

RE-CAP(ED)

December 2021 Edition

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FALL 2021 SCY WRAP-UP

ReCap(ed) good info to know!



Happy Birthday! We hope you had wonderful birthdays, we love it when you want to celebrate your birthday at practice, don't forget to remind your coach if you want to do a birthday swim!

Surge Birthdays

<i>December</i>	
<i>Sabine Johnson,</i>	2-Dec
<i>Hank Wyman</i>	6-Dec
<i>Kendall Johnson</i>	7-Dec
<i>Adin Moczygemba</i>	8-Dec
<i>Abigail Rodeffer</i>	8-Dec
<i>Kaitlyn Thomas</i>	9-Dec
<i>Isabella Hedman</i>	11-Dec
<i>Tyler Morris</i>	11-Dec
<i>Fiona Wisian</i>	12-Dec
<i>Luke Bates</i>	14-Dec
<i>Campbell Shelton</i>	15-Dec
<i>Luke Flores</i>	16-Dec
<i>Rachel Reyes</i>	17-Dec
<i>Graylynn Smith</i>	20-Dec
<i>Brooks Werk</i>	20-Dec
<i>Declynn McDermott</i>	21-Dec
<i>Will West</i>	22-Dec
<i>Riley Swint</i>	23-Dec
<i>Nabil Kebbab</i>	30-Dec

ReCap(ed) - December 2021

- As we *Surge* forward into 2022, our *Surge* swimmers have accomplished quite a bit; countless amazing swims, improvement, and great memories. Our *Surge* family has grown, welcoming new swimmers, coaches, and expanding the *Surge* location in Fredricksburg. Between all of the holiday cheer, *Surge* swimmers remained focused and their hard work and diligence were evident during our meets in December. Though December draws 2021 to a close, our 2021-2022 SYC season is in full swing as we gear up for upcoming meets. .

Keep your pictures and testimonials coming to your coaches and admin@surgeaquatics.org so that we can keep putting these newsletters together. Thank you!





Did you know?

- The oldest stroke is the breaststroke.

Swimming has a history that dates as far back as the 1st century BCE and breaststroke is possibly the oldest swim stroke there is.

- Women weren't allowed to compete in Olympics until 1912.

Swimming became an Olympic sport in 1908, but women were not allowed to participate until 1912



Meet Re-Cap - December

- Surge HO, HO, Howorth Holiday Open

- This December Surge hosted its annual *HO, HO, Howorth Holiday Open* over 450 swimmers in

During the *HO, HO, Howorth Holiday Open* our Surge families came together to host a great event. Not only did we have some amazing swims, but our swimmers, families, and officials all had a great time!

- TX LA - Jingle Bell Splash

- This December, the Surge family was represented during the TXLA Jingle Bell Splash. During this challenging meet, our swimmers stepped up, made some great swims, and learned some great lessons about coming back from adversity. Qualifying for finals during each session, our Surge almost universally improved from the morning swims. One of the highlights of the TXLA Jingle Bell Splash has to be the support that the girls from the Training and Senior groups showed the lone developmental group swimmer, Liana Maerk, where Liana also achieved her first 'A' time. Way to go Surge Family!



with attendance.





Noteworthy - Winning the Warm-Up

Warm-ups - More than getting your body moving

Sometimes the most difficult part of swim practice or a meet is getting in the water for warm-up, but we all know that in order for our body's to be prepared for the hardwork ahead getting those muscles moving is imperative. However, warming up goes further than just our physical body. According to author Devin James, from *Swimming World Magazine* warming up for a meet prepares not only the body but the mind. To read more about the importance of warming up, read the full article; *Is a proper warm up the key to fast*

swimming? <https://www.swimmingworldmagazine.com/news/is-a-proper-warm-up-the-key-to-fast-swimming/Successfully>

Good Eats - Food as Fuel

As we all know swimmers love to EAT, but let's talk a little bit more about recommendations on what and even when to eat. Keep in mind that these are general recommendations and that any special dietary requirements or restrictions should be reviewed with your doctor and/or registered dietitian. One key to proper nutrition in any sport (and for good health) is recognizing the value of food as fuel, essentially the healthier more nutrient-dense food; the better performance. Alternatively, if you are regularly eating unhealthy foods; you can expect a not-so-good performance or as Registered Dietitian and Sports Dietitian Rachel Sokolic for *Swimming World Magazine* put it "junk in, junk out". Sokolic goes on to explain that proper nutrition starts with practice, not just the week or day of a meet as well as considerations for what a swimmer eats on days off. Further, creating habits around proper nutrition can increase the likelihood of sustaining these healthy habits throughout life.

Here are some meal and snack suggestions from Sokolic:

Healthy Breakfast Examples:

- Whole-grain pancakes with natural peanut butter and a side of low-fat Greek yogurt.

Snack Examples:

- Fruits: Bananas, strawberries, grapes, watermelon, nectarines, peaches, cantaloupe,.

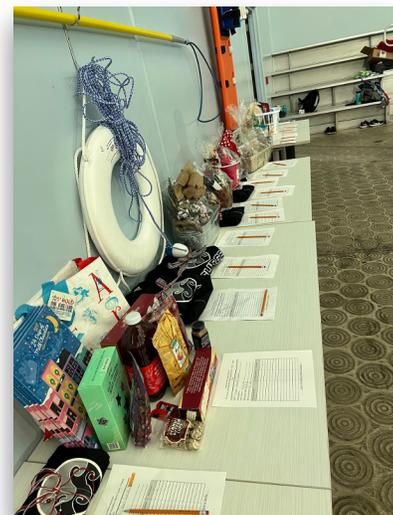
Drive Home Examples:

- 16 ounces of low-fat chocolate milk and a piece of fruit.
- Turkey sandwich on wheat bread with 4-6 ounces of turkey, lettuce, tomato, and hummus as a spread.
- Protein shake: fat-free milk, 1 cup low-fat Greek yogurt, banana, and 1 cup frozen strawberries.



SWIM-A-THON 2021

Swim-a-Thon: Once again, our Surge families showed up in a big way during our annual Swim-a-thon on December 6th. Our swimmers and families were all smiles as the swimmers kicked out one lap at a time to raise money for the Surge family. This year as a team we swam an amazing 156,250 yards in just two hours, WOW! A big thank you also goes out to Christy Findley for organizing not only this event but also a wonderful silent auction, thank you so much, the events were enjoyed by all! This great evening could not have happened without all of you, Thank You!



Looking Ahead

Keep Calm and Surge On - *Kick Commitment*. Starting this February Surge will be introducing a new challenge to all of our swimmers to commit to kicking. Kicking is one of the cornerstones to efficient swimming and we will be starting a new incentive program that encourages Surge Swimmers to *Stay on those Legs!*

2021/2022 Surge SCY Meet Schedule

Date	Meet	Qualifying Time	Location
February 6	Last Chance BB	Unclassified	YMCA Schertz, TX
February 11-13	STX Championship South	BB	ASC, Austin
February 24-27	STAGS Championship	A	UT, Austin, TX
March 3-6	TAGS Championship	TAGS	LAC, Lewisville, TX
March 3-6	USA Swimming Speedo Sectionals	Sectionals	College Station, TX
March 4-6	SCY Surge Short Course Shenanigans	Unclassified	Das Rec, New Braunfels, TX

Note: Any updates will be published and emailed to all Surge Families

STAGS times standards for the 2022 championship meets will be A and faster times by age group and gender, according to the National Age Group Motivational Time standards.





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