

# End-of-November Eels 2008 Newsletter

## Upcoming Meets

On December 5-7, the Black Hawk Area Swim Club (BLAST) will host their Holiday Classic, an open 25-yard meet. It will be held at Holmes Junior High School in Cedar Falls – Holmes Junior High is located at 505 Holmes Drive in Cedar Falls.

On December 13-14 your Eels will be hosting the Weber Invitational, a great event for all Eels swimmers. The Meet invitation can be found at <http://www.isiswim.org/invites/ice1208.pdf> Please double-check what shifts you have volunteered for at <http://www.iceels.org/weberMeetsignup.html> and cheer on our swimmers!

After the holidays January 9-11, the Bettendorf Swim Club will be hosting the January Splash, an open meet. This is a good meet for all swimmers. Meet entries are due December 19 for this meet.

## HIGH SCHOOL GIRLS STATE MEET

Have you noticed the high school girls swimmers are working their way back into the Eels workouts? On November 7 and 8, Eels representatives on the City High and West High Swim Teams competed in Marshalltown at the Iowa High School Girls State Meet.

## Other highlights from West High and City High swimmers

Sarah Weihe / 100 free 55.28 (12<sup>th</sup>)

Allison Davis / 500 free 5:15.89 (4<sup>th</sup>)

Grace Murray / 500 free 5:17.82 (7<sup>th</sup>)

Beth Eyanson / 100 back 1:00.42 (6<sup>th</sup>)

Sarah Weihe / 100 back 1:02.41 (10<sup>th</sup>)

Kathleen Bowman / 500 free 5:29.50 (15<sup>th</sup>)

West 200 free relay (Zhu, Weihe, Bowman, Murray) 1:43.56 (13<sup>th</sup>)

Congratulations to all the Girls High School Swimmers! Full results of the Girls High School State Meet can be found at <http://www.ighsau.org/swimming/2008/index.htm>. Special thanks to Greg Gray for the photographs.

## **MORE MEET RESULTS**

### **USA Swimming Grand Prix Meet November 13-16 at the University of Minnesota**

We want to highlight a few ICE swimmers who participated at this national level event – for full results, check [www.usa-swimming.org](http://www.usa-swimming.org)

Kanoe Russell (200 BK; 100, 200, 500, 1000 FR)

Sid McMillin (50, 100, 200 FR)

Beth Eyanson (100, 200 BK; 100 & 200 FL)

Grace Murray (100, 200 FL; 500 FR)

Sarah Weihe (100, 200 BK; 200 FR)

Cameron Herting (1000 FR - 16th place; 1650 FR - 15th place; 200, 500 FR & 200BK)

### **Des Moines Swim Federation Fall Invitational November 14-16**

ICE swimmers had a very good weekend in Des Moines racing many teams from the central Iowa area. Many personal-bests and season-best times were achieved by our athletes. Full results can be found at [www.isiswim.org](http://www.isiswim.org)

