digest or absorb the foods we eat or eliminate the body's waste. The human body is 65 percent water, and it takes an average of eight to ten cups to replenish the water our bodies lose each day. How much water a person needs depends largely on the volume of urine and sweat lost daily, and water needs are increased if a person undergoes heavy physical exercise. Water is replenished by drinking liquids. Many foods are also a good source of water—fruits and veggies are 80 to 95% water; meats are made up of 50% water; and grains, such as oats and rice, have as much as 35 % water.

Sports Nutrition consultant Susan Kleiner, author of the book *Power Eating*, provides an introduction to hydration and nutrition:

Q: What are the symptoms of dehydration?

A: I have broken the symptoms of dehydration down into early signs and severe signs.

Early signs: Fatigue, loss of appetite, flushed skin, burning in stomach, light-headedness, headache, dry mouth, dry cough, heat intolerance, dark urine with a strong odor.

Severe signs: Difficulty swallowing, stumbling, clumsiness, shriveled skin, sunken eyes and dim vision, painful urination, numb skin, muscle spasm, delirium.

Q: Which is better to drink during exercise—water or a sports beverage?

A: This depends on the exercise intensity and duration. When exercise is moderate in intensity and lasts one hour or less, water is the best sports drink around.

Q: Will drinking a beverage high in sugar content within an hour of exercise help or hinder athletic performance?

A: I don't recommend that you consume sweet foods and beverages within an hour of exercise primarily because they will not be emptied quickly from the stomach, and they may even have a dehydrating effect on cells by drawing fluids out of the cells.

Q: How many calories does an athlete need each day?

A: Athletes' calorie needs range widely, depending on the age of the athlete, the time of year, the intensity of training, and the sport. Calorie needs commonly fall within the range of 15 to 25 calories per pound of body weight.

Those on the low end are often smaller individuals who are trying to maintain a low percentage of body fat and who do not participate in endurance exercise events. These might include gymnasts, figure skaters, dancers, and wrestlers.

On the higher end are athletes who are trying to build muscle and/or perform endurance exercise, such as weight lifters, long-distance athletes, swimmers and mountain climbers.

Q: What happens in the body when an athlete “bonks” or “hits the wall”?

A: An athlete “hits the wall” when stores of muscle glycogen (the stored carbohydrate in muscle) get too low. An athlete who “hits the wall” during a race will feel tremendous fatigue and want to quit.

Different from “hitting the wall,” “bonking” is when liver glycogen stores are depleted, with or without a depletion of muscle glycogen. During exercise, stored glycogen in the liver maintains normal blood sugar levels so that the brain can function. When liver glycogen levels are depleted and blood sugar levels drop, athletes feel weak, uncoordinated, light-headed, and unable to concentrate.

Your body needs nourishment after exercise to recover, build, and refuel for your next workout. Fluids and carbohydrates are the most important. And if you still need protein to balance out your day's needs, you should have it before you go to bed too. The meal can be small, about 250 to 300 calories. Make sure to drink water. You could also eat a bowl of cereal with milk, a turkey sandwich, or a tuna salad with a baked potato. If you prefer to drink rather than eat, try a meal replacement beverage that contains about 300 calories of carbohydrate and protein.

Eating fatty foods should be limited in the pre-event meal since they are digested slowly and make you feel sluggish. Watch out for high-protein foods that are also high in fat, like egg yolks, fried eggs, and cheese. Limit the amount of fiber in your pre-event meal, too. It will slow down digestion and make you feel full.

Good pre-event choices include fruit, bread products, jams and jellies, nonfat or low-fat yogurt, fruit juices, and nonfat milk. Liquid meals or high-carbohydrate supplements may also be useful. They are rapidly emptied from the stomach, making the nutrients readily available without leaving you feeling too full.

Make sure you are well hydrated, and don't depend on drinking a couple of glasses of water before your event. It takes at least 24 hours for the body to become fully hydrated once it has been dehydrated. So have a fluid plan before your race, just like you have a food plan.

Lastly, try out your pre-event fluid and food plan during a training run before race day to make sure it works for you. Never try something on the day of the race that you have not tried before!

Let's have some fun at the meets and Champ meets coming up!!

From Coach Tom

Over the last two months Cole and I have been impressed with the improvement we have seen both Dolphins and Bronze make in all aspects of their swimming. In addition to all of the competitive swimming skills and knowledge, our swimmers have learned how to work together and with their coaches to make workouts productive and rewarding.

A couple of important things that we need to be aware of in order to ensure that progress continues at the current fast pace are the understanding that correct habits reinforce positive change more effectively than anything else and that regular attendance is essential for this to occur. For example, if you are a Dolphin and you have committed to three workouts per week, but it is necessary to miss one of your regular days due to another obligation, you should try to come to a workout on a day you don't usually attend, so that you are still able to make it to three workouts that week. Bronze swimmers are expected to come to more workouts each week, so we have added a Saturday 10AM option as a way to give them an opportunity to up their commitment or to make up a missed weekday workout.

