



CRUSHING TIMES

Newsletter of the Norbeck Hills Anacondas



ANACONDAS SWIM HARD AT CALVERTON

Congratulations to all who swam against Calverton on Saturday. It was a closely contested meet, but unfortunately Calverton won – 418.5 to 355.5. Thanks for all who came out to support the team. Your enthusiasm really does help!

Our first B meet is at Wednesday, June 21 **at Diamond Farm** in Gaithersburg. Remember, swimmers must sign up for this meet by Tuesday evening prior to the meet. All swimmers should arrive for warm-ups by 5:00 pm and the meet begins at 6:00.

Continuing with the summer Cruise Theme, swimmers will cruise to China for the **PEP RALLY** on Friday, June 23. Swimmers can bring their favorite Chinese food for dinner at **6pm!**

The Anaconda's will take on **Carderock Springs** at Norbeck Hills for our next A meet on Saturday, June 24. Swimmers please arrive at the pool by 7:30 for warm-ups for this home meet.

YOU ARE WHAT YOU EAT: NUTRITION FOR SWIMMING YOUR BEST!!!

One of the building blocks of quality training is good nutrition. Your body needs **proper fuels** to make the most of practices and meets. Healthy foods offer nutrients that supply the body with energy and can profoundly impact swimming performance.

What should my child eat before practice/a meet?:

- The best pre-practice, or pre-meet meal should contain primarily carbohydrates. Carb-rich foods like pasta, breads and cereal.
- Rule of thumb: 0.5 - 2.0 grams of carbohydrate per pound of body weight one to four hours prior to exercise.

When should carbs be consumed?:

- Spread carb intake through day to keep blood sugar stable.
- Eat some carbs before morning practice (this can be juice).
- Consume carbs through carb-electrolyte drink, such as Gatorade or Powerade, during workout IF workout is 90 minutes or longer.
- Eat carbs and protein within the first 30 minutes after practice to replenish glycogen stores and repair muscle tissue.
- To maximize recovery eat again (something substantial, like a real meal) before two hours post-practice has elapsed.

Now, test your knowledge of nutrition for swimmers on back!!!

On your mark with Coach Chuck...

Hello Anacondas -

I want to take the time to congratulate you for a fantastic meet. As a team, we had roughly 90% faster swims from Time Trails. As a coach, I wouldn't ask for anything else.

The parents and swimmers from Calverton gave you and your parents the highest compliment any team could receive. They thanked me for your sportsmanship and reserved demeanor. Congratulations for your outstanding behavior and thank you.

Let's keep up the good work and get excited for Carderock Springs this weekend.

... Chuck

HELP!!!! We need volunteers – parents or swimmers – to help set up for Saturday's A meet on Friday evening between 6-8pm. If you can help, please contact Becky Ellett-Tenner or just show up!

Also, don't forgot to sign up to help at meets!!!! Please volunteer to help make them run smoothly!

CHECK YOUR FAMILY FOLDER EVERY WEEK!!

Parents - Did you know that every family has a folder where you'll find important information - like extra ribbons, this newsletter, and other important swim team announcements. Folders can be found by the lifeguard station. Just ask!!!



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True or False: Test Your Nutritional Knowledge:

1. Fruit is an excellent source of carbohydrate. *True. Fruit provides carbs in the form of natural sugars). Fruit is a tasty, nutritious and easy snack, especially for swimmers on the go.*
2. Generally speaking, the more colorful and varied your fruit and vegetable platter, the healthier it is. *True. The bright colors of fruits and vegetables indicate high levels of vitamins, minerals and anti-oxidants. Foods like apples, berries, bananas, oranges, kiwi, melons, apricots, peppers, broccoli, cauliflower, carrots, avocados, squash, corn, peas, beans and tomatoes.*
3. It's best to wait about an hour after a tough practice to fuel your body with carbohydrates and protein. *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. Or try liquid like chocolate milk or a fruit smoothie.*
4. It's important to stay hydrated because it can directly affect athletic performance. *True. Drinking early and often (every 15 minutes during practice) 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. If you become very dehydrated, your body may require two to four hours to replace fluid loss. *False. It could take up to 24 to 48 hours to totally replace fluid loss after dehydration sets in. Drink frequently throughout the day. If you don't want water, fruit juices and milk shakes are great nutrition choices, more so than sports drinks. OJ has 20 gr more potassium than Gatorade.*
6. Skipping breakfast will keep your energy levels stable throughout the day. *False. Make it a habit to eat a hardy 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. The primary fuel source for swimmers is protein. *False. The primary fuel source is carbs. Protein and fat help make up the fuel source, and depending on your body chemistry and type of training, the amounts needed may vary. Whole grains, brown rice, beans, wheat bagels, fruits and veggies are excellent choices.*
8. Eating early and often throughout the day helps you avoid the blood sugar highs and lows (high energy, then sleepiness). *True. Eating smaller amounts of carbs frequently helps keep blood sugar and insulin levels closer to normal.*

2006 TEAM SPIRIT THEME: THE ANACONDA CRUISE

China is our second port during the June 24 A meet with Carderock Springs so dress like can take them on with Kung Fu, Karate, etc. (dress the role!)

DON'T EVER GIVE UP!!! Amy Van Dyken was such a poor swimmer in high school that her teammates made fun of her. But Van Dyken got the last laugh when she became the first American woman to win four gold medals at a single Olympics in 1996!

SAVE THE DATE

A look ahead.....

June 27 Hershey Park Team Trip, contact Noreen or Erin Schwartz for more info

June 30 Team Photos – arrive at 9:15 am and wear your team suit (or similar color)!!!

July 15 Swim-a-thon/Sleepover at Nobeck Hills

July 23 Swim Team Banquet..5pm to 9pm

Q&A

Please notify coaches **WELL IN ADVANCE** if you are unable to make any meets!

How do I sign up for B meets? Sign the sheet on the bulletin board by the Tuesday before the B meet. Coaches will decide your strokes.

Who can swim at A meets? Generally the 3 fastest swimmers of each stroke swim at the A meet. Swimmers unavailable to swim on Saturdays should "sign out" on the bulletin board by Wednesday of every week. Chuck will finalize who swims by Thursday.

When should I get to the meet?

Warm-ups for home B meets: 4:30 pm

Warm-ups for away B meets: 5:00 pm

Warm-ups for home A meets: 7:30 am

Warm-ups for away A meets: 8:00 am

Nutritional info adapted from the USA Swimming Website. For more information on nutrition and health for swimmers and competitive swimming in general go to:
<http://www.usaswimming.org/usasweb/DesktopDefault.aspx>