



Coach's Report:

Howdy!

Welcome to all new families and existing swimmers to the short course season. We are now a week into the season and are starting to get into the full swing of things. By now you should have received an email about equipment and which groups require certain equipment. If you have any questions about this please let me know or ask your swimmers coach before or after practice. Also if you're planning to have your child swim in any upcoming meets remember to purchase a team suit for your swimmer for the meet. You can sign up for meets online if you haven't already reserved swims for a particular meet. If you have questions with this please ask me, one of the coaches or a parent in the stands.

Events:

Friday September 19th we will host our semi-annual intra-squad meet. It gives our newer swimmers a chance to experience a "mock" meet at our home pool. The kids learn a lot about what goes on during a meet and the rules associated with it as well. The meet will take the place of practice that evening.

MFSC hosts our annual fall meet October 11th, which we encourage everyone to participate in. Our last two meets of the month are on the same weekend. October 18th Silver Novice, Gold Novice and Bronze Age will compete at a meet hosted by EBSC. The rest of the team will be attending the OZ meet October 18 & 19th.

Looking Ahead:

Now that the first two weeks of stroke technique work are behind us, we will start to work more on our endurance, as well as starts and turns. You have probably noticed that some of the groups just started dryland work. This not only increases your swimmers strength but also improves quickness, flexibility and coordination. Please remember your water bottles at practice everyday and swimmers thanks for stacking the kick boards and putting your fins away after practice!!

Coach Scott Mueller



Home Meet:

Our first home meet is fast approaching, October 11th! Stay tuned for the family volunteer sign-up information to be posted on our team website. If you have a swimmer in this meet, you are required to sign up for one volunteer shift. The sign-ups are first come, first serve. Questions can be directed to me.

Thanks,
Connie Siebenaller – Vice President

Making Waves ~ Featuring Bronze Age

It's good to be back and coaching, after some time away in August. We have 30 kids in our group and the kids are keeping myself and Coach Jenna on our toes. We are really going back to basics this year and trying to break some of our bad habits and create some good ones. You may have noticed that we are working a lot on streamlines and push offs. Every day we are taking at least 5-10 minutes to work on perfect streamlines, it's the fastest position to be in off of every start and turn and we are going to perfect it! We have also worked a lot on freestyle and backstroke in the first 2 weeks and now we will start doing some breaststroke and butterfly, along with starting to do some turn work. We still have a few weeks before our first meet, but I'm excited to see how our hard work will pay off. Hopefully Bronze Age will have the best streamlines of the meet!

Coach Kelsey

Swimmers of the Month:

Carson Chavannes – Gold Novice

Devin Testin – Bronze Age

Stephanie Marks – Silver Senior



September Birthdays

Paige Dulski

Tommy Seiler

Moria Shea

Ella Heimler

Kayla Francis

Hanna DeGrace

Morgan Fisher

Stephanie Marks

Peyton Impola

Trey Hicks

Maddie Paar

Maya Barwick

10 FOODS SWIMMERS SHOULD BE EATING

6/17/2014

BY JILL CASTLE, MS, RDN

The mystery behind what to eat is never-ending, partly because miracle foods are constantly surfacing while other foods fall from grace. When it comes to the growing swimmer, what to eat is important for growth and development, and also for athletic performance. Many children and teens in today's world are missing out on calcium, vitamin D, fiber and potassium. Teens and athletes in general may be at greater risk of nutrient deficiencies if they skip breakfast, snack on nutrient-poor foods and use diets to control their weight.

Given this, here are 10 foods that will keep your nutrient intake high and your risk for deficiency low:

Nuts: All nuts are chock-full of healthy fats, fiber, protein, magnesium and vitamin E. Use them to top yogurt or cereal, or just grab a handful on the way to practice.

Seeds: Similar to nuts, seeds are full of fiber, healthy fats, magnesium and vitamin E. Eat them like you would nuts.

Ready-to-eat cereals: Cereal is fortified with nutrients such as folic acid, iron and vitamins A and E, making them a good source for these micronutrients. Have it for breakfast, snack, or dinner in a pinch, but beware of choosing cereal with too much sugar. Cereals with less than 8 or 9 grams of sugar per serving are best.

100% orange juice: Increasingly, you can find calcium and vitamin D- fortified OJ. Orange juice is naturally a good source of folic acid and vitamin C. Don't guzzle it though! Orange juice can be a significant source of calories when more than a cup and a half is consumed daily.

Beans: Magical indeed! Full of fiber, protein, iron, zinc and magnesium—find ways to fit beans into your weekly (or daily) diet. Roast them for a crunchy snack, top a salad or burrito, or throw them in with diced tomatoes for a hearty pasta dish.

Low-fat cheese: An easy snack or serve it mixed into casseroles, pasta and in sandwiches. Low-fat cheese is full of calcium, potassium, and protein.

Low-fat yogurt: "Nutrient-rich" is an understatement! Yogurt is a good source of calcium, vitamin D, potassium and protein. Go for Greek varieties if you are looking for extra protein. It's great as part of a meal, as a snack, or dessert.

Low-fat milk or soymilk: Dairy milk is a natural source of calcium, potassium, protein and vitamin D. If soymilk is your go-to, make sure it is fortified with calcium and vitamin D. Many athletes use flavored milk (chocolate milk) for a post-workout recovery drink.

Dark-green leafy vegetables: These veggies like kale, spinach and collard greens offer iron and calcium. Pair these veggies up with foods high in vitamin C, or serve with meat to maximize the absorption of iron from the vegetables.



The Waterlog *September 2014*

Orange fruits and vegetables: Loaded with vitamins C, E, A, and potassium, these help your immune system stay healthy.