

RE- CAP(ED)

JUNE 2022





IN THIS ISSUE

Meet Recap	03
Then & Now - Swim History	04
Congrats - Surge Achievements	05
Birthdays	06
Important Info	06
Noteworthy - Swimmer Nutrition	07

MEET RECAP

BUD DALLMANN MEMORIAL MAY 22-23

In May, Surge hosted its very first long course meet at the Landa Park Aquatic Complex. The Bud Dallmann Memorial Meet saw more than 500 swimmers race, warming up and cooling down in the spring-fed pool, and soaring off the rope swing between events.

MIDLAND MEET JUNE 2-5

Earlier this month, a group of Surge swimmers attended the 77th Annual Frost Bank Invitational meet in Midland, TX. It was great to see our swimmers race their fastest, breaking personal records and scoring new cuts along the way!

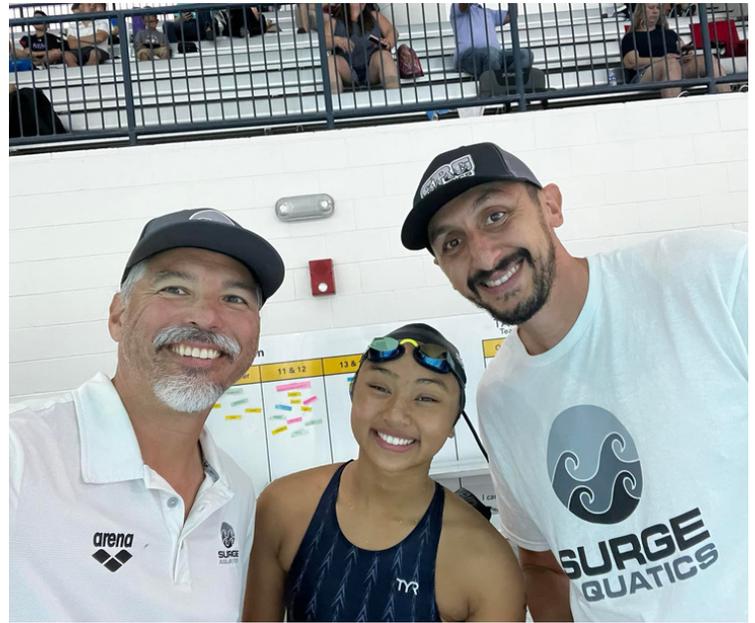


THEN & NOW

In 1972, the Long Course Texas Age Group Swimming Championships (TAGS) was hosted at the Landa Park Aquatic Center. Looking back, it's clear that not much has changed in 50 years!



CONGRATS!



We are honored to recognize the achievements of Surge Swimmers this month. At the 77th Annual Frost Invitational, Benjamin Skinner achieved his first Sectionals cut in the 100m Breaststroke with a time of 1:11.41. At the same meet, Leilani Ancheta secured a Sectionals bonus cut in the 50m Freestyle, along with a new TAGS cut in the 200m Free. Leilani was also awarded Female 11-12 2nd place High Point Winner. At the Bud Dallmann Memorial Meet, Scout House earned two TAGS cuts in the 50m and 100m Freestyle. Way to go Surge!



BIRTHDAYS - JUNE

Happy Birthday to these swimmers! We hope you had a wonderful & special day!
Don't forget to remind your coach if you want to do a birthday swim.

Caroline Carnett	June 19	Scout Skelton	June 1
Joshua Knox	June 19	Sophie Sanchez	June 2
Emmett Osteen	June 25	Elisha Lee	June 4
Fynn Minus	June 26	Liana Marek	June 8
Spencer Bischoff	June 27	John McBrine	June 8
Benjamin Skinner	June 27	Grace Daley	June 11
Madeline Tuchman	June 27	Ayden Wright	June 11
Camden Walter	June 27	Sarah Slimpin	June 14
Reagan Drummer	June 29	Troy Geishauser	June 14
Jackson Johnson	June 29	Elijah Junker	June 16
Paisley Pless	June 29	Brennen Martin	June 18

IMPORTANT INFO

REGISTRATION

Registration for returning Surge Aquatics members will be open July 1st - 15th. Returning members will still be able to register after July 15th along with new members, HOWEVER, there will be no guarantee that spots will remain available to any returning members this time.

NOTEWORTHY - SWIMMER NUTRITION BASICS

In our last newsletter, we touched on the importance of maintaining good nutrition for swimming and fueling your body for optimum performance. In this edition, we'll take a closer look at the various components of a healthy diet, starting with the three macro-nutrients obtained when you eat: carbohydrates, protein, and fat.

CARBOHYDRATES

Carbohydrates are the primary source of energy for your brain and body. Simple carbohydrates (such as sugar or fructose found in fruits) are broken down and used quickly by your body, allowing for a quick burst of energy—making them a good choice for right before a fast race. Complex carbohydrates (found in whole grains and starchy vegetables) take longer to be broken down and provide more sustained energy. Carbohydrates also include fiber, which aids in digestion and can help improve heart health.

Excellent sources of carbohydrates include:

- whole grains, such as whole wheat pasta and bread, quinoa, brown or wild rice, and oatmeal
- starchy vegetables, such as potatoes, squash, corn, and peas
- fruit, including berries, oranges, bananas, apples, etc.

PROTEIN

Our bodies require protein to build and maintain every major body part and tissue, including our brain, bones, muscles, internal organs, skin, hair, and nails. It is especially important for swimmers to consume adequate protein in order to build and repair muscle tissue before and after exercise.

The best sources of protein include:

- lean meat
- poultry and eggs
- low-fat dairy, including low-fat milk, yogurt, and cheese; or soy milk alternative
- fish (added benefit of healthy fats)
- legumes, including lentils, beans, soy, and tofu (added benefit of fiber)
- nuts and seeds (added benefit of fiber and healthy fats)

FAT

Dietary fat is another important source of energy, and can help aid in the absorption of certain vitamins and nutrients. In general, it is best to opt for healthy fats such as monounsaturated and polyunsaturated fats over the saturated fats found in meat and dairy products. These healthy unsaturated fats can be found in nuts, seeds, avocados, olives, fatty fish such as salmon, and extra virgin olive oil.

PLEASE SUPPORT OUR SPONSORS!



We thank you for your continued support in our programs.

Have something to share for our next newsletter?

SEND IT OUR WAY!

E-mail admin@surgeaquatics.org