Let's all work on maintaining the momentum that everyone has established this fall. I hope to see you all at the next meet that you qualify for, so that we can measure and appreciate the progress you have made.



SSCD

SOUTH SNOWHOMISH COUNTY DOLPHINS
S.S.C.D.



NOVEMBER 16, 2019 FROM 10AM-11:30AM AT KAMIAK POOL

Bring a Friend Day

*We will be demonstrating each stroke
and then have games and free time in the pool!
Donuts after!*

Meet Highlights

SSCD Fall Meet Highlights (as of 11/10/19)

HP/SR Swimmers

The 2019-2020 season is still very early but we have already seen some outstanding races!:

[Abby Cady](#)

100 Back, 1:01.43, SEA-King 3A, 11/8/19 (best time last year, 1:02.2)

[Erika Carlson](#)

200 IM, 2:08.19, Metro Champs, 11/2/19, USA FUTURES CUT (Best time last year, 2:15.8, 3/19)

100 Breast, 1:07.03, 11/2/19, SECTIONALS Cut (best time last year, 1:10.2, 10/18)

400 IM, 4:41.45, 10/19/19, SR Champs Cut (first time swimming this event!)

[Summer Dean](#)

200 Free, 1:56.88, WESCO 3A, 11/9/19, Girls STATE, SR Champs (best time last year, 2:03.7, 10/18)

500 Free, 5:20.37, WESCO 3A, 11/9/19, Girls STATE, SR Champs (best time last year, 5:33.1)

200 IM, 2:19.58, SRST Open, 10/19/19 (best time last year, 2:23.4, 3/19)

[Olive Holod](#)

200 Back, 2:06.45, SRST Open, 10/19/19 (previous best time, 2:13.3, 3/18)

[Ellie Patterson](#)

500 Free, 5:25.37, SEA-King 3A, 11/9/19 (best time last year, 5:30.4, 3/19)

[Deanna Ton](#)

500 Free, 5:09.37, SEA-King, 11/9/19, SECTIONALS Cut, Girls STATE Cut (best time last year, 5:13.6, 11/18)



Gold Swimmers

Stingray Meet

Seconds Dropped

Dario Baez

9 Gold Times 2 PNS Times

Gio Baez

3 Gold Times

Kjell Cady

200 Free	2:09.39	11.11
500 Free	5:54.96	24.32
50 Back	:31.92	1.02
200 Back	2:28.12	13.28
50 Breast	35.28	.20
200 Breast	2:56.59	7.95
100 Fly	1:06.53	1.92
200 IM	2:29.25	2.84

16 Gold Times 13 PNS Times 1 Regional Time

Iris Cho

200 Free	2:19.92	New Best
200 Breast	3:21.47	New Best
50 Fly	32.17	.19
200 Fly	2:42.28	New Best
200 IM	2:45.75	New Best

7 Gold Times 1 PNS Time

Isaac Dovich
4 Gold Times

Jack Fast

200 Free	2:23.43	New Best
50 Back	32.88	4.33
100 Back	1:13.45	2.90
200 Back	2:38.55	New Best
50 Breast	40.04	.96
50 Fly	33.76	1.19
100 Fly	1:20.23	New Best
200 IM	2:52.89	New Best

9 Gold Times 6 PNS Times 1 Regional Time



Celina Hernandez-Murillo

50 Back	33.01	.27	
50 Breast	35.19	.71	
100 Breast	1:17.21	.56 since last meet 2 weeks ago	4.76 total this season

3 Gold Times 1 PNS time

Olivia Hunt

100 Free	1:03.3	1.89 since last meet two weeks ago	8.32 total this season
500 Free	6:21.39	New Best	
100 Back	1:15.47	3.91	
200 Back	2:38.37	New Best	
100 Breast	1:32.99	New Best	
100 Fly	1:16.88	18.29	
200 IM	2:42.45	24.04	

10 Gold Times

Masha Kutsyna

100 Free	1:10.04	3.61
200 Free	2:35.28	1.91

7 Gold Times



Julia Lorenzo

50 Free	28.49	1.9	
200 Free	2:14.40	1.77	
50 Back	31.75	.53	
200 Back	2:25.66	5.97	
50 Fly	30.06	.59 since last meet 2 weeks ago	2.54 total this season
100 Fly	1:07.22	3.32 since last meet 2 weeks ago	8.93 total this season
200 IM	2:33.64	.63	

11 Gold Times 4 PNS Times

Mikaela Reyes

200 Free	2:22.17	4.0
200 Back	2:35.41	1.81
200 Breast	2:59.00	3.67

Janey Ryu

100 Free	1:03.88	1.6 since last meet 2 weeks ago	6.72 total this season
200 Free	2:22.72	11.5	
50 back	:33.23	1.23	

11 Gold Times

Bryan Wong

Silver Group

Jose Alexandre

Grace Benedict

5 Silver times 3 Gold times

Sonja Caldart

100 Free	1:17.92	2.64
50 Back	:39.09	New Best Time
100 Back	1:29.60	3.7
200 Back	3:12.07	New Best Time

200 IM 3:15.74 New Best Time

Lucas Chai

100 Free 1:15.67 4.69
100 Breast 1:36.46 7.81
50 Fly :40.10 6.24
100 Fly 1:33.10 New Best Time
200 IM 3:05.76 New Best Time

4 Silver Times 7 Gold Times

Ryan Chai

50 Free 30.63 1.22
100 Free 1:11.70 1.66
100 Back 1:21.05 2.04
50 Breast :44.72 .68
200 IM 2:59.79 10.71

10 Silver Times 1 Gold time

Katelyn Jackson

4 Silver Times

Koushik Jayakumar

50 Free 38.00 .46 Since last meet 2 weeks ago .77 total
this season
100 Free 1:24.31 1.47 Since last meet 2 weeks ago 2.45 to-
tal this season
50 Back :44.69 1.22
100 Back 1:37.98 2.33
50 Breast :50.09 4.18
50 Fly :45.53 6.14
200 IM 3:24.89 New Best Time

8 Silver Times 2 Gold Times

Noah Lee

50 Free :30.18 1.59 Since last meet 2 weeks ago 5.41
this season
100 free 1:05.16 3.77 Since last meet 2 weeks ago 14.08
this season
50 Back 36.75 3.15
100 Back 1:20.6 1.84 Since last meet 2 weeks ago 6.83
this season
50 Breast :39.55 2.05 Since last meet 2 weeks ago 5.23
this season
100 Breast 1:29.97 1.04 Since last meet 2 weeks ago 9.37
this season
200 IM 2:50.45 45.28

5 Silver Times 4 Gold Times

Veronica Leshchenko

50 Free 34.88 1.36 Since last meet 2 weeks ago 2.81 this
season
100 Free 1:18.32 3.61
200 free 2:54.82 New Best Time
50 Back :41.60 2.74 Since last meet 2 weeks ago 4.77 this
season
100 Back 1:32.51 .50 Since last meet 2 weeks ago 11.09 this
season
200 IM 3:28.61 New Best Time

3 Silver Times

Destiny Nguyen

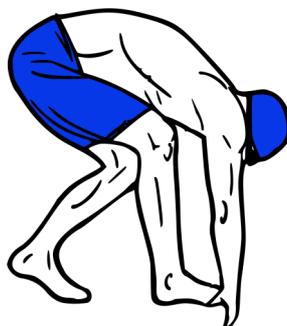
50 Free 31.98 1.96
50 Breast 39.14 4.07
200 Breast 3:12.79 16.64
200 IM 3:02.00 5.05

6 Silver Times 3 Gold Times

Minh Nguyen

200 Free 3:12.23 17.44
50 Back 43.17 .84
200 Back 3:11.20 New Best Time

5 Silver Times



Ava Papenhausen

100 Free 1:10.99 .12
 200 Free 2:35.83 1.9 Since last meet 2 weeks ago 7.03 this season
 500 Free 7:03.76 2.55
 100 Breast 1:32.67 1.48 Since last meet 2 weeks ago 1.68 the season
 200 Breast 3:21.74 1.97
 200 IM 2:56.39 4.02

1 Silver time

Ethan Park

100 Free 1:11.20 1.35
 50 Breast 37.77 .32 Since last meet 2 weeks ago 3.57 this season
 100 Breast 1:22.38 8.44
 200 Breast 3:01.14 New Best Time

2 Silver Times

Julia Truong

50 Free 32.76 .45
 50 Breast 43.80 .69 since last meet 2 weeks ago .98 this season

Brandon Wong

3 Silver Times 6 Gold Times

Owen Wu

100 Back 1:28.90 1.1 Since meet 2 weeks ago 17.9 this season
 200 Breast 3:45.56 New Best Time

2 Silver Times

Ryan Jackson

200 Free 3:08.89 15.75
 50 Breast 44.16 .83 since meet 2 weeks ago 4.83 this season
 50 Fly 37.34 .03 since last meet 2 weeks ago 3.6 this season
 100 Fly 1:34.28 New Best Time
 200 IM 3:04.92 New Best Time

4 Silver times 7 Gold times

Highlights from BRONZE and DOLPHINS swimmers

Siqi Cui, 11, 50 free, 40.98, -3.66

Samantha Garmire, 11, 100 Back, 1:42.91, -7.81

Ella Jafari, 9, 100 Free, 1:50.36, -6.91

Vincent Li, 12, 200 Free, 3:11.25, -32.13

Sophia Morgenroth, 100 free, 1:42.17, -7.52

Sophie Ngo, 12, 50 breast, 52.16, -8.00

Alicia Tong, 9, 100 fly, 2:14.43, -13.36

Damjan Vukadinovic, 7, 50 Free, 37.76, 1st time!

Audrey Jensen, 50 back, 46.25, -5.18

Sienna LaMay, 13, 50 back, 52.17, -8.36

Shelby Seguine, 50 free, 41.60, -4.28

