

GATOR BITS

Volume 13

All Group News



Big **CONGRATULATIONS** to those swimmers who participated in the SMAC Meet and Senior Shoot-out!

Coach Doug was named Top 10 Impactful people by Swimming World Magazine. This is an incredible achievement! To read the article click on this link:

<http://www.swimmingworldmagazine.com/news/swimming-world-magazine-presents-top-ten-most-impactful-people-of-2015>

SMAC Meet

Swimmers attending the SMAC meet in Waynesboro had a very successful meet. Two boys just turning 9 swam their first meet as 10 & unders and swam successfully; Josh Smith and Jackson Bubar.

Swimmers making new BB times were 8 & Under boys Zach Muzzy and Henry Lugar.

Making new Pitt cuts were David Ortiz, Alexis McFarland, Alexis Schaaf, Alishba Sofi, and Anne Bradley Cullen. George Lugar (5) won all of the 6 & under boys events, with Christian Bolling (6) and Dylan Ortiz (5), and Caleb Bubar placing high and improving all their times. Alishba Sofi (6) won all her 6 & under events, with Gabriella Carnevali improving her times and placing high in her events. Just turning 7 and swimming her first meet (mom doing her first timing session), Heidi Wienke posted some great times. Congratulations to boys relay swimmers Zach, Henry, George, David, and Christian; and girls relay swimmers Alexis M, Alexis S, Anne Bradley, Alishba, Lindsay, and Gabriella. Boys took a first and second, and so did the girls.



Good luck and fast swimming to the contingent that are traveling to Pittsburgh to compete: Henry Lugar, Zach Muzzy, David Ortiz, Ari Wolfe, Alexis Schaaf, Abby Bradberry, and Lindsay Murtaugh.

Good Luck!!!

...Cont All Group News

Senior Shootout

We had 2 more swimmers achieve their Olympic Trial Cuts. **Oliva Bray and Emma Muzzy will be going to Omaha!**

The Gators also set 11 new Virginia State Records and 46 Gator Records; 14 new Pittsburgh cuts were accomplished, and 1 new NASA cut! There were also many best times.

THANK YOU TO ALL OUR PARENTS WHO STEPPED UP AND HELPED AT THE SWIM MEETS. WE COULD NOT RUN OUR MEETS WITHOUT YOU. THANK YOU FOR YOUR SUPPORT!



Pittsburgh Meet Dec 17-20

Hotel - Marriott City Center, 112 Washington Place, Pittsburgh (412-471-4000)



Pool - Joe C. Trees Pool at the University of Pittsburgh (Aliquippa & Darragh Streets)

All Swimmers will ride to Pittsburgh on the bus but may ride home with parents.

Please be at the Gator Pool by 5:45 am on Dec 17. The bus will leave at 6:00. We must stop and pick up Charlottesville & Harrisonburg Gators on the way so do not be late!

Please make sure your trip fees are paid by Dec 11 (This Friday)

What to Bring - Black & Green Caps, New Meet T-Shirt, other Gator clothes to wear to prelims, warm parka, hats, gloves, and extra goggles; older swimmers should also pack Racing/ Tech Suits, shaving cream & razors, and 2 warm up suits.

Please see the Pittsburgh Information Packs for more details about each session, schedules, etc. is on our website.



B-I- N- G- O B-I-N-G-O and Bingo is our fund raiser!

Please go to www.signupgenius.com and sign up today. We currently have openings through June 2016. Check back often for new availability. **Please find a replacement if you cannot make it on the night you signed up to work. If you do not find a replacement, it leaves us short handed.**

Those who wish to pay someone to work BINGO for them may wish to contact Alexie Jean Jacques who attends VA Western. She worked this summer and did a great job. Her number is 540-309-4911.

HAPPY BIRTHDAY

Logan White turns 14 on Dec 17th

Alisha Sofi turns 7 on the 26th of Dec

Natalie Phan turns 10 on Dec 17th

Collin Myburgh will be 14 on Dec 31

Kemper John turns 13 on Jan 2

Sydney Smith will be 17 on Jan 3



Nutrition for Swimmers (excerpt from When is a Meal a Meal? By Jill Castle 11/16/2015 on USA Swimming website)

Young athletes should strive to eat a meal that contains at least 4 food groups. This ensures a wide variety of nutrients are provided, particularly protein and carbs, which helps keep the young athlete fueled for exercise and recovery, while covering his growth needs.

The food groups are as follows:

Lean protein: beef, chicken or other poultry, pork, eggs, beans, fish, tofu, nuts and nut butters

Dairy or non-dairy substitute: milk, yogurt, cheese, cottage cheese, or soymilk, for instance

Vegetable: starchy (potato, corn, peas) or non-starchy (broccoli, green beans, lettuce); these can be in the form of fresh, frozen, canned, or juice

Fruit: any type; fresh, frozen, canned, or 100% juice

Grains: pasta, rice, quinoa, bread, muffins, bagels, crackers, pretzels, popcorn

Healthy Fats: olive oil, vegetable-based oils, avocado; nuts, seeds, and nut butters (these are also considered a source of protein)

Examples of a meal:

- Chicken breast, baked potato with butter, broccoli, strawberries, glass of milk
- Spaghetti, meatballs and sauce, tossed salad, peaches, and milk
- Black beans, rice, lettuce, tomatoes, shredded cheese, and avocado

Ideally, meals are anchored by a source of protein (lean meat, dairy/non-dairy substitute, or high protein grains), with complex carbohydrates (grains, fruit, vegetable, dairy) served alongside.

REALITY CHECK

Young swimmers have considerable energy needs—they are exercising and growing, after all. But it's often the type or combinations of foods a young swimmer eats that stands in the way of being satisfied and energized. Hence, frequent eating may occur.

Thing about this: If a swimmer starts the day with a donut, when does he get hungry again? Does that donut keep him hunger-free until lunch?

Or, if the young swimmer has a healthy salad at lunch, will she feel energized throughout practice?

Unfortunately, meals like toast for breakfast, salad for lunch, or plain pasta for dinner, usually don't offer lasting fuel for the swimmer, nor do they cover hunger.

And, if a meal is sub-par, then hunger may set in earlier than usual, requiring more eating to feel satisfied and energized.

Athletes can cover hunger and energy needs better by including most of the food groups at mealtime, making sure to include a good source of protein.

A BOWL OF PASTA IS NOT A MEAL

Many kids think a bowl of pasta is a meal, but it isn't sufficient to cover hunger, or perhaps even energy and nutrient needs. Pasta is a grain (a carbohydrate), and can be utilized by the body quickly, especially if the athlete is exercising. Throw some tomato sauce, a chicken breast, a variety of veggies, or a few meatballs on top-- then pasta better delivers the nutrition an athlete needs.