## **EELS SWIMMERS OF THE MONTH**

### **October**

**Jenny Pigge (Frost)**

**Ruby Martin (Cubes)**

**Carson Miller (Waves)**

**Kelly McNeilly (Moray)**

**Cameron Herting (Eels)**

### **November**

**Omar Karim (Frost)**

**Tory Rose (Cubes)**

**Sophie Shultz (Waves)**

**James Davis (Moray)**

**Grace Murray (Eels)**

## **COACHES CORNER - FIVE TIPS FOR NEW SWIMMERS AT MEETS:**

- 1. Show up early for warm-ups.** At normal in-season meets give yourself at least 15min. to change and get to the proper place on the pool deck. With big teams or big groups it is a good idea to be ready to get in and do similar warm-up segments (sets) as the others in your lanes for organizational and safety reasons. If you are late for warm-up it is very hard to catch up and get the proper swimming portions done in time and you risk not swimming fast that day or even worse getting injured.
- 2. Pack** at least 2 towels (one for after the meet to dry off with and one to use during the meet), 2 pairs of goggles (so you have a spare), 2 suits (in case one becomes very wet or has a hole develop), water or sports drink, and healthy snacks (not a lot of starch or sugar) for during the meet.
- 3. Before and after each event check in with your coaches.** The last person you should talk to before you race and the first person you should talk to following your race should be an ICE coach. Prior to swimming they can give you some pointers on how to swim the race and help get you focused. After the swim they can give you critical feedback, compliments on what you did well, and show you accurate splits and times for your event.
- 4. If possible you should cool down** after your races. I recommend doing a lot of drills in cool down and mainly easy freestyle to help the muscles recover from the stress put on them during races. Don't fool around during cool down or swim too much - you could be wasting some critical energy that you will need for your later races in that session.
- 5. Stay positive and have fun.** Sometimes you will make mistakes in races or they don't go as you have planned. Use mistakes as opportunities to learn and improve. Like my first coach told me a long time ago; *"Everyday you get to race should put a smile on your face"*! Meets should be a celebration of the skills you have learned and a time to show your team, your coaches, and your family all the things you have been working on.

***Donald P. Spellman - Head Coach of ICE***

## **Nutrition Tips**

Have you looked at your swimmer and wondered ‘How do they eat so much?’ and ‘Why are they so hungry?’ With the holidays, it is a good time for a nutrition quiz with information *courtesy of USA Swimming*.

1. Fruit is a good source of carbohydrate. **True or False**
2. The more colorful and varied your fruit and vegetables, the healthier it is. **True or False**
3. It’s best to wait about an hour after a tough practice to fuel your body with carbohydrates and protein. **True or False**
4. It’s important to stay hydrated because it can directly affect athletic performance. **True or False**
5. If you become very dehydrated, your body may require two to four hours to replace fluid loss. **True or False**
6. Skipping breakfast will keep your energy levels stable throughout the day. **True or False**
7. The primary fuel source for swimmers is protein. **True or False**
8. Eating early and often throughout the day helps you avoid the blood sugar highs and lows (high energy, then sleepiness). **True or False**

## Answers to Quiz

1. **True.** Fruit provides carbohydrate in the form of natural sugars (versus refined sugar). Fruit is an easy snack, especially for swimmers on the go.
2. **True.** The bright colors of fruits and vegetables indicate high levels of vitamins, minerals and anti-oxidants. Having a variety of nutrient-rich fruits and vegetables all bring something different to the table. Good examples include apples, pineapples, berries, bananas, oranges, kiwi, melons, grapes, mangoes, papayas, apricots, peppers, broccoli, cauliflower, carrots, avocados, zucchini, squash, corn, peas, beans and tomatoes.
3. **False.** Try to eat a carbohydrate and protein snack within the first 30 minutes after practice. The sooner, the better. This will replenish your body's depleted blood sugar levels and glycogen stores, and repair muscle tissue. If you have trouble eating solid food after a hard workout, try liquid foods such as chocolate milk or a fruit smoothie. Then aim for eating a substantial meal within two hours after practice to maximize recovery.
4. **True.** Drinking early and often keeps you hydrated and provides your body with fuel. Without fluids, you decrease your work capacity, which can have a negative impact on exercise performance.
5. **False.** It could take up to 24 to 48 hours to totally replace fluid loss after dehydration sets in. Drink frequently throughout the day. Clear to pale yellow urine is a good indicator that you are staying hydrated. If you don't want water, fruit juices and milk shakes are great nutrition choices, more so than sports drinks. *Orange juice has 5-16 times more potassium than Gatorade in each 8 fl oz serving.*
6. **False.** Make it a habit to eat a hearty breakfast every morning. You'll eat less junk food later in the day, and it will enhance your daily energy levels and athletic performance. Try this for a good breakfast: Oatmeal, multi-grain bagel with peanut butter, yogurt with granola, fruit and milk.
7. **False.** The primary fuel source is carbohydrate. Protein and fat also help make up the fuel source, and depending on your body chemistry and type of training, the amounts needed may vary. But carbohydrate comes into play the most when you are maximizing your efforts during practice. Aim for at least 50 % of your daily caloric intake to be carbohydrate. Whole grains, brown rice, beans, wheat bagels, fruits and vegetables are some excellent choices.
8. **True.** Eating smaller amounts of carbohydrate frequently throughout the day helps keep blood sugar and insulin levels closer to normal. You'll be able to pay better attention at school or work, have no hunger pangs and feel stronger at workouts